



Mar 2013 THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY

The Rundown on Members

Our first trip away was one to be remembered. Woodstock made its presence felt at Orange with Brendan and Daniel taking 1st and 2nd in the Marathon. Jeanne-Vida (JV) ran a most courageous Marathon for her very first attempt at the distance. She was suffering at the end, but nothing would stop her. Congratulations to everyone who ran at the weekend. These trips could not happen without the organisation from Sandra, fabulous driving from Joe and the camaraderie of members. We loved having Margaret and Shahrazad, JV's Mum and daughter, along with us.

Brendan had won the Mt Stromlo 50k the week prior to Orange and in a couple of weeks will head to NZ where he will contest a most competitive 100k. We wish you well, Bren. You are a great inspiration to all of us.

Woodstock Runners is so very fortunate to have within its ranks many highly intelligent and most generous members. Website, data collection, privacy issues, insurance, trade mark registration, Rundown editor, uniforms, as well as the organisation of day to day runs and competition, require many to volunteer their talents and time and we have no shortage of people to raise their hand to assist. We are most grateful to all who have contributed in numerous ways. Special mention should be made to Dave Miller, Michael Anderson, Angela, Chia, Sarah and Sandra.



We offer our deepest sympathy to John Dawlings in the loss of his Mum, who passed away in Perth last week. Former member, Michael Donnelly has spent a considerable amount of time in hospital as he receives treatment for Non Hodgkins Lymphoma. We wish him well. It's great to have Barry Cole back with us following some surgery.

There are still some places left for the Cronulla Breakfast Run on March 17. As it's St Patrick's Day, you will need to wear some green with your Woodstock gear. You can run anywhere between 6k and 30k with a swim in the beautiful ocean before breakfast. Please let Kerry know asap.

There are spaces available for the Canberra trip leaving Sydney April 13 for the 10k, Half, Marathon and Ultra the following day. Please contact Angela and pay your deposit.



March is Membership Month. We ask everyone to check out the website and pay your membership subs please. The AGM will take place on Tuesday May 7. All are welcome and we'd love to hear of any suggestions, ideas, criticisms of yours prior to the meeting. It is your Club after all. There will be pizzas and drinks provided on the night.

Happy running, walking, swimming.
Kerry

As you should know by now, your 2013 memberships are due. With all renewals to be paid by March 31.

This should be done via the following link. <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Though if this proves to be slightly difficult, we thought that a Pre-Race Season “Meet and Greet” event, would be a good idea for any members to sign up there and then, by the 21st century means of technology!

It is also to double/triple up as an opportunity for the runners/walkers at the various different sessions to meet runners/walkers from other sessions, to talk about how good the Coffee is at Bowen Island, the steak at the Crocodile Farm Hotel, or how you navigate in the dark on a Tuesday night. It may also give you an opportunity to chat about the up-coming winter racing season, goals, races entering with fellow like-minded people. It may then lead to training runs with other similar people who you may not have yet come across! All in all a bit of fun and running chat!

There will also be lots of ‘new’ Woodstock attire on show, for those in need of some more Blue and White clobber for the racing season. Again with the ability to pay there and then!

A date has yet to be set but we will email all members shortly with an update.

We are looking to have all memberships this year and for future years (as opposed to past years), done electronically, to make it slightly easier on tracking payments etc, given that we have been recently heading to record-breaking membership numbers. So, if you’re not 100% comfortable this will help you out, or ask one of your friendly fellow Woodstockers to assist you with the payment.

If your renewal doesn’t find its way into Phil Lobsey’s Treasure Chest by March 31, you’ll be missing out on all the incredibly well-written emails and forego any supporting insurances/liabilities that come with your current membership.

If you have already renewed, of course you’re welcome to come along to the Meet and Greet. If you became a member from October 1 2012, you’re membership carries over for the 2013 calendar year.

I just renewed and it took me all of 5mins.

Send any questions about your membership to Col.

El Prez

100% Fitness
100% Sweat
100% Life



OneLifeCat



www.facebook.com/onelifecat
<http://onelifecat.wordpress.com>

Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!



Scallop and Mango Salad

Ingredients:

16 scallops, roe removed
 1 mango, skin removed and cut into slices
 1/3 cup coriander leaves
 4 slices prosciutto, halved
 2 small red chillies, chopped finely
 ½ Spanish onion, sliced
 1 handful mixed lettuce leaves
 2 tablespoons lime juice
 1 tablespoon sweet-chilli sauce
 1 tablespoon caster sugar



Method:

Pat dry the scallops on paper towels and place them on a large plate. Sprinkle the caster sugar on the scallops. Heat a non-stick frying pan on high-heat. Add the scallops, only four at a time, sugared side down and cook for 1-2 minutes. Turn the scallops and sprinkle the rest of the sugar on the side to create a caramelised texture. Allow the scallops time to rest before serving.

Once scallops are done, add a small amount of oil to the pan and cook slices of prosciutto until crisp. (It will look delicious so be tempted not to eat any straight out of the pan!!)

Combine the lime juice and sweet chilli sauce in a small bowl and mix together.

Place the slices of mango, onion, mixed lettuce leaves, chilli and coriander into a bowl with the lime and sweet chilli dressing. Gently mix so that the dressing covers the ingredients.

Decorate the salad with the prosciutto and scallops on top and serve immediately.

Tip 1: Cooking the scallops bit by bit decreases moisture in the frying pan

Tip 2: After chopping the chilli's don't rub your eyes as I did. It will result in eating the dish while holding an icepack to the eye. A pleasant experience I am sure.

If you have a good healthy recipe you'd like to submit please send it to rundown@woosdtocckrunners.org.au.

Canberra - 13/14 April 2013

<http://runningfestival.com.au/>

Early bird race entries until 22 Feb.

The buzz is in the air and the long runs well underway... time to commit the distance, enter the race and book your spot on the Woodland's magical mystery tour where the bus is tuned and the driver is toned! Join the Jeff 'Griffin' Morunga, debutants Di Galea and yours truly, as well as many a colt and filly chomping at the bit to stomp the parliamentary pavement.

Plan is to leave Ashbury around lunch time on Sat 13th April and arrive with time to check in to our old favourite Pinnacle Apartments. Walk to 6pm dinner at Caph's (same restaurant as last year). You can drink lots (h2o), share race tactics, dreams and aspirations (or the usual running rabble). After dinner we'll walk back to the apartments singing 'Chariots of Fire' and get a respectably early night!

Unfortunately the 10km and 5km are programmed much earlier on the Sat than they were last year so the bus WON'T be in Canberra in enough time for these races. If you are on the bus, you only race options are the half marathon, the marathon or the ultra. These races are all on Sunday morning.

Accommodation-wise we have 3 x 4 bedroom apartments within walking distance to the start line. Bus & bed is \$120 per person or \$60 bus/\$60 bed if you want to self-drive or self-accommodate.

What you need to do: Email or text me whether you want 'bed & bus' or 'bus only' or 'bed only' angpegasus@gmail.com on 0419 444 010.

Pay \$60 to reserve your spot, to my account - BSB: 062-233 & ACC: 1005-6323

Deposit refundable as long as someone else can take your spot.

This trip usually fills up so eft the dough so you can go!

Enter the race – don't forget to enter the team 'Woodstock Runners.

Call/text me any questions or see you around the grounds.

Angela Haynes - 0419 444 010

The Canberra Times canberra marathon

WOODLANDS TOURS

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custom trips etc
Other enquiries welcome!
Competitive rates.



Call Joe or Therese on 0419 373 326

ACC 34363

With the success over the last few years of the Woodstock Tour Bus, with it most recently heading to Orange, Central Coast, Southwest Rocks and soon to be heading to Canberra, it is now considered that it acquire some wings and get a visa.

With the need to achieve your yearly International Run, having done a bit of research there appears to be a decent opportunity for 2014 in Maui (Hawaii) on 19 January 2014.



<http://www.mauioceanfrontmarathon.com/>

The festival offers a 5km, 10km, 15km, Half Marathon and Full Marathon. So something for all abilities/talents/laziness....

There is also the added bonus of this one being in school holidays, so no 'kid' excuses.

As you may also be aware, it is also our resident Hawaiian Woody's last year stationed in Honolulu, so it is likely to be our last opportunity to having a running experience with her on her current 'turf'.

Initial reconnaissance suggests that we need a couple of night to acclimatise in Honolulu, being lavishly hosted to by our resident; a night or two in Maui for running preparation, a night or two post-race, then a another couple of nights recuperation in Honolulu. All in all, the draft Itinerary looks something like this, with the plan being that we'll hopefully stay (travel and accommodation-wise) together, unless otherwise persuaded...

Date	Day	Location	Travel Activity	Accommodation
15th	Weds	Honolulu	Arrive in Honolulu Drive to Kim Cayzers	Cayzer Castle (STA)
16 th	Thurs	Honolulu		Cayzer Castle (STA)
17th	Fri	Honolulu/Maui	Fly to Maui	Lahaina
18 th	Sat	Maui		Lahaina
19th	Sun	Maui	Race Day	Lahaina
20th	Mon	Maui/Honolulu		Cayzer Castle
21 st	Tues	Honolulu		Cayzer Castle
22 nd	Weds	Honolulu		Cayzer Castle
23d	Thurs	Honolulu	Depart Honolulu (See you later to Cayzer)	

STA = Subject to Availability!

As for activities, there is heaps of things to do, and given the strength of the \$AUS against the \$US, suggest that running shopping could be on the agenda.

For those who need a bit of a 'friendly' incentive to decide, early bird entries finish on April 1 2013. Don't let any obstacle of say – humidity, heat, early start be a barrier to signing up, all in all it will be a great an opportunity to go and race somewhere different with pals!

Scouting flights now, there appear to be offers to Hawaii and it is hoped that these will be available for the intended flying time. As for overall cost I've no idea at this stage, but naturally, given that I am as tight as the proverbial Englishman, you can rest assured that it will be as economical as possible, without being backpackerish! Though if anyone has any further inside information on cost, pipe up!

So if keen on this one, please let me know, so we can start some sort of wheels in motion to look for accommodation/confirmation of flights. Closing date for those who are keen is 31 MAY 2013.

Ps. This will also be a special trip as one of Woodstockodians turns the big 6-0 at the beginning of the year, so he'll be looking at giving the Marathon a crack, isn't that right Joe?

Pps. Mummy and Daddy won't be at Central Coast this year, but they will be at Maui!

Before that to tick the 2013 International Trip and may be a lead-in Maui, Hokkaido (Sapporo) looks a perfect opportunity on 25 August 2013.



<http://www.hokkaido-marathon.com/2013/>

(Note. Unless you can read Japanese, you may need to translate the text). Though you can read all about the logo! This one is 2 weeks after City to Surf, so your pace will be right-on. This one doesn't have so much of itinerary at this stage, as am conversing with our resident Japanese Bullet – Kazu, what the best approach will be. Again, if anyone has any ideas/thoughts etc, pipe up. Similarly flights are on offer at the moment, and will hopefully be at the time needed.

Wrap Up

If anyone has any other ideas for International Trips and/or is super keen and can offer assistance in organising, do not be afraid! You'll be welcomed with open arms!

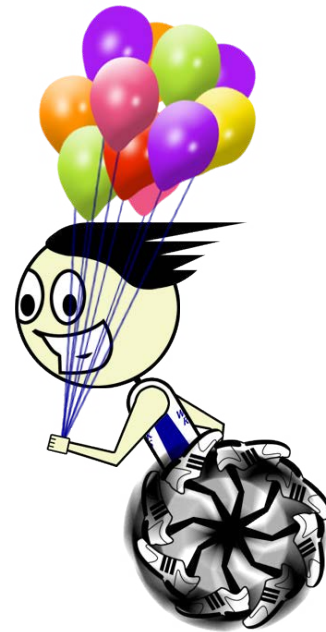
Any queries if you could keep to the thread, that would be awesome, so all info is in the one place!

Marty

Japanese and US Marathon running liaison (among others).

BIRTHDAY'S!!

Henry Andersen - 8th
Kerry Bray - 11th
Brendan Whiteway - 27th
Ian Whitfield - 27th
Brendan Whiteway 27th
Christine Berle - 28th
Diane Green - 30th



WELCOME!! New Members

Ryan Mansour
Tracey Arciuli
Katie Broadfoot
Dianne Galea
Bill Allan

BRENDAN DAVIES Woodstock Teams

I've set up teams for the SMH Half Marathon <http://www.smhhalfmarathon.com.au/default.asp?PageID=16840>

This is for individuals entering the race. There is also a relay option but if you wish to do that you will have to organise that team and team name etc on your own.

When you enter, 'search for existing team' and type in the search word woodstock.

There will be 4 teams that come up; please choose the one most appropriate from below:

Woodstock Men – For men aged under 40, or for those over 40 that think they can still match it with the younger club runners!

Woodstock Women – For women aged under 40, or for those over 40 that think they can still match it with the younger club runners!

Woodstock Veterans – For men and women aged over 40 only.

Woodstock Mixed – This is traditionally reserved for the 3 fastest runners in the club. If you think you may be in this category, please shoot me an email. If in doubt, enter one of the other categories.

The 3 fastest runners in each team count towards the final team time. It doesn't cost any extra to enter.

Then just complete the entry process as normal!

Brendan



In this section we will feature an exercise that will possibly help with your running, whether it be a stretch for your warm up or cool down, a strengthening exercise for your core or legs or something similar.

We as runners are often very good at the running but not so much on the stretching or warming up.

The Woodstock TNTer's were lucky enough to have a visit from Toby of Spine Associates, a local chiropractor, he had prepared a set of exercises to help reduce lower back pain and increase rotary (core) strength in runners.

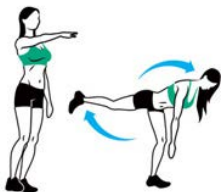


It was so good that the TNT crew have been doing the exercises every Thursday!



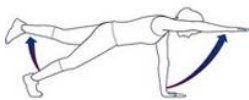
Lunge with Rotation - 3 x 30-40m

- Normal lunge protocol with knees behind toes, drive through front leg
- Twist torso over front leg; meaning if left leg forward, twist to the left



Single leg deadlift - 3 x 10-35m

- Knee slightly bent and remains locked
- All movement occurs in the hip
- Maintain curve in lower back
- Butt out, chest forward, head up



Plank with arm and leg raise - 3 x 10-20 each side

- Normal plank position
- Lift one leg and opposite arm
- Maintain the abdominal brace, as the stronger you are the less movement occurs



Side plank abduction - 3 x 20-60sec

- Normal side plank position
- Maintain pelvic level and lift top leg, returning to start position after 1-3 seconds
- Can perform on knee if too hard



Modified McGill sit-up - 3 x 10-20 each side

- One leg straight (can have same arm straight to enhance rotation)
- Legs are slightly wide
- Raise your upper body off the ground by 20-30 degrees, or lift the bottom of your shoulder blade off

A: 145/2-18 Buchanan Steet
Balmain 2041

T: 02 8065 5896

E: info@spineassociates.com.au

spineassociates
Chiropractic | Muscle Therapy | Exercise Specialist

Name: Danny Burgess

What is your occupation? Manager Clinical Governance – NSW Department of Family & Community Services – Ageing, Disability & Home Care.

Running age group? 40 this year so a new cohort, whatever that is!

Do you have family? Married with 2 kids, aged 10 & 6

How long have you been a Woody? Just joined!

Do you run on Tuesday night/TNT/Saturday morning? Noy with the Woodies unfortunately but hopefully will when I get some control over work commitments. All my training at the moment fluctuates between early morning, late evening or mid-day on my own.



Why do you enjoy running? Running has always been my primary fitness source, it gives me time to unwind mentally. Furthermore, when you start getting some good results competitively, the enjoyment goes to new levels.

What is your favourite running distance, course, event and why? The marathon is my favourite event. I enjoy the preparation work that goes into it, that psychologic preparedness that continues even on race day and the ongoing reflection post the event – each marathon has a journey getting there, not just race day. My favourite course is anything in Sydney city – the crowd support really helps, not to mention the sites along the way (although I tend not to care less about the pretty surrounds after 30k!). My favourite running distance is the half-marathon – its go, go, go with less pacing, nutrition & hydration strategy that comes with the longer distances.

What has been your running highlights? Winning the Mudgee half in 2012 and doing a 2h 54m marathon debut. Beating that debut time in my second marathon (Cities M7) by 9 minutes for 8th position, just behind Brendan Davies.

Any lowlights (injury etc)? Constantly having something niggling.....nothing to stop me from training or competing.

What was the last race you went in and how did you go? Central Coast half – was aiming for a PB but unfortunately it didn't happen – an 80 minute half and coming in 9th. Not a great result for me. It was hot, I went out too hard – geez that Martin Dent is fast! And suffered from about 13k. Not to mention, I should've focused more on that event rather than my marathon training – the day before I did 35k in training.....fatigue big time on race day. Another lesson learnt for running school – the learning never ends.

Anything funny/unusual ever happened to you while you have been out running? Not whilst running but there is some very comical behaviour that goes on in the toilets prior to an event – that's if you get to a toilet in time with those queues!

What other sports/hobbies are you involved in? A huge sports fan of all sports! Hobbies – its only running at the moment and dreaming of hobbies when I'm asleep!

Favourite food/beverage? Gotta love a PUB hamburger and a beer on tap.

If you could have dinner with anyone who would it be and why? David Bowie. There would be some stories to tell, if he could remember them.

Where would your ideal holiday be? Maldives as R&R, Scandanavia to travel.

Interesting things we may not know about you? I know lots of meaningless trivia and am stuck in the 1980's – not my wardrobe thankfully!

Woodstock are in the process of changing suppliers for our running singlets. In an exciting move we have secured 2XU to supply our singlets so you can expect a top quality product.

The new singlets are due for delivery around the 25th March and will be a limited first run so get your orders in quickly! If you need your first Woodstock singlet or want an upgrade, do like many others have already done and email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273. Singlets are \$45.



Another exciting addition to the inform range is the introduction of Woodstock branded compression gear! Get in contact with Chaia if you are interested! She will be taking orders from 21/02/13 to 31/03/13 so get in ASAP.



M = Mens - W = Womens

Uniforms continued over....

Style and Pricing

1. 3/4 compression leggings – \$85
2. Full compression leggings – \$87
3. Compression shorts – \$57
4. Arm warmers – \$43
5. Calf guards without stir-up – \$43

Email your orders, name, option, gender, size and quantity at: uniforms@woodstockrunners.org.au or call/message Chaia on 0434672273.

Men's Sizing Chart Measurements in CM							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-127
Waist	57-62	63-70	71-79	80-86	87-97	98-107	107-115

Women's Sizing Chart Measurements in cm							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	70-76	76-81	81-86	87-93	94-99	100-106	106-110
Waist	50-56	56-61	61-66	67-72	73-79	80-86	87-92
Hip	81-86	86-91	91-86	96-101	101-106	106-112	113-117

Stock Sale - Don't forget our other great stock!!!!

Caps – ~~\$20~~

Bra Top: Size 8, 1 Left ~~\$66~~ **\$50**

Long Sleeved Top: ~~\$65~~ **\$50** (Small and XS 2 left each)

Short Sleeved Top: ~~\$50~~ **\$40** (Small and XS 1 left each)

Cotton shirts ~~\$5~~ **\$4** (S,L and XL)

Retro-style cotton shirts ~~\$5~~ **\$3** (L and XL)

For all orders email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273.

In next month's Rundown we will have a feature on the new uniforms with some photos!

When I started running about nine years ago a marathon seemed so far out of my realm of possibility it might have well have been a trip to Mars.

Health wise I was pretty ordinary, I had chronic insomnia, was about 25 kgs overweight and could barely run for a minute without turning a fairly unpleasant shade of magenta.

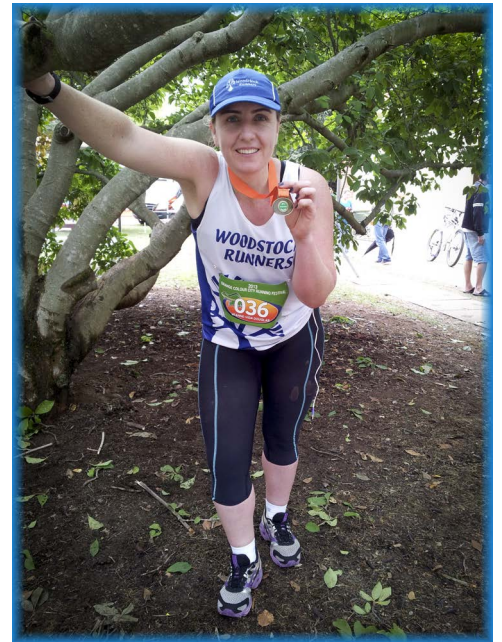
I'd previously been a not-so-bad swimmer but taking off to swim laps is difficult when you've got small children, so I needed something I could do at home, and at strange hours of the day and night. I had to be opportunistic, and fit exercise around an unpredictable and very busy schedule. But I knew too that if I didn't get fit, and improve my diet, my little girl who was only a toddler – faced the very real possibility of spending her whole life overweight. The biggest predictor of childhood obesity is parental obesity – and that wasn't the kind of future I wanted for my kids.

So I began running. Well, jogging. Oh OK – let's call it shuffling. Some of those perky fast-walking types would strut past me half the time, but I was at least moving fast enough to get my face red and my heart rate up.

So I would run for a minute and walk for a minute. Then I would run for two and walk for two and so on.

It took about six months for me to be able to run a kilometer, and another six months for me to run three. Then I realized that if I started the Bay Run in Five Dock, I could run to the Iron Cove Bridge – walk across the bridge, then run the rest of the loop. Eventually I dropped the walk in the middle and just jogged the whole way.

Jogging the Bay was a revelation – I never thought I'd be able to do that.



I stopped running when I was pregnant with my son and took up belly dancing – nothing like running, but one of the only physical activities you're allowed to with a bub on board – and boy does my son have a sense of rhythm!

When I started up again I got back to doing the Bay Run within a month or so, and was really surprised about how easy it was to regain my former fitness – so I began to push it further and made a 10km run my goal.

This was when I had my second running revelation. I was plodding my way around the bay on a 10 km run – slowly as usual – when I entered a state of running perfection. My entire body seemed to know exactly what it was doing – and my mind floated off into a kind of nirvana - everything was working in unison and I had the sensation I could run forever.

This was the second revelation – at the right speed and with the right technique I could possibly run a half marathon – maybe even a full marathon (although that idea still seemed ludicrous).

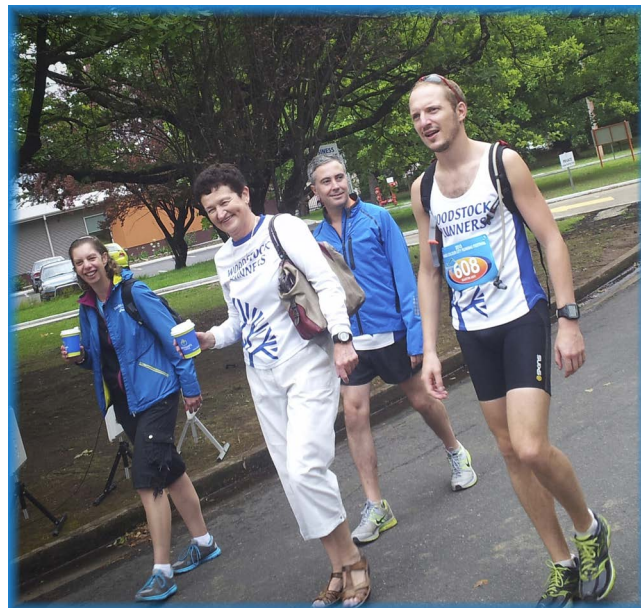
So it was that I started to increase my distances, and within a year I'd gone from 10 to 21 km – running my first half lapping the Bay on New Year's eve 2008.

Continued over.....

But I hadn't done any proper research, I was just pounding the pavements. I knew nothing about nutrition or training, or splits or fartleks or any of that stuff – and I was still using the shoes I'd started out with four years earlier. Most importantly I didn't know any runners so I had no one to ask.

I tried to push myself harder and harder – but kept hitting a wall around 25km. So I kept up the running – tried to do a half every couple of weeks, and got sidetracked into triathlons and other bits and pieces.

I even ran a couple of official races – but I don't like the crowds – so decided instead to run the same distance on the same day as the big events, on my own.



Then in June 2012 I got a vaccine-resistant strain of whooping cough. At first I just thought it was a bad cough and so I didn't go to the Dr (that was stupid). It wasn't until I'd managed to cough so hard that I'd torn the cartilage in my rib cage that I went to the Dr with my interminable cough and chest pains.

By that stage I'd had the whooping cough for a month, and there was little I could do but let it run its course. I was however banned from exercise for six weeks until my rib cage healed.

Six weeks is a long time to do nothing, but it was during this down time that I got my third revelation. I realized I COULD run a marathon if I got my act together and trained for one – that it was still an option. The revelation wasn't that the marathon was within my grasp, the revelation was the opposite – that it was an option which might be taken away from me if I didn't act upon it.

I suddenly realized that an unforeseen illness or accident might preclude me from ever reaching that goal – and seeing it was still within my grasp, it seemed stupid not to go ahead and do it.

So I planned and plotted, read everything I could about training and nutrition, and sugar and pacing, and shoes and GPS systems – and most importantly I joined the Woodies for the Tuesday night run.

From there it was six months, and a regular schedule of five runs a week that took me from 12 kms to 15 then 20, 27, 32, 35 and finally 38km.

I've had some excellent advice from all the experienced runners at the Woodies, and lots of smiles (from Kerry) and patience (from Tym) and encouragement (from everyone – but especially Sandra). In fact the best advice I got was from Joe – and it went something along the lines of “you need to eat more and wear less” – so I went home and cut the sleeves off all my running shirts, ate more nuts and bought a couple of visors rather than caps.



Continued over.....

I picked the Orange marathon to be my first because I still hate crowds – and it was the perfect place to start. The run was beautiful, through undulating hills and picturesque country side – the weather was perfect; cloudy with a slight breeze and occasional light rain. The volunteers were delightful and the whole run had a lovely, and slightly quirky, feel to it. Most importantly there were only 88 marathoners – and most of them are way faster than me (almost all of them – I came third last...!) – so I was running alone for most of the race.

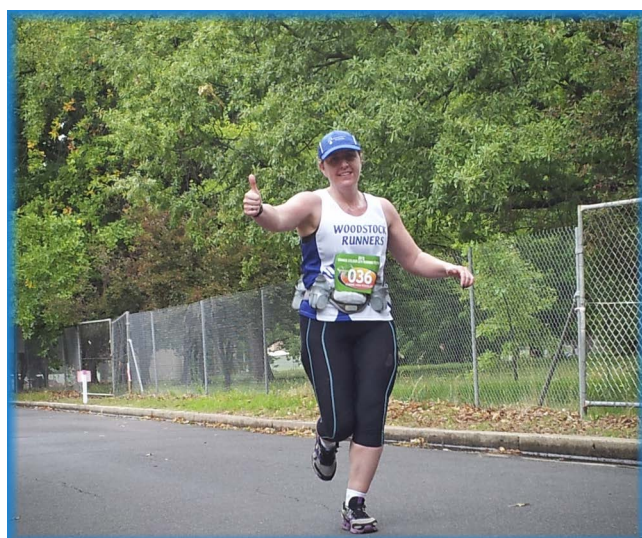
And as for the run itself.... it hurt....it hurt a lot! But getting over the finish line was worth every painful step (and after about 34 km every step WAS painful). Marty came to make sure I didn't collapse over the last couple of km (I think he was actually walking most of it...) and seeing all the Woodies lining the finish line was really touching and gave me a well needed final boost.



The best bit though was finding Miss Nine waiting for me about 50 mtrs from the finish line, we held hands and ran the last couple of steps together. Steps which I hope will carry her not only into a healthy and active childhood, but help her to grow up to be a healthy active adult.

Thanks for all your help Woodies – and see you next Tuesday!

JV



Please send your results to:
results@woodstockrunners.org

12/1/2013
**NATIONAL RUNNING WEEK THREDBO
 CRACKENBACK CHALLENGE**
 (2 KM, 600M CLIMB)
 Greg Marsh: Time Unknown

26/1/2013
KNAPSACK LAP RACE (Running Wild Series)
 50 KM
 Brendan Davies 6.25.52 (1st Solo Male,
 15 Laps)

AUSTRALIA DAY FUN RUN / CANTERBURY
 5 KM
 Fiona Day 23.00 (2nd 16-49)
 Anita Doig 21.23 (1st 16-49)
 Gaye Mancuso 33.27

2/2/2013
SYDNEY STRIDERS SERIES / HOMEBUSH
 10 KM
 Brendan Davies 34.18 (6th O/All)
 Lesley Maher 54.46
 Dot Siepmann 1:05.27

3/2/2013
MEGALONG MEGA
 36 KM
 Tym Blackwell
 Brendan Davies
 Miles Pullen
 Gavin Tunstall

11/2/2013
COLOR RUN Non-timed Event
 5KM
 Michael Anderson
 Dianne Galea
 Charissa Patacsil

16/2/2013
STROMLO RUNNING FESTIVAL / ACT
 50 KM
 Brendan Davies 3.16.57 (1st O/All)
 30 KM
 Angela Haynes 3.46.39
 Miriam Herold 3.23.41
 Nils Herold 4.22.30
 Miles Pullen 2.36.43
 Teresa Wood 4.13.19

17/2/2013
SYDNEY MARATHON CLINIC
 HALF MARATHON
 Fiona Day 1.54.42 (3rd F40)
 10 KM
 John Dawlings 44.12 (2nd M50)
 5 KM
 Fiona McIntyre 41.46
 Dot Siepmann 31.17 (1st F60)

18/2/2012
GREAT ALOHA RUN
 13km
 Kim Cayzer 1:04:45

24/2/2013
SRI CHINMOY / CENTENNIAL PARK
 14 KM
 Raul Unas 1:15:36 5th 50-55
 4 KM
 Fiona McIntyre: 32.27

2/3/2013
STRIDERS SERIES / NORTH HEAD
 10 KM
 Lesley Maher 55.24
 Jeff Morunga 53.54

SYDNEY PARKRUN / ST. PETERS
 5 KM
 Phil Lobsey 20.47



Sat 9 Mar ALSTONVILLE WOLLONGBAR FUN RUN CHALLENGE

Elders Alstonville 10km Run Summit Fitness 5km Run Newsxpress Wollongbar 5km Walk Summerland House Farm 1km Walk contact: Catherine Black. email: wollongbarpc@gmail.com. Visit the website for more details. Click here for an entryform.

Sat-Tue 9 Mar-13 Aug SUTHERLAND DISTRICT ATHLETICS CLUB WINTER SERIES

Every Saturday afternoon at various interesting locations around the Royal National Park and Sutherland Shire in Sydney's south, join our Winter Series. Race against your own handicap as well as others in the field. Awards presented at season end for most improved (based on handicap points) and also for points awarded to first across the line. This unique point system has encouraged athletes of all ages, novice to elite to achieve their goals. Also a great build up to the Sutherland Half Marathon to be held on 17th August, 2013. Members can elect to run either just our local club races each week or can represent the club at state events. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the website for more details.

Sun 10 Mar KING ISLAND IMPERIAL 20 (TAS)

The King Island Imperial 20 is a running race the width of King Island: the only coast to coast race in Australia. The course is just short of a full marathon of 32 kilometres or 20 imperial miles, hence the name. In addition to the feature race there is an event for everyone, young or old, from team runners, walkers and team walkers. The King Island Imperial 20 is held annually on the second weekend in March and we like to think of the event as a weekend extravaganza with an extensive social program where participants are welcomed into the local community. contact: President: Vernon Philbey 0427 166 033 . email: info@kingislandrace.org.au. Visit the website for more details.

Sun 10 Mar SYDNEY SUMMER SERIES 24 AT NORTH PARAMMATT

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of North Parramatta. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages welcome. Start any time from 3-6.45pm. Costs: \$10 for NSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Nerise McQuillan 0402 036 644 . email: marketing@onsw.asn.au. Visit the website for more details.

Sun 10 Mar BROOKS PORT MACQUARIE RUNNING FESTIVAL

Come and run Port! Enjoy a weekend away in beautiful Port Macquarie on the mid north coast just 4 hours north of Sydney, or a one hour flight into Port Macquarie airport. Experience running on a flat fast and scenic run course making your way over the break wall where you will take in the crystal blue waters of the Hastings River which forms an amazing back drop to this most picturesque run course. Choose from a variety of distances to suit your ability from a 21.1 km half marathon, 10 km run, 5 km fun run, 4 km walk and talk, and kids fun run. Professionally timed, drink stations every 2 km, and finish with fresh fruit and ice cream as you recover. Entries open now! contact: Peter Camilleri. email: peter@portmacquarierunningfestival.com.au. Visit the website for more details. Click here for an entryform.

Sun 10 Mar SRI CHINMOY SYDNEY 2013 SERIES RACE 2 - IRON COVE 14 KM, 7 KM & 4 KM RUNS.

Leichhardt Park, end of Glover St, Lilyfield. The relaxed leafy atmosphere of Leichhardt Park, the soothing waters of Iron Cove always nearby, the slightly-off-the-beaten-track yet close-to-the-city locale: all combine with a simply great course â€œ flat, fast and scenic â€œ to make this a must-do event for runners, joggers and walkers. Parking at the end of Glover St, Lilyfield. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the website for more details. Click here for an entryform.

Sun 10 Mar MALLACOOTA FUN RUN (VIC)

The community of Mallacoota in Far East Gippsland, Victoria will host an exciting new running event that will showcase its stunning coastline and natural bush environment along the new Mallacoota Scenic Coastal Walk which forms part of East Gippsland's famous Wilderness Coast Walk. 2.5km walk/run (\$5), 5km walk/run (\$10), 10km run (\$15), 20km run (\$20). This is a community fundraising event for the Mallacoota Pre-School. There will be heaps of festivities - music, great food, lots of prizes, sandcastle building comp. contact: Ros Macvean. email: contact@mallacootafunrun.com.au. Visit the website for more details.

Wed 13 Mar SYDNEY SUMMER SERIES 25 AT NORTH WAHROONGA

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of North Wahroonga. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages welcome. Start any time from 3-6.45pm. Costs: \$10 for NSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Ian Cameron 0411 484 208 . email: marketing@onsw.asn.au. Visit the website for more details.

Fri 15 Mar FORESHORE 5

This running/walking race will be the opening event of the Sparke Helmore NBN Triathlon Festival. It will be staged from the main event compound at Shortland Lawns on Friday 15th March 2013. If you have always wanted to be involved in the Festival, but never felt up to a triathlon, now is your time to shine! The course is flat course with plenty of room for passing and a wave start process to restrict the number of runners on the course at one time. It is also a completely spectator friendly course (2 x 2.5km laps) offering many opportunities for your loved ones to cheer you on. The event will have a race limit of 1000 with 5 wave starts over 1 hour. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the website for more details.

Sat-Sun 16-17 Mar YARRAWONGA MULWALA SPLASH N DASH (VIC)

Swim on Saturday and/or Run on Sunday. Choose to do 1 or both events. Spend the weekend at sunny Yarrawonga for our 8th Annual event and mark the calendar for next year. After a 9am start the 10km and 5km track winds around scenic Lake Mulwala and through the gumtrees at Chinaman's Island, the competition gets better every year. The popular Junior 1km and 3km event commences at 10am and the kids are so proud to receive their gold medallion at the finish line. A weekend for the whole family. The run is open for all ages.

Sat 16 Mar SDAC WINTER SERIES - GRAYS POINT

Join up with Sutherland District Athletics Club and enjoy participating in our Winter Series every Saturday afternoon. Races at same time every week - approximately same distances - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 8km (3.00pm) this week at Grays Point, end of Grays Point Rd, just south of the Grays Point Primary School. This course is undulating along National Park service trails. Point score starts 23RD March. Just turn up, sign up and have a run. Once membership fees paid for the season - no further fees to pay for local club runs. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the website for more details.

Sun 17 Mar SYDNEY TRAIL SERIES - SEASON 2 - RACE 1

6 and 12K options on a loop in the Kuringai Chase National Park. Runners will use the Birrawanna and Kalkari trails which accesses some sweeping lookouts over Bobbin Head via singletrack and fast firetrail. Runners are treated to a free breakfast as well as fruit and refreshments at the end. contact: Sean Greenhill. email: info@mountainsports.com.au. Visit the website for more details.

Sun 17 Mar 28TH ANNUAL WESTON CREEK HALF MARATHON (ACT)

Hosted by Weston Creek Athletics Club to support local athletes. Make the trip to Canberra for the Half Marathon or get 2 or 3 people to cover the distance as a team. This is a very picturesque course along bike paths that run along Lake Burley Griffin, over Scrivener Dam up to Woden and return. Afterwards enjoy breakfast and have the chance to win from the extensive random draw prizes. Plenty of prizes for vets too. At \$35 entry it is great value! contact: Vince Craig. email: Vince.Craig@anu.edu.au. Visit the website for more details. Click here for an entryform.

Wed 20 Mar SYDNEY SUMMER SERIES 26 AT MOSMAN

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Mosman. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages welcome. Start any time from 3-6.45pm. Costs: \$10 for ONSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Fedor Iskhakov 0412 308 310 . email: marketing@onsw.asn.au. Visit the website for more details.

Sat 23 Mar SDAC WINTER SERIES - SYLVANIA WATERS ATHLETICS TRACK

Hosted by Sutherland District Athletics Club every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 4km (2.30pm) & 8km (3.00pm) starting at Sylvania Waters Athletics Track, Belgrave Rd, Sylvania. The runs are fairly flat going out of the stadium around the surrounding grounds and parks. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! Senior Scratch Championship Race. Handicap points apply for everyone every week. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the website for more details.

Sun 24 Mar SMC ROAD RACE

Come and run the new SMC course. Each month (Oct to July) there is a half marathon, 10km and 5km. The 5km can cost well under \$7 per race. For that you will get an accurately measured course, KM markers, drinks stations, electronic timing, lucky draw prizes, cash prizes, post race drinks, snacks and a presentation. All abilities and ages are welcomed. Check out our website or Facebook page for all the details you need and to see photos of past races. Enter online now to secure your place. contact: SMC Road Race Series. email: smcroadraceseries@gmail.com. Visit the website for more details.

Sun 24 Mar GREAT VOLCANIC MOUNTAIN CHALLENGE

An 11 km run up the 1397m Mount Canobolas near Orange NSW. Run from the Towac Pinnacle Picnic Grounds to the summit of Mount Canobolas via Mount Towac and Young Man Canobolas. It takes in spectacular views from the forestry roads and then on to little used bush tracks through beautiful woodland. The climb for the whole route is 520m. Individual, Team or Family group entries. This event will incorporate the 2013 NSW Mountain Running Championship. contact: Russell Tym or admin@greatvolcanic.org. email: russell_tym@yahoo.com.au . Visit the website for more details.

Sun 24 Mar UP THE BUFF TRAIL RACE (QLD)

Judd Adventures and Chisel Runners present an exciting new trail running event, coming to the Gold Coast in 2013! Up The Buff Trail Race encompasses 16km and 25km trail running races, set in the beautiful Currumbin Valley in Queensland. contact: Matt Judd. email: matt@juddadventures.com.au. Visit the website for more details.

Sun 24 Mar CAMP QUALITY VERTI-COOL CHALLENGE (ACT)

Taking place at the iconic Telstra Tower, participants will race, run, jog or laugh their way up the stairs of the Telstra Tower on Black Mountain in the Camp Quality Verti-COOL Challenge. The event attracts super serious runners, those taking part for fun, families, workmates and so many more. Participants and supporters will enjoy the day, filled with racing, entertainment, music, food, activities, fun and laughter. There are different categories of races to suit all ages and fitness levels. You can choose to take part in the Verti-COOL Challenge: a race up the 403 stairs of Telstra Tower; or for the more daring, the Ultimate Challenge: a race from the bottom of Black Mountain to the top of Telstra Tower. Registration prices range from \$15 to \$45, depending on your age and category. contact: Lisa Crocker. email: lisa.crocker@campquality.org.au. Visit the website for more details.

Sun 24 Mar GOULBURN CROSS COUNTRY FUN RUN

This inaugural event will be hosted by Goulburn Athletics Club, Goulburn Runners and Walkers and Athletics NSW. The event will be a part of Goulburn's 150yr celebrations on the 23rd and 24th of March and, if successful become an annual event. Distances: 10km and 5km Start time: 8am for both events Terrain: a mixture of road, cross country and trail Entry cost: \$25 (10k) and \$15 (5k) Online Entry: Athletics NSW will open online entries payable by credit card on Monday 18th February. Manual entry: Download or pick up form. Return with cheque to 8 Furner St, Goulburn, NSW 2580 Late entry: A late entry fee of \$30 (10k) and \$20 (5k) will apply from midnight 15th March Results: Athletics NSW will use chip timing. Results will be available online immediately after the event. contact: Sue White | Brian Cady. email: bmx05@hotmail.com. Visit the website for more details. Click here for an entryform.

Wed 27 Mar SYDNEY SUMMER SERIES 27 AT MACQUARIE UNI (FINAL)

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Macquarie Uni and surrounds. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages welcome. Start any time from 3-6.45pm. Costs: \$10 for ONSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: John Brayan 0403 873 556 . email: marketing@onsw.asn.au. Visit the website for more details.

Fri 29 Mar 2013 FLEXIBLE SOLUTIONS BACCHUS ON THE LAKE

This event is held over the Easter long weekend and forms part of the Griffith La Festa celebrations. Last year the event attracted more than 500 participants over 3 courses at Lake Wyangan; the 5km sprint, the 10km enduro and an 8km walk. The Flexible Solutions Bacchus on the Lake dates back to the late 1960s and has a pedigree of past winners including Chris Wardlaw, Rob de Castella and Andrew Lloyd, all of whom have represented Australian. contact: Janet 0432 202948 . email: jmazzarolo@advancedrehab.com.au. Visit the website for more details.

Sat 30 Mar SDAC WINTER SERIES - DARKES FOREST #1

Hosted by Sutherland District Athletics Club every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 10km (3.00pm). Darkes Forest is 13k south of Waterfall via the Old Princes Highway and 5k south of the Helensburgh roundabout. The start is 2.5k along that road, about 500m before the Community Hall/Fire Station Park. This course is undulating cross country along a wide fire trail. Senior Scratch Championship race and Junior Club Championship race. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the website for more details.

Sat 30 Mar PERISHER FUN RUN

The fifth annual 6.1km run/walk from Perisher Valley to Charlotte Pass organised by the Ski Lodge Organisation of Perisher, Smiggin Holes and Guthega (SLOPES). Police, RTA and NPWS approved. First aid on site, patrol vehicles. Commences 08:00 with registration at Eyre kiosk from 07:30. No entry fee, no prizes, certificates for place getters. contact: David Read (Vice President SLOPES).. email: djread@bigpond.com. Visit the website for more details.

Thu-Sun 10 Jan-7 Apr BRIDGE TO BRIDGE

A lovely shaded run along a sealed path from the Federation Bridge Corowa to the Tim Fisher Bridge and return. The distances are 5km and 10km. Start is 8:30am at Rowers Park beside the Federation Bridge Corowa contact: Kelly: 0260331738. email: info@amaranth.org.au. Visit the website for more details.

Apr 2013

Mon 1 Apr SRI CHINMOY SYDNEY 2013 SERIES RACE 3 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-C Mackay Sportsground, near Robertson Rd gates, Centennial Park. The perfect start to your holiday Monday! The first of the Sri Chinmoy 2013 Half-Marathons, this time cross-country through the ever-refreshing Centennial Park “or choose from the shorter 7 km and 4 km options. Studies show that regular runners are not only healthier and more successful than sedentary folk “they are also considerably happier! Parking anywhere near the Robertson Rd gates. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the website for more details. Click here for an entryform.

Sat 6 Apr SDAC WINTER SERIES - BOTTLE FOREST & STEAK 'N ALE TRACK

Join in with Sutherland District Athletics Club and enjoy participating in our Winter Series every Saturday afternoon. Races at same time every week - approximately same distances - this week - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 6km (2.30pm) & 11km (3.00pm) this week at Bottle Forest, end of Bottle Forest Rd, East Heathcote. This course is undulating along National Park trails and slightly different to the courses from 9th March, same start point. Casual and new members of all ages/abilities, novice-elite welcome every week. Just turn up and sign up! Senior Scratch Championship & Junior Club Championship race. contact: Sally Luxton. email: publicity@sutherlandathletics.com. Visit the website for more details.

Sun 7 Apr LINDFIELD ROTARY FUN RUN 2013

The eighteenth running of this community event includes a 5km Run/Walk and a 10km Run, starting and finishing at Roseville Park, Clanville Road, Roseville on Sunday April 7, 8:00am start for the 5km event and 8:15am start for the 10km event. contact: Garry McIntosh. email: lindfieldrotaryfunrun@hotmail.com. Visit the website for more details.

Sun 7 Apr HILL TO HARBOUR

Welcome to Newcastle's premier running event...the Newcastle Herald Hill to Harbour Challenge, which will be held on Sunday 7th April 2013. With close to 3000 entries in 2012, we anticipate 3500 runners will converge on Newcastle to take on one of the most scenic running courses in Australia. The event comprises of the Newcastle Herald 10km run/walk from Merewether to Newcastle Foreshore which is open to novice to elite runners of all ages. For those looking for a bigger challenge, we are also offering the Marathon Tyres Half Marathon (21.1km) starting on the foreshore, running to Merewether and back. To offer something for everyone, there is also the Hunter Orthodontic 2k4kKids run/walk. All this in a Festival atmosphere, staged along beautiful Newcastle foreshore and beaches, make this a “must do” event on the Australian Running calendar. Entries open 5pm Monday 5 November 2012 DO MORE THAN MAKE IT TO THE FINISH LINE... This year we are opening up the fund raising opportunities to a range of Hunter Region Children's charities. Run for a cause and help out your favourite charity, this is sure to give you twice as much reason to get amongst it! contact: Paul Humphreys. email: paul@hevents.com.au. Visit the website for more details.