





2013  
**November**  
**WOODSTOCK**



Woodstock Runners



[www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)



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# THE RUNDOWN

## WOODSTOCK RUNNERS



### KERRY BRAY

### The Rundown on Members

Much has happened since the last Rundown including another NY trip for daughters, Peta, Ellen and myself. New York, as always, is very much alive and kicking and one of the most amazing places on this earth. Their Marathon is certainly the most amazing in the world. See Peta's story in this issue.

Halloween was celebrated by Woodstock with the Handicap Run and breakfast following at Helen Scarfe's home. Many thanks to all for their contribution, especially Helen. Joe designed a Pack Run and was ably assisted by leaders in each group. Tuesday nighters appreciated your course, Joe. There was a great roll-up at the TNT Time Trial and all are grateful to those who assisted on the night. Huge thanks are in order to Dave Miller for his expertise in organising the facility for our annual award nominations. It was so user friendly we had record numbers of members nominated. We all continue to be impressed by our fabulous Rundown and thank Michael Anderson for his massive dedication to the task each month.

Congrats to the 6 members who recently passed their Level 2 course in Recreational Running. We are very fortunate to have within our Club so many dedicated and knowledgeable coaches. The Carcoar Cup was well attended by members and we figured well in the placings with Di Galea 3rd female in her first Ultra and Brendan taking out the 60k Event.

We all offer engagement congratulations to Michael and Louise and wish them the very best for their future together. We're also in awe of Kazu and his wife who made it to Everest Base Camp despite Kazu's altitude sickness. We all know just how tough you are, Kazu.

Sadly we lost former member, Michael Donnelly a couple of weeks ago. Michael was very active in Woodstock in the eighties and early nineties. A keen runner, he organised members into their first ever Half Marathon, Harbour Bridge Relay and assisted in coaching on Thursday nights at Campbell Field. He was a valuable member, a generous man and a real larrikin. On a personal level, Michael was a great friend and was very involved in my Marathons. Woodstock offers sympathy to Bernadette and Ben. We also pass on our sympathies to the Lucas Family following the accidental death of Maree and Kevin's daughter Monique's partner., Daniel Our thoughts are with your family.

I hope to catch up with everyone at our Christmas Party and Presentation of Awards on Dec 7. Details in this Rundown. It's always a great night and this one will be no exception.

How are your goals developing for 2014? Start planning now and happy running.  
Kerry

Editors Correction - I mistakenly credited Di Galea with the photos taken at the Woodstock Birthday party in the October issue. It turns out you shouldn't just credit the loudest and nearest person but find out who actually took them! :)

**A massive thank you to Alex Hill, who actually took the photos. Brilliant pics Alex!!**



# WOODSTOCK RUNNERS

## Christmas Competition



First prize  
is a new  
Woodstock 2XU  
tech singlet

Two runner up  
prizes of  
Woodstock  
running caps

Simply take a picture of you, a friend or an animal in  
Woodstock gear somewhere special and send to  
[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)  
and you could win! Most creative pics win!

Please don't put yourself or others in any danger, any such pics will be disregarded

# HANDICAP #4

Hey All,

On "Spooky" Saturday morning, 24 "Scary" Runners took part in the Final Handicap Run in the 2013 Series. It appears that most have nearly got their timing down to a fine art with 2 runners (Tony and Matt) being a few seconds under their 1min estimation. Then 8 coming in within their 1min estimation. Or more likely just Halloween Luck!

So, Ali "Angel Wings" took out 1st, 2nd to Mary "Sick" Bowman and 3rd to Greg "Marathon Man du Medoc" Marsh. Your prizes will be waiting for you on Thursday at the track!

Fastest on the day were David "Triathlete" Ruston and Bronwyn "Moonboot off" Hager. 5 people also scored PB's for the course, big efforts! Check out Full Rankings on the website.

Carina on your first go you took out the Lucky Draw prize, speak to Chaia to get your new bling!

The final points table will be collated and winners announced at the Awards night (7th December 2013 - make sure you've kept that date free!).

Thanks muchly to Ange, Chaia, Disco and of course Miriam and Nils, with her two little bumps! Twas great to have you help and see you and them!

Also to Helene and Tony for putting on a great spread for our post-race indulgence. I did have to have a nap when I got back, me and sparkling that early means only one thing in the mid-afternoon!

In wrap up to the 2013 series, well done to all those who raced though more importantly to those who helped over course of the year, be it - timing, bib coordinating, and BBQing. These things wouldn't happen without you chaps and chapesses!

See you in 2014, with less conservative estimations!

El Prez



**Woodstock 2013 Handicap #4**

Position	Name	Estimated Time	Actual Time	Pts	DQ	PB
1	Ali Guerreiro	0:37:30	0:36:44	24		
2	Mary Bowman	0:43:00	0:42:19	23		PB
3	Greg Marsh	0:36:00	0:35:22	22		
4	Lorraine Spanton	0:40:00	0:39:23	21		
5	David Ruston	0:28:00	0:27:26	20		
6	Mason Davies	0:32:00	0:31:36	19		
7	Wayne Suryak	0:37:30	0:37:09	18		
8	Dianne Green	0:31:30	0:31:17	17		
9	Lesley Maher	0:42:00	0:42:09	16		
10	Kathryn Bolitho	0:31:00	0:31:15	15		PB
11	Carina Gregory	0:40:00	0:40:16	13.5		PB
11	John Patrick	0:40:00	0:40:16	13.5		
13	Scott Mitchelmore	0:29:00	0:30:02	12		
14	Ciara Foley	0:29:00	0:30:34	11		
15	Helene Scarf	0:39:00	0:40:52	10		
16	Dave Miller	0:38:00	0:41:05	9		
17	Jeff Morunga	0:35:00	0:38:17	8		
18	Rick Collins	0:37:00	0:40:52	7		
19	Max McGown	0:36:30	0:40:22	6		
19	Louise Brooks	1:00:05	0:57:56	6	DQ	PB
19	Tony Lloyd	0:36:00	0:34:58	6	DQ	
19	Bronwyn Hager	0:32:00	0:29:50	6	DQ	
19	Matt Bulman	0:31:00	0:29:54	6	DQ	PB
19	Anthony Robinson	0:33:00	0:30:27	6	DQ	
19	Disco Siepmann			6	Volly	
19	Miriam Herold			6	Volly	
19	Charissa Patascil			6	Volly	
19	Angela Haynes			6	Volly	
19	Martin Amy			6	Volly	
19	Nils Israelin			6	Volly	



# New York Marathon

by: PETA BRAY



So Mum, Ellen (my sister) and I finally got to run the NY marathon this year and all without any hitches, including mum. (Ellen must have been Mum's good luck charm this year!)

After waiting our turn to finally get off the coach, we were confronted by a lot of security just to get to the start villages. Good to know we were in safe hands, as organisers had doubled their security budget. I have never seen so many runners in each colour area for just one distance event, 50,000 entrants. Amazing!

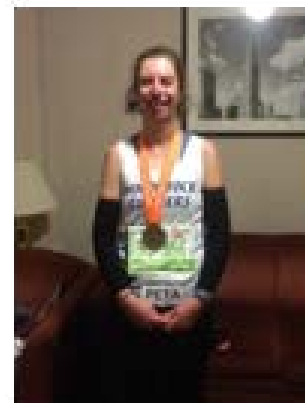


As Ellen was going first and after she was ready, we walked her to her corral and waved her good bye and gave her lots of good luck wishes. Mum and I waited in our area. We fuelled up, chatted to keep away the nerves and lined up for our start corral.



Mum and I ran off (separately) to be greeted by the stunning Verrazano Bridge, the first of 5 bridges that was very cold and windy. It was quiet for a short while as there were no spectators on the bridge, but soon music could be heard along with many, many spectators (estimated at 2.5million) cheering and screaming. I couldn't believe there were so many people lined up along the way, encouraging and yelling at all the runners. The marathon took us through the 5 boroughs and it was nice to read the signs that welcomed us to each borough.

Both mum and I ran a good 25km or so, according to the tracking system. Although I was only marginally ahead of mum, I didn't see her at all. So up to that point, I was given so many 'high fives', I think my left hand was sore later. But I'm not complaining. With the sounds of all the cow bells ringing constantly for 5 hours, reading the funny and cheeky signs, with fantastic and loud up beat music, along with shouts of, 'Go Woodstock/Woodstock Runners', 'Way to go Peterrrrr' and other different pronunciations of my name (with an American accent), helped me and I'm sure mum and Ellen to keep going and soak up the wonderful atmosphere and experience.



Continued over....

I felt I had run a good 28km, until my legs were becoming tired. I slowed down and told myself to just keep running at the slower pace, as I wanted to run the whole way and in the end I managed to do that. Towards the end, it was great to finally run into Manhattan and alongside Central Park. Still having quite a distance to go before finishing, the spectators kept us all going with their shouting, clapping and every other noise imaginable, even when I felt tired and just wanted to finish.

Upon entering Central Park and seeing only a couple of miles to the finish, I felt extremely relieved. Then I saw 200 to go and realised yards are shorter than metres. I knew I would make it. I kept my slow pace and was finally happy to finish in just over 5hrs. Although I was hoping to come in under 5hrs, I was thrilled to have run a PB of 9mins1sec.

Ellen was very happy at running a consistent pace and finishing in a great time of 3hrs35.

While mum was courageous and determined to finish no matter how, she experienced bad cramping the rest of the way and walked the last 17kms, still finishing in a great time of 5hrs 35.

And it doesn't end there. Not only were the spectators amazing, but also all the volunteers, strangers in the street and shop keepers congratulating us over the next few days.

The whole experience beginning from the Expo, running the marathon, through to the next day and having our medals engraved, was absolutely thrilling and definitely the highlight of my running experience of 5yrs.

PETA

P.S You heard it from here that mum said, 'No more marathons'. But she's been known to say that before on numerous occasions!





# CARCOAR CUP

## RUNNING FESTIVAL

RECAP

by: **BROWYN HAGER**

A road trip karaoke session en route to Carcoar saw four excited Woodies singing along to Pink's greatest hits, when the prophetic lyrics of Just Like a Pill came blaring through the speakers - "where I can run, just as fast as I can, to the middle of nowhere...". While Carcoar might not exactly be the middle of nowhere, it is far enough from anywhere that getting phone reception was challenging, and by the end of the weekend, we had all run faster than expected. I'm pretty sure that we saw all of Carcoar in the day and a half that we spent there. The courthouse hosted the pre-race bib collection and presentation. The main street was the start and finish line, lined with spectators on race day. The Royal Hotel was booked out with runners, and the one coffee shop that opened for the event had a constant stream of customers throughout the day. The street leading into town from the highway became the carpark, and the road out of town towards the nearby town of Neville took runners through the initial and final stages of a truly challenging course.



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It was pure determination that brought us there. The 60km ultra was an extra 10km above what Di Galea had trained for in Kanangra, but she wasn't deterred by the distance. Going in with the goal to simply make it across the finish line, Di was estimating the course would take her 7 hours to complete. In a busy few days of planning, Joe could have written the manual for "How to be the Best Support Crew for an Ultra Marathon 101". By the afternoon before the run, we had a strategy for where to meet Di on the course, what food and drinks to bring her and how far each of us would run with her. All that was left to do was run!

Sunday morning was an early start, with the field contesting the ultra small but strong. Brendan Davies led the group out, the course a mix of sealed and unsealed road, with a tough climb over Mount Macquarie, and quiet country roads meaning runners would be on their own for large portions of the race.

Joe and Therese got on the bus to the start of the half marathon shortly after, while I passed the time in Carcoar waiting for my race to start by watching some seriously fast kids power through the kids fun run. Coming off the injury list meant my only event option was the 6km dash, and on the day that was definitely far enough. The run started by turning off the main street, crossing a bridge and going up the first of a few hills out of Carcoar. The next twenty-something minutes were a mental battle with myself over whether or not I could catch the runners in front of me. My competitive side won with about 500m to go, and as great as it was to be first female home, it was even better that my foot wasn't painful.

My "Carcoar Cameo" only lasted 28 minutes, meaning I spent most of the morning relaxing, drinking coffee and watching the half marathon and marathon runners cross the finish line (inspiration for next year!). Brendan arrived back in Carcoar in 4 hours and 2 minutes, taking out the ultra. Joe and Therese finished the half shortly after, high-fiving people in the street as they ran. In an amazing result, Therese's time was faster than her half marathon in Mudgee, despite the hilly course.

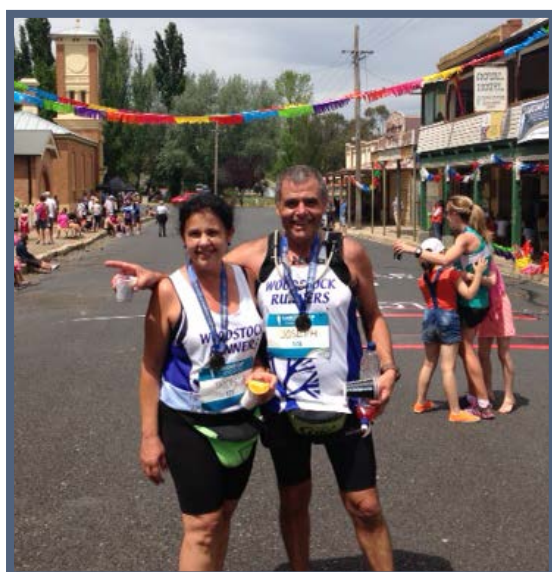


Barely waiting long enough for Joe and Therese to catch their breath, we were in car and driving to meet Di. We expected to find her around the 45km mark, and the plan was for me to run with her first, bringing with me a sandwich, pepsi and snakes. After hearing how tough the hills were and seeing marathon runners walking as we drove along, I started to think that it might have been a hard day for running. It turned out that there was nothing to worry about - Di was in fourth place, looking really strong and determined to catch the runner in front of her. In what was a definite role reversal, I convinced her to relax and focus on her own run, there was still 15km to go and she had plenty of time. The advice seemed to work, and before we reached 50km she was in third position, eyeing a podium finish.

I switched places with Joe with about 9.5km to go, who ran the hilliest part of the course for the second time that day. His plan to inspire Di by singing "Glory Glory to South Sydney" didn't eventuate because she was too focused on finishing strongly, picking up the pace to 5.30/km as she got closer to Carcoar. With a few kilometers to go, we headed to the finish line the easy way (in the car), while Di powered home to finish in 6 hours 46 minutes, 14 minutes faster than her estimated time and third female finisher.

The afternoon was capped off by meeting the local Woodstock furies, who worked hard all day to make sure the runners on the course were safe. I also would like to thank Joe and Therese for their organisation, and Pink for providing the inspirational lyrics.

Congratulations Di





**SUN 1<sup>ST</sup> DEC 2013  
CALLAN PARK**

**balmain  
fun run**

Promoting Fun & Fitness for our Children, Families & Community

The Balmain Fun Run is on again on Sunday 1st December and registrations are now open!

The run has grown significantly over the last 4 years and is now regarded as Sydneysiders' favourite pre-Xmas fitness event. This year the course has been changed slightly removing it from all public roads, making it a safe run for everyone from high level athletes to family groups. The run takes participants along the harbour foreshore and through the beautiful undulating grounds of historic Callan Park in Rozelle.

There are 4 events catering for a multitude of running abilities:

10km Belle Property Balmain race  
5km Balmain/Rozelle Community Bank race/walk  
2km Centre for Learning and Excellence Primary School race/walk  
100m Porte A Partner race - a bit like the Finnish Wife Carrying Championships but no obstacles and your partner doesn't have to be female or your wife!

There will be a range of FREE family oriented activities including bouncy castles, a magician, pony rides, face painting and make-your-own craft plus the Balmain Fire Brigade will bring along one of their fire engines for the kids to enjoy. We also have masseuses and a chill out zone to relax in after the race. All in all it adds up to a fun day out for families and serious runners alike.



Check out all the details at [www.balmainfunrun.com](http://www.balmainfunrun.com) and like our Facebook page or follow us on Twitter to keep up to date as we announce new details about the day.

## WOODLANDS TOURS

For all your tour needs!  
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Charter/Hire, golf Weekends, function transfers,  
custom trips etc  
Other enquiries welcome!  
Competitive rates.



Call Joe or Therese on 0419 373 326

ACC 34363

Whatever you're trying to achieve, be it improved running performance, weight loss, or simply feeling healthier, eating well will always help you on your way! We've been stepping through the five food groups one at a time, and this month we'll be focusing on dairy foods.

Dairy foods have a bunch of different nutrients in them. The most obvious one is calcium, making dairy foods really important for good bone and dental health. But dairy foods are also important for our immune system, eyesight, muscle/nerve function and energy levels. They are also packed with protein, which makes them great between-meal snacks, as they keep you feeling full for longer.

Here are some ideas on how to increase the amount of dairy foods in your diet:

1. **Aim to have at least 1 cup of milk (1 serve of dairy) on your cereal at breakfast**
2. **Try fruit salad and yoghurt for a snack or dessert**
3. **Have a slice of low fat cheese on your sandwich**
4. **Add a small tub of yoghurt to your morning tea at work**
5. **Try a dairy-based dessert e.g. low fat custard or snack pack**
6. **Make a fruit smoothie (with milk and yoghurt) for breakfast or a snack**

Here's a recipe to try:

### **Apple and Blueberry Yoghurt Bars (Serves 12)**

#### **Ingredients**

- 1 1/2 cups self raising flour
- 1/2 cup desiccated coconut
- 1/2 cup caster sugar
- 1 1/4 cups reduced fat vanilla yogurt
- 2 eggs
- 2 Tbsp vegetable oil
- 1 tsp vanilla extract
- 1 tsp finely grated lemon rind
- 1 granny smith apple roughly chopped
- 1 x 200g punnet blueberries

#### **Method**

1. Whisk flour, coconut and sugar in a bowl to break up any lumps.
2. Whisk yogurt, eggs, oil, vanilla and lemon together in a separate bowl and then fold into the dry ingredients until just combined, taking care not to over-mix.
3. Spread mixture into a lightly greased and baking paper lined 28cm x 18cm slice tin. Press apples and blueberries into the top of the slice.
4. Bake at 180°C for 30-35 minutes until golden and cooked through. Cool for 5 minutes in pan before transferring to a wire rack to cool completely.
5. Slice into 12 bars for serving and store in an airtight container until required.







#### FRIDAY - Arrival

Arrived in Narita – wearing our Whoodies – not for long, it was hot! Tried to buy \$500AUD of Yen but requested \$5000 worth and walked away wondering why the machine wouldn't work! Scraped up \$125AUD cash and converted it at the counter, lucky. Fast train to Sapporo but couldn't get through the exit gate as Angela left ticket in entry machine at Narita. Begging was returned with stern faces,



a number on a calculator to pay and crossed-arms in front of chest, reminiscent of a Deal or No Deal player! Arriving at the (brilliant) Royton Hotel in Sapporo 11pm, starving and keen for some traditional Japanese fare, Italian pasta and paella had to do. Of all the quietness and cleanliness of Japan thus far, there were smokers on the next table!

#### SAT – Race Day Eve

More hydrating with clear fluids going in and out. The buffet breakfast was endless with Marty devouring lychees and more lychees! Had a swim before bib collection in the 25m indoor pool in the hotel - 34o poolside and only 30o in! Un-culturally aware of Japanese expectations of slippers, pre-swim showers and swimming caps we were slowly moulded into line. Recovering from our swim in the dual onsens with heated and ice spa's and beautification rooms was nothing short of palatial. Turns out that booking accom so late when only the 5 star option was left, wasn't that bad!

At the Race Expo we found Marty's Japanese father, Yugo the Overseas Entrant Organiser...after a few months of Marty/Yugo email relationship, suddenly the 'Chariots of Fire' music started playing when they finally saw each other face to face! Steadfast Yugo continued to help by walking us to each registration desk for our bibs, shirts and goody bags. The heavens did open giving us encouragement that it may also happen for the race, some relief from what could be some sultry/sweaty conditions.

PM was coffee, cake & some Wifi action. Decided to make use of our \$36AUD pp day pass so it was off to the outdoor spa with running magazines and water...Lots of chatting and hydrating left the magazines untouched. With prune fingers, like magnets we returned to the 'after-pool/spa' beautification rooms.

Race clothing sorted, bibs pinned, shoes chipped, hydration packs ready and photos of gear taken. Everything accounted for including bowel movements. The race guide was in Japanese except for a table of English numbers that resembled cut-off times. Surely a 5:05 time limit for 42kms was unrealistic... so we ignored it. Bed time, race wasn't until 9am so 7am alarm, 8am leave. Eeeeeeeek, it was finally here...

#### SUN – Race Day

Marty on the roller and Angela into the coffee, we left on time and in good spirits. In the sun it was hot, shade very pleasant temp was [x-x]o with [x]% humidity. The Japanese personify organisation and patience. There were 5 start waves and with still +40mins to race start runners were already in their start areas and patiently sitting on the ground – except those in the orderly toilet queues, of which there was a set of loos for each wave.

Virtual partner set to 4:30's (Marty's obviously!!!) though that was always going to be a tough ask. 'It's just a long run' was the tune playing. A few claps of appreciation to...we have no idea. Then by cosmic coincidence, out of nowhere, right in front of Marty (can you hear the Chariots of Fire music...?) appeared Yugo. Giving Marty a nod and a thumbs up, and off went the starters gun. Marty was in group B, crossing 2mins after gun and Angela group E about 4 mins later. The 11km fun runners were let out as group F behind the marathon waves. - continued over....



### MARTY'S RACE:

A sedate pace, but comfortable. Looked for a hill at 5km, no hill but a 'fun runner' sped past. Satellite reception lost in the tunnel at 9km so splits look odd. Strategy was to drink from the hydration pack first up and take on cup water later, as needed, to minimise time and energy wastage from traffic...and stress. Better use was put to a decent rhythm. Time alert at 60mins for half a Gu and water. Re-evaluated Gu intervals to 40 minutes on account of being pickled in the heat, and reset time alert. Repositioned onto the flatish part of the road to avoid camber and to limit concentration drain, and followed the white line.

Out of town it started to thin out a bit, though the sun was coming through and it was getting hot. At half way, and as planned pre-race, began visualising being on the Cooks and felt happy with no noticeable aches. The spectators offered quaint and subtle encouragement. The unforgiving road started to feel like Gold Coast or Sydney Marathon when heading out along City West link, in the blazing heat, knowing you had to turn and come back. The leaders went past in the opposite direction. A clap only from me as no-one could understand anyway (yes, 25km to work that out!). Clouds, thunder and lightning at turnaround (26km) but no rain. At 29km, "only a Bogan-Bay-Bogan left". 32km was further than any training runs...not ideal with 10km to go. Churning out 4:30-4:40 in metronome style, water on legs and back felt good. Finally the heavens opened but at 33-35km came the wall. "It's just a long run Marty, you're going to be out here for 3:30, so just deal with it. Plus you've only got a Bay Run left". At remaining stops, a bit of a walk and dousing with cold, iced and hot water felt great. Amazing stations, they were all about the runners.

Spectators shouted "Gambra???", so I shouted it back...turns out it meant cheer up. Back into town, Virtual Partner 8mins behind, but that was for 4:30's so no problem. "It's a Long Run Marty". Last water stop at 40km. "Suck it up princess" though some hydration pack left. Crossed line drenched, but happy, watch at 3:19 and 42.5km. Collected medal, towel, ice bag, water and an 'iced tissue'. No Yugo but a 765 year old dude less than gingerly sat down next to me. We iced our calves and compared our times, I beat him...just. Minor cramps, I changed into my Souvenir Marathon shirt. The weird and wonderful costumes came in, some aching looking bodies. I continued to clap finishers (as shouting still pointless), though my "Gambras" went down treat! At 4:45 came a shout from behind "Marty"... Angela had come in... via the bus!

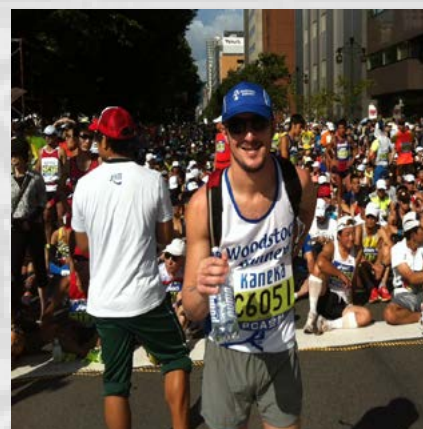
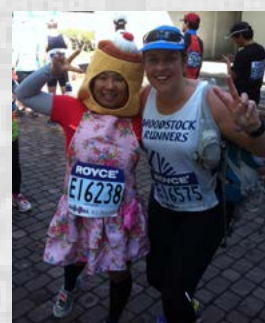
### ANGELA'S RACE:

On account of heat and that training was less than for Canberra in April, initial pace was for a 5:30 marathon. Felt fine and hit 10km at 70mins including a toilet stop. Had mentally split the race into 3 stages; being 12km around town, 15km out and 15km back. A great sponge down at 12km and felt brilliant, waving and thumbs up to the spectators and inhaling the race atmosphere. Settled in for City to Surf #1, minus the hill. Gu's every 45mins, water from the hydration pack and sports drink at the stations. Took course photos and even a video as the leaders went past (they were at 35km at my 15km!).

Found a running buddy 'Yuichi' and despite the communication barrier, encouraged each other for the next 8 hot kms. Throwing my arms around him for a photo spooked him slightly! At 20km and 2:25, Marty went cheerily shouting past in the opposite direction. Then, out of nowhere jumped Mr No Deal with his helpers putting barriers across the course... what the!!! Adopting the 'when in Rome' approach, with polite compliance, joined the line and walked onto one of 5 waiting coaches. Everyone sat in silence with me dying to talk, just needed a victim. Google translator app to the rescue, waving the phone in front of Yuichi, he waved the same app back. For the 1 hour bus ride with water, ice, towels, fans and we chatted, via the app, all the way home.

Back at the finish, looking for Marty in 'Woodstock Blue' was a fail since, thanks to the souvenir towels, everyone was now draped in Woodstock Blue and white. Faithfully Yuichi checked the men's dressing rooms for me and hung for an hour trying to find Marty. In the end I suggested (via the app) 'lets stand near the finish line and listen - I reckon I'll hear him' (typed in the app as 'Marty-san is very noisy'). Spot on... found him!

Back to the hotel, Yuichi came too while waiting for his wife, we had a couple of Sapporo's and tablets and apps took care of communication barriers. Relaxed a while in the afternoon then, feeling ok, headed out for sushi and sashimi dinner and held the usual race debrief.



**Name:** Clive Mooney

**What is your occupation?** Plumber

**Running age group?** 30-39

**Do you have family?** Just my Girlfriend Angela here with me in Australia. We're just here over 8 months.

**How long have you been a Woody?** 4 weeks

**Do you run on Tuesday night/TNT/Saturday morning?** TNT and Saturday

**Why do you enjoy running?** I enjoy the freedom of running, being outdoors, sun on my face and challenging myself with every run. Running is a great way to socialise and meet new friends.

**What is your favourite running distance, course, event and why?** The "Sea to Summit" adventure race in the west of Ireland has been my most enjoyable race, not only for the course, the scenery and the people, but the atmosphere and the location. I completed it last year with friends and would recommend it to anyone visiting Ireland to give it a shot. Takes place in November – make sure your wrapped up!

**What has been your running highlights?** I started running in Dec 09, too keep in shape for my sisters wedding in February 10. After 10 months I ran my 1st full marathon just missed out in breaking 4hrs by a min. Since then I've taken part in 2 adventure events of 75k distance in Ireland which included trail, mountain running up the famous Croagh Patrick reek, kayaking and cycling.

**Any lowlights (injury etc)?** Dublin Marathon 2011 when well inside 3.30 time, it all went wrong at 23.5 miles. Hit the wall with a bang. Walked about 1k then freed up finished in 3.49. Found out after I'd stress fractures in my left foot.

**What was the last race you went in and how did you go?** City to Surf. My 1st time taking part and I completely underestimated Heartbreak Hill. Finished in 64mins.

**Anything funny/unusual ever happened to you while you have been out running?** Nothing yet but I'm sure something well in the near future

**What other sports/hobbies are you involved in?** Cycling, soccer and rugby union.

**Favourite food/beverage?** Chicken Curry (Irish style) Been Irish I suppose you'll be thinking its Guinness but it would be Heineken. And if celebrating a shot or two of Gentleman Jack, Jack Daniels

**If you could have dinner with anyone who would it be and why?** Brian O'Driscoll. What can I say about the man? The best rugby player to have ever played for Ireland

**Where would your ideal holiday be?** When I was living in Ireland it was Sydney but now that I'm living here I'd have to say Hawaii or Fiji

**Interesting things we may not know about you?** I have organised the Kinnegad 5k road race for the past 4 years in my home town (Kinnegad, Westmeath) Love music and sport, any sport!



### Sunday November 2013, Bridget's very special day riding for MS 90km

As some of us might know Bridget's not early to rise  
 On that very morning she gave us all a surprise  
 Losing her keys that morning in the house  
 Scurried around looking for them like a little mouse  
 Got ready for the MS ride down to Woollongong  
 Well & truly focused listening to her favourite song  
 So with the 90km of an undulating ride  
 She was prepared for the ride & full of pride  
 Fully decked out in her team SBS gear  
 Riding along the way without any fear  
 In the ride to woollongong that very same day  
 Passing a male work colleague along the way  
 In beating her colleague & full of joy as you see  
 And that's while she's sipping on her cup tea  
 Triumphant against a male colleague along the way  
 Full of excitement & happy as always  
 She rode her Bike as some might call the Iron Horse  
 In the process raising money for that worthy cause

Bridget, Congratulations & well done on your MS ride from Sydney to the Gong for a great cause

Joejoe



A group of Woodstock's coaches recently went back to school (see how studious we look?)

Frank, Marty, Angela, Chaia, Joe and Michael have completed the Level 2 Recreational running course (meant for distances from 5km to Ultra) with Athletics Australia. We learnt all manner of running things, including new warm up, drill and training methods along with advice on building training programs.

You can expect to see some of this rubbing off on our training at TNT.

Well done to all, it's great to see the knowledge base of the Woodstock coaching team being built upon.



Hi All,

With this year coming to an end , so are the local running Festivals. So if you feel like one last hit out for the year, give this one a go... it has 10km & 5km runs.

So keep the calender free, hope Woodstock Runners will be there in numbers.

The following events have Woodstock Teams created. So when you go to register, search for an existing Team.



**balmain**  
**fun run**

Promoting Fun & Fitness for our Children, Families & Community

Team Name – Woodstock Runners  
Password – Woodstock

<http://balmainfunrun.com/>



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

Team Name – Woodstock Runners  
Password – Woodstock

If anyone finds any other runs, where Teams are available but not created, drop me a line and I'll sort it out!

Happy Woodstock Team bonding!

Frank Hidvegi  
Woodstock Teams Coordinator  
[teamscoordinator@woodstockrunners.org.au](mailto:teamscoordinator@woodstockrunners.org.au)

# BIRTHDAY'S!!

Margaret Pereira	2	Bill Allan	22
John Ovenden	4	Steven Garamy	23
Tony Purss	6	Clive Mooney	23
Kylie Moulds	8	Ciara Foley	25
Nic Bailey	9	Louise Perry	25
Rick Collins	11	Hal Pawson	26
Louise Tapsell	12	Wesley Harrison	27
Lauren Stewart	15	Davd Ruston	28
Deirdre Stewart	20	Debbie Rutherford	29
Sue Forsyth	20		
Alex Newberry	20		
Dan Thompson	21		
Gaye Mancuso	21		



## WELCOME!! New Members

Shiela Roll  
 Robert Norman  
 Nic Bailey  
 Martin Vu  
 Ben Broadfoot  
 Kate Barnes  
 Sarah Farmer  
 Alice Westwood  
 Maria Guano (rejoined, was a member back in 2003)

**Brendan Davies (Woodstock member and Ultra Running legend) is running trail camps with lake Crackenback resort. Keep an eye out for a future Woodstock trip!**

## OPTIMIZE YOUR TRAIL RUNNING TECHNIQUES

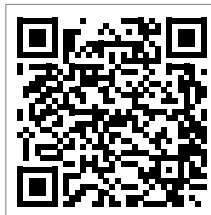


**lakecrackenback**  
resort & spa

**P** 02 6451 3000  
[www.lakecrackenback.com.au](http://www.lakecrackenback.com.au)

*With two of the best trail runners in the world...Hanny Allston, World Orienteering Champion & Brendan Davies, current North Face 100 Champion.*

**Weekend 1** 18 - 20 OCT 13  
**Weekend 2** 29 NOV - 01 DEC 13  
**Weekend 3** 07 - 09 FEB 14



*\*scan to go to special*

FROM  
**\$360\***  
 PER PERSON  
 SIX SHARE



#### I. Feeling hot? Glaring sun?!

Woodstock caps @\$20! Protect your face from getting burned!

#### II. Little Woodie uniforms!!

Want your little ones to dress up like one of us?

Now accepting orders for babies, Toddlers, and kids Woodstock shirt/dri fit. Price depends on number of orders and type from \$20 including shipping if we get a minimum of 6 orders per type.

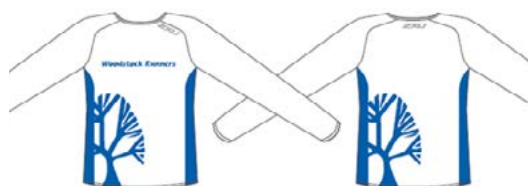


**III. Members approached me about a long sleeve uniforms.** We are considering ordering but we need at least 10 members of each kind for us to get this order. Please send me your interest at [uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) your name, option, gender, size and quantity at: [uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message at 0434672273.

Cost estimate:

Long sleeves \$80

Short Sleeves \$70



#### IV. Compression gear made by 2xu

Design below where M<code> – means Men design and W<code> is for women.

##### Style and Pricing

1. 3/4 compression leggings – \$90
2. Full compression leggings – \$95
3. Compression shorts – \$60
4. Arm warmers – \$50
5. Calf guards without stir-up – \$50



Email your orders, name, option, gender, size and quantity at: [uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message at 0434672273.

#### 2xu Sizing Chart

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	91-96	96-101	101-106	106-112	113-117

#### V. Miscellaneous clothing sale

Discounted 2xu compression socks!! SRP @ shops and online (excluding shipping) \$50!! Woodstock is offered for \$27.50/pair!! Free shipping!

<http://www.2xu.com.au/mens/accessories/socks-gloves/compression-perf-run-sock-ma2442e.html>  
<http://www.2xu.com.au/compression-perf-run-sock-wa2443e.html>





### 21.1km SRI CHINMOY / IRON COVE on 2013-10-20

Name	Result	Pace/km	Comment
Tym BLACKWELL 1:30:00	1:28:42	04:12	6th
Nic BAILEY	1:30:46	04:18	
Clive MOONEY	1:36:06	04:33	
Kathryn BOLITHO	1:45:27	05:00	4th Female Fin
Greg MARSH	1:53:15	05:22	2nd Male 60-69
Raul UNAS	1:54:52	05:27	

### 5km PARK RUN - PARRAMATTA on 2013-10-26

Name	Estimate	Result	Pace/km	PB
Wesley HARRISON		7:39	03:32	2nd
Joe AYOUB		23:12	04:38	
Therese AYOUB		30:51	06:10	EPB PB 7sec

### 3km RUN SYDNEY (RUN4FUN) / HOMEBUSH on 2013-10-27

Name	Result	Pace/km	Comment
Dot SIEPMANN	18:03	06:01	1st F70+

### 4km MAROUBRA FUN RUNS on 2013-10-27

Name	Result	Pace/km	Comment
Barry COLE	30:01	07:30	3rd Place 70 and

### 8km MAROUBRA FUN RUNS on 2013-10-27

Name	Result	Pace/km	Comment
Brian NEWTON	33:36	04:12	20th

### 10km RUN SYDNEY (RUN4FUN) / HOMEBUSH on 2013-10-27

Name	Result	Pace/km	Comment
Nic BAILEY	38:05	03:49	
Michelle HARRISON	41:22	04:08	9th F30-39 /
David MILLER	58:09	05:49	

### 21.1km REBEL RUN SYDNEY on 2013-10-27

Name	Result	Pace/km	Comment
Kate BARNES 2:15:00	2:01:30	05:45	DPB My first

### 21.1km RUN SYDNEY (RUN4FUN) / HOMEBUSH on 2013-10-

Name	Result	Pace/km	Comment
Raul UNAS	1:51:48	05:18	
Bridget AKERS	2:01:24	05:45	

### 5km PARK RUN - ST PETERS on 2013-11-02

Name	Result	Pace/km	Comment
Louise BROOKS	40:19	08:04	

### 5km PARK RUN - PARRAMATTA on 2013-11-02

Name	Result	Pace/km	Comment
Bronwyn HAGER	20:49	04:10	1st female

### 10km SYDNEY STRIDERS SERIES / LANE COVE on 2013-11-02

Name	Result	Pace/km	Comment
Wesley HARRISON	36:22	03:38	7th

### 6km CARCOAR CUP on 2013-11-03

Name	Result	Pace/km	Comment
Bronwyn HAGER	28:00	04:40	1st female

### 21.1km CARCOAR CUP on 2013-11-03

Name	Result	Pace/km	Comment
Joe AYOUB	2:35:48	07:23	
Therese AYOUB	2:35:48	07:23	

### 42.195km ING NEW YORK MARATHON on 2013-11-03

Name	Result	Pace/km	Comment
Peta BRAY	4:59:59	5:01:17	07:08 PB by 9mins01secs

### 60km CARCOUR CUP on 2013-11-03

Name	Result	Pace/km	Comment
Dianne GALEA 7:00:00	6:46:00	06:46	1st Ultra event 3rd female.

### 5km PARK RUN - LAKE MACQUARIE on 2013-11-09

Name	Result	Pace/km	Comment
Martin AMY	19:00	03:48	5th Overall

### 5km PARK RUN - PARRAMATTA on 2013-11-09

Name	Result	Pace/km	Comment
Bronwyn HAGER	19:48	03:58	DPB1st female PB
Ciara FOLEY	21:00	20:39	04:08 DPB PB

### 5km PARK RUN - ST PETERS on 2013-11-09

Name	Result	Pace/km	Comment
Nic BAILEY	18:35	03:43	

### 5km FISHER`S GHOST FUN RUN on 2013-11-10

Name	Result	Pace/km	Comment
Dot SIEPMANN	33:27	06:41	1st F70+

### 8km SRI CHINMOY / MIRAMBEENA on 2013-11-10

Name	Result	Pace/km	Comment
Debbie RUTHERFORD		51:53	06:29

### 15km SRI CHINMOY / MIRAMBEENA on 2013-11-10

Name	Result	Pace/km	Comment
Martin VU	1:00:11	04:01	Short-ened 16km 2nd overall

### 3.2km RYDE ROLLERCOASTER on 2013-11-11

Name	Result	Pace/km	Comment
Angela HAYNES	22:37	07:04	

### 3.013km CREST BANKSTOWN/OPEN 20 MIN TRACK RACE on 2013-11-12

Name	Result	Pace/km	Comment
Dot SIEPMANN	20:00	06:38	Aimed to complete 3Km in the 20 Mins

### 5.6km JP MORGAN CORPORATE CHALLENGE on 2013-11-13

Name	Result	Pace/km	Comment
Martin AMY	21:30	03:50	
Angela HAYNES	35:28	06:20	

DEC 10 Tue	Tuesday evening run @ Woodstock Community Centre Dec 10 @ 6:00 pm – 7:00 pm	+
DEC 12 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 12 @ 6:30 pm – 7:30 pm	+
DEC 14 Sat	Saturday Training @ Brett Park Dec 14 @ 7:30 am – 9:30 am	+
DEC 17 Tue	Tuesday evening run @ Woodstock Community Centre Dec 17 @ 6:00 pm – 7:00 pm	+
DEC 19 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 19 @ 6:30 pm – 7:30 pm	+
DEC 21 Sat	Saturday Training @ Brett Park Dec 21 @ 7:30 am – 9:30 am	+
DEC 24 Tue	Tuesday evening run @ Woodstock Community Centre Dec 24 @ 6:00 pm – 7:00 pm	+
DEC 26 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 26 @ 6:30 pm – 7:30 pm	+
DEC 28 Sat	Saturday Training @ Brett Park Dec 28 @ 7:30 am – 9:30 am	+
DEC 31 Tue	Tuesday evening run @ Woodstock Community Centre Dec 31 @ 6:00 pm – 7:00 pm	+

Sun	1 Dec	BALMAIN FUN RUN
Sun	1 Dec	SOUTHERN SYDNEY SUMMER SERIES 6 AT SANDRINGHAM
Mon	2 Dec	WESTERN SYDNEY SUMMER SERIES 7 AT NORTH ROCKS
Wed	4 Dec	SYDNEY SUMMER SERIES 10 AT ROSEVILLE
Fri	6 Dec	COAST TO KOSCIUSKO
Sat-Sun	7-8 Dec	LJ HOOKER FORSTER BEACH BASH 2013
Sat	7 Dec	3 POINTS CHALLENGE & OCEAN SWIM
Sat	7 Dec	SOUTHERN SYDNEY SUMMER SERIES 7 AT HABERFIELD
Wed	11 Dec	SYDNEY SUMMER SERIES 11 AT MEADOWBANK
Sat	14 Dec	SOUTHERN SYDNEY SUMMER SERIES 8 AT BELFIELD
Sun	15 Dec	SRI CHINMOY SYDNEY 2013 SERIES RACE 9 - IRON COVE 14 KM, 7 KM & 4 KM RUNS.
Sun	15 Dec	SMC ROAD RACE SERIES
Wed	18 Dec	SYDNEY SUMMER SERIES 12 AT MOSMAN
Sat	21 Dec	SOUTHERN SYDNEY SUMMER SERIES 9 AT RANDWICK
Mon	23 Dec	SYDNEY SUMMER SERIES 13 AT WOOLWICH

<http://www.coolrunning.com.au/calendar/nsw.php?TargetCal=NSW&Months=12>  
<http://www.coolrunning.com.au/calendar/nsw.php?TargetCal=NSW&Months=12>