



January 2013 THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY

The Rundown on Members

Happy New Year to everyone and let's look forward to many fantastic runs during 2014. The present heat and humidity makes training difficult but can only make us stronger.

The Woodstock Team currently in Hawaii will be experiencing similar weather but we've our fingers crossed it will not prevent them from running well in Maui. Regardless, they will surely have a wonderful time. Our jetsetters appreciate contributions from Kym, Martin and Joe towards the organisation of the trip. Fortunately Martin's Mum and Dad, Chris and Brian will be there to keep them all in order.

Thank you to John D and the organisers of the Balmain Public School Fun Runs for their generosity in handing over a cheque to Woodstock in appreciation for our help on the day. A great day was had by all, both runners and helpers, and I'm sure we will be there in force later this year.

Congratulations to Larissa who was named Young Ultramarathoner of the Year. She has had remarkable success in the past 12 months and we look forward to seeing her achievements in the future. It was great to have her with us on Tuesday and she is hoping to be a regular. We remember when Larissa and Fumi ran together while they were still at school and tended to do more laughing than running.

For those who have been in the Club for more than a few years, you'll remember the following people with whom I have made contact recently. Elle and Chris Siepen, Jim Burrows and Pat Mahony are all well and interested in the comings and goings at Woodstock. Sue Johnson-Ham bumped into Christine and John Moran while Sue was on a run this week around Maroubra. Derek White paid us a visit on Tuesday evening and I know he appreciated having a chat.

There are still a few spots for Orange weekend Feb 22/23. Check out the website or contact Angela. The Cronulla Breakfast Run is locked in for March 9 but all places for breakfast are filled. Vacancies exist for Canberra April 12/13 and Angela has the details. If you have never been away on a Woodies weekend you've missed all the fun. Even if you don't run, you can still have a great time.

Happy holidays to those away at this time and welcome back to all returning from hols.

Lace up your running shoes and hit the road, but don't forget swimming is delightful this weather; is a great cross trainer; and there are lots of swims on of various distances in and around Sydney.

Happy running and swimming.
Kerry



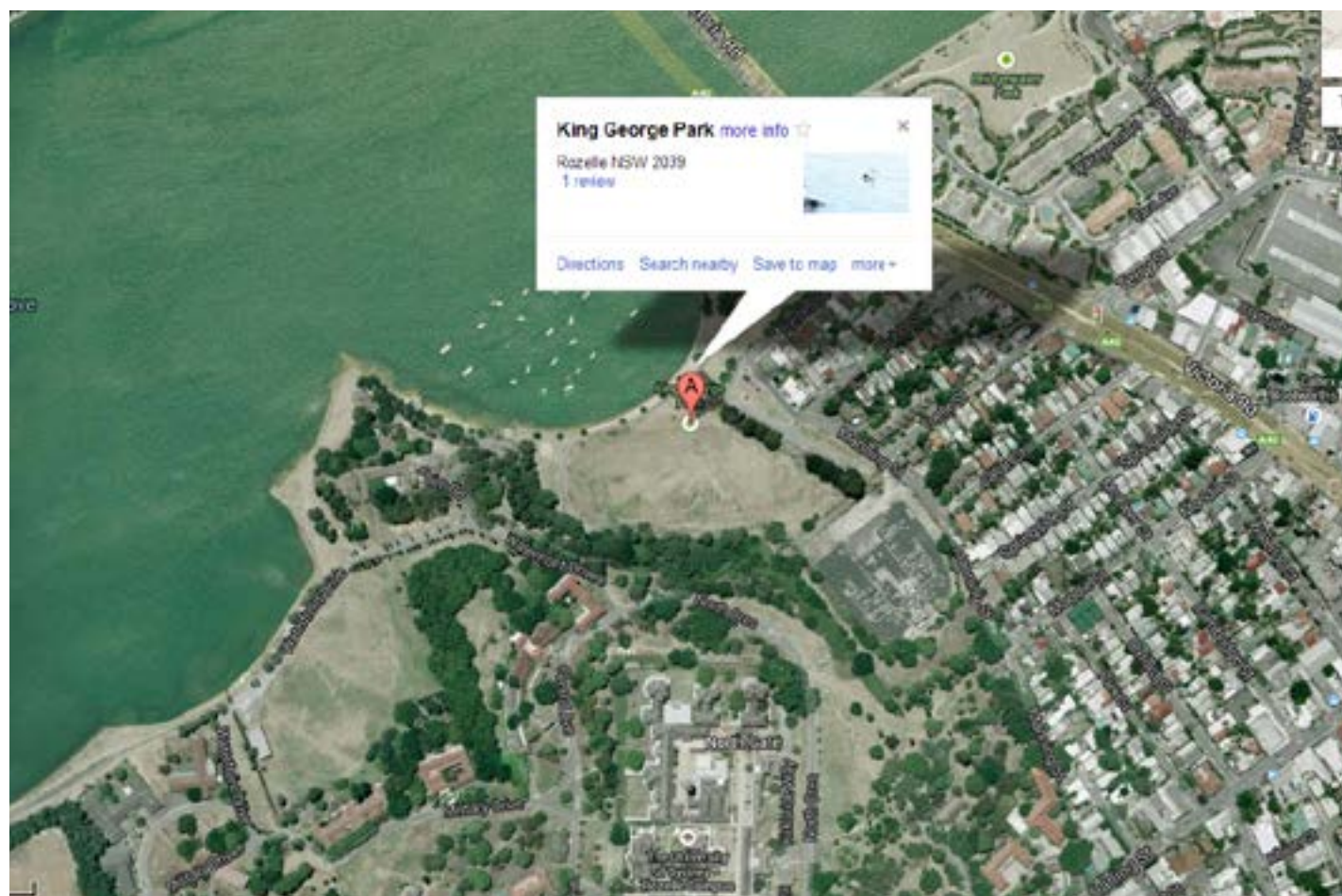
Due to the popularity of our Thursday Night Track nights, Woodstock have secured a second evening of track fun.

As of Monday the 17th February 2014, Monday Night Track will begin. The TNT coaches will be taking the Monday night sessions, running the same timetable as Thursday's.

The sessions will be at the same time as Thursday's, starting promptly at 6:30pm. Please make sure you arrive with time to do a couple of warm up laps and some stretching BEFORE 6:30pm.

MNT will be held at King George Park in Rozelle, on the 400m track.

Please see below for a map, the oval is on the bay, a perfect place for a warm up or cool down lap. Plentiful parking is off Manning St, Rozelle.



22/23 February 2014

This year we have secured accommodation at the charming 'Duntryleague' Golf Club / Guesthouse.

We will bus to Orange on Saturday morning and return to Sydney Saturday evening.

Cost is \$175 for bus, accommodation and a group golf lesson on Sat afternoon!

Sat night we will head out for a team dinner – venue TBC.

Bus to race start on Sunday morning then back to Duntryleague for Showers and team lunch afterward.

If this looks like your kind of weekend then keep an eye out for the e-newsletter, facebook post, or website slider update for a link to Register now.

We will require full payment via Register now to secure your spot.

Any enquiries to Angela: 0419 444 010, angpegasus@gmail.com or facebook message

Register and pay here:
<https://www.registernow.com.au/secure/Register.aspx?E=11584>



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A DIFFICULT RACE especially if you're a woman

No doubt all of us are aware the Marathon is no easy race and demands huge respect by everyone who sets out to conquer the 42.2kms.

Though Pheidippides historically ran the first Marathon way back in 490BC, the Race did not come to prominence until the staging of the first Modern Olympics in 1896. Won by Spiridon Louis, the Marathon has been a major part of every Olympics since. Not so for females, however.

Apparently running this distance (or anything over 1500 metres) would cause injury to women’s reproductive organs and render them infertile. Also, we were deemed “physically incapable”. In the Olympic Games prior to 1984, 800 metres was the longest race for females. Fortunately we had strong, intelligent, determined and courageous women in the running fraternity around the late sixties and early seventies who were prepared to set about making changes and securing equality for women.

In 1967 Kathrine Switzer entered Boston as K V Switzer. When Race Official, Jock Semple noticed her, he tried to tear off her race number. Her 106kgs boyfriend, along with other males, intervened, preventing him from doing so and she went on to finish in 4.20.

Inspired by a number of women, Fred Lebow, Race Director of the New York Marathon, had been urging the American Athletic Union since the Race’s inauguration in 1970, to allow these women to take part. The AAU finally relented, ruling that “certain women” could take part in Marathons provided they start their race 10 minutes before or after the men.

In 1972 six women lined up for the start of the New York Marathon. The gun was fired and the women sat down. They sat there in the lotus position displaying anti AAU placards (Hey AAU. This is 1972. Wake Up!). As the gun sounded for the men, the women started. Upon finishing the AAU added 10 minutes to each of the women’s times.

These women were far from discouraged and continued to open doors for female runners. In 1984 Joan Benoit of the US won the very first Olympic Marathon for women in a time of 2.24. In the 2012 London Olympics the field in the Women’s Marathon outnumbered the Men’s 118 to 105.

Kathrine Switzer is hoping to run Boston in 2017, aged 70. It will be the 50th anniversary of her first one. As runners, especially females, we are very much indebted to these brave and determined women and we salute you.

Kerry



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 the meats food group, which includes lean meat, poultry, fish, eggs, nuts, seeds and legumes/beans.

This food group is important to include primary for the protein. Protein is especially important for runners, as it is what builds and repairs our muscles. It also plays an important role in healing wounds and strengthening our immune systems. Though protein is not the only thing these foods provide. They’re also packed full of iron, zinc and the B vitamins. Fish also provides omega 3 fatty acids, which have been shown to reduce the risk of heart disease, stroke, dementia and macular degeneration.

The important thing to remember with these foods is to choose lean options. This is because the fat in meat (though not fish) is saturated, which is the bad type of fat that clogs up our arteries. Here are some ideas on how to navigate this food group:

- Choose lean cuts of meat (avoid cuts with ‘marbling’ of fat through them)
- Cut the fat off meat before cooking, not after
- Choose low fat/heart smart mince
- Remove chicken skin
- Avoid pork crackling
- Aim to have red meat 3-4 times a week (to make sure you get enough iron)
- Try to have 2-3 serves of fish per week (e.g. add a tin of tuna to your sandwich at lunch
- Be adventurous & try kangaroo meat! It’s really low fat, and high in protein & iron.



Here’s a recipe to try:

Outback Kangaroo Pizza
(Recipe from) www.macromeats-gourmetgame.com.au - Makes 1 pizza.

Ingredients for the Pizza Base:

- 1½ teaspoons dry Yeast
- 2 Dessert Spoons Olive Oil
- ½ cup WARM Water
- 1½ cups Plain Flour
- Salt &Pepper

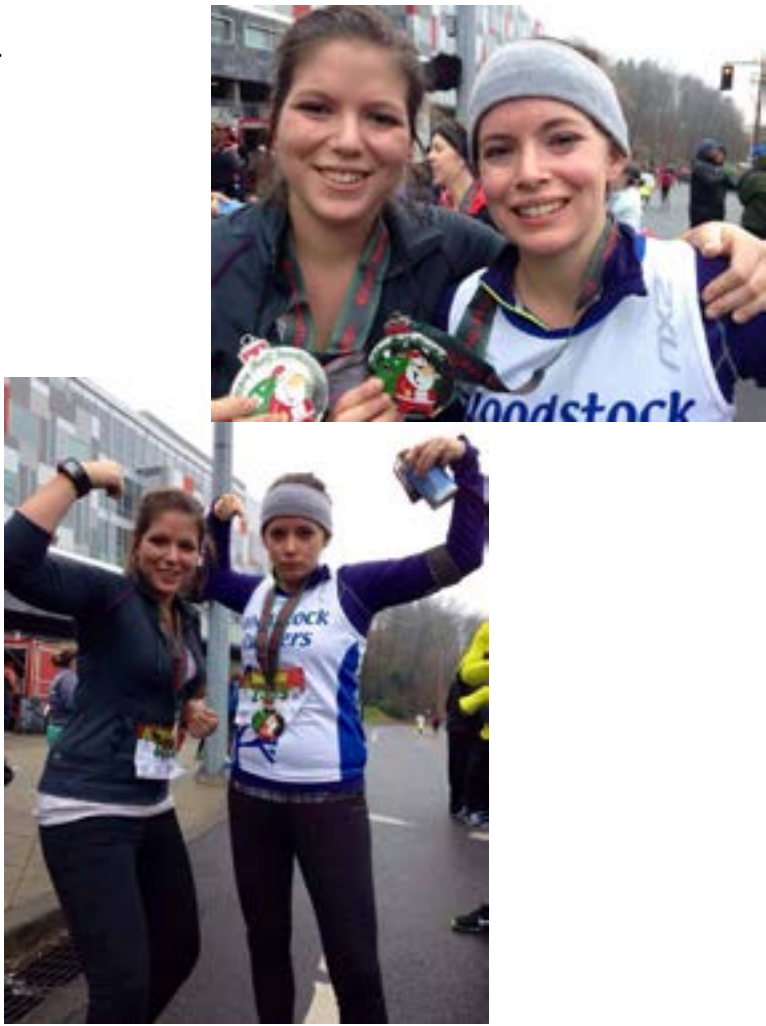
Ingredients for the Topping

- 1 Fillet Kangaroo
- Tomato relish
- ½ thinly sliced red capsicum
- Rocket
- ½ thinly sliced Spanish Onion
- 50 g Goat’s Cheese

Method

1. Combine yeast, warm water and olive oil in a small bowl.
2. Combine flour, salt and pepper in a large bowl and slowly add the yeast mixture and form into a soft dough (you may need to add more flour if the mixture is too moist).
3. Set aside in a warm place and let the dough rise.
4. After 10 minutes knock it back and set aside for a further 10 minutes.
5. Sear the kangaroo fillet in a hot saucepan with a small amount of olive oil, browning the outside.
6. Finely slice and set aside. Turn dough onto floured surface; knead until smooth and roll out onto a pizza tray.
7. Spread the relish onto the dough and then arrange the topping ingredients, finally crumbling on the goats cheese
8. Place in a pre-heated oven 220°C for about 10 to 15 minutes.

A quick post on the Portland Oregan Half Maerathon.



Thanks to all those people who volunteered or ran at the Balmain Fun Run.

I have a cheque for Woodstock for \$200 to show our appreciation.

Name: Sue Forsyth

What is your occupation? Accountant – Lion (number one in numbers!!)

Running age group? I am 29

Do you have family? Yes and a lovely partner of five years

How long have you been a Woody? About 3 months

Do you run on Tuesday night/TNT/Saturday morning? I have been enjoying (or painfully enjoying) the TNT sessions. I run 3 times a week and am looking to start the Saturday runs with the club as well.

Why do you enjoy running? I love the simplicity of running. Putting on a pair of shorts and runners and going anywhere you want to go for as long as you want to. Running is exercise in its purest form. I come from a cycling background and have found running so refreshing, no crazy early morning starts, no angry motorists and you can do it anywhere at any time! It is also an efficient way to exercise; an hour run is like a two hour bike ride!

What is your favourite running distance, course, event and why? My favourite distance is anything long, so I guess half marathon and beyond. My goal is to compete in the endurance events, I really enjoy the mental and physical challenge that endurance racing brings. I would like to have a go at some trail runs next year.

What has been your running highlights? My first 5km TT and Woodstock experience back in June, it was great to meet such a cool crew and experience running on a track for 5kms non stop! I am hoping my next highlight will be finishing my first marathon in September which I am currently training for.

Any lowlights (injury etc)? I think the body is in shock coming from cycling, all my tendons and ligaments are not use to the pounding. I have had a few issues with heel pain, foot niggles but thankfully nothing major. I am a firm believer in stretching and core work so I hope that is helping the body deal with my new love of running.

What was the last race you went in and how did you go? My last race was the half marathon in May. It took 1hr36mins.

Anything funny/unusual ever happened to you while you have been out running? I always seem to see friends from the past when I run around the bay, at least once a month I run past someone I haven't seen for ages!

What other sports/hobbies are you involved in? I have a passion for cycling, for the last 5 years I have been competing in the national road series and have had some great races and experiences. I try to ride at least once on the weekend and once during the week. I also love cooking but mainly eating! I love a good pub steak and catch up with friends over a few chilled beers or relaxing reds.

Favourite food/beverage? Good quality sourdough and peanut butter! As for beverages - Coffee or a nice shiraz depending on the time of day.

If you could have dinner with anyone who would it be and why? Kurt Fearnley – I would like to pick his brains on how he manages to pick one challenge after the other and motivates himself to do them while always being positive.

Where would your ideal holiday be? Somewhere active but relaxing with a lot of culture. Interesting things we may not know about you? I have a really bad habit of researching the café/restaurant I am going to because I hate being disappointed when it comes to food!

There's something magical about the look of genuine surprise and delight on Sally Pearson's face as she is interviewed following her silver medal in the 2008 Beijing Olympics.

"Oh my god, you've got to be kidding me right, it this real?" she looks like she's floating in a dream, desperate to think it's actually happening, but still too scared to believe in case it all disappears.

The magic is the sheer honesty on Pearson's face, as she realizes that the dream she had trained for since her early teens has solidified into a silver medal. Thousands of hours of training, pain, commitment, dedication, bruises, injuries, blisters, and early mornings, had brought her to a moment of triumph realized only by a small handful of elite athletes.

Older, wiser and more polished her interview upon winning the gold medal in the same event four years later in London is just as exciting, but somehow less insightful. While it lacks the surprise and delight of the original interview, it makes up for in controlled

"At the moment I'm feeling relief and excitement," Pearson said. "I've wanted this for so long."

And it's not over. Although Pearson took a few weeks off in November to promote her new book Believe, published by Hardie Grant Books, the hiatus was short lived, and she's already looking forward to the next hurdle (pun intended). Currently training for the 2014 Commonwealth Games, she'll then go on to compete in the World Athletics Championship set to be held in Beijing in 2015, and then on to the Rio Olympics in 2016.

"You don't just wake up one day and say, I think I'm going to be an elite athlete," Pearson said. "You need to get the right people around you, positive people who will keep your spirits up and give you good support and train six days a week for years."

What is most striking about Pearson is her unwavering self-belief, and the resulting dogged dedication to her sport.

"I've never had an problem with motivation, I just get up and do what I need to do," Pearson says. "This is my job."

Having made it back from stress fractures, and twice suffered a torn hamstring in the last 12 months Pearson says the most important aspect of returning from injury is not to give in to negativity.

"It's important to focus on the exercises you need to do to rebuild your strength and not to get distracted by negative thoughts," Pearson says. "And also, I guess, take time to enjoy what you're doing, I wish I'd been a bit less serious over the years and taken a chance to just enjoy the ride."

Link to the 2008 interview <http://www.youtube.com/watch?v=sPn3qY2vJFU>

Link to the 2012 interview <http://www.youtube.com/watch?v=AFNqbHJ3kmw>



Hi all Woodies,

What a way to start the New Year than with nice a sceinic run in the country side.

If you like to try a Woodstock weekend away, try the Orange Running Festival. Check out Woodstock web site or FB for travel and accommodation details.

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



The following event has teams created, but it ONLY applies for the 5km school challenge. You can enter as an individual entrant for the 5km, 10km, 21.1km and 42.2km.

Disregard Teams when entering.

With record numbers heading to Canberra for the Australian Running Festival for another



Woodstock weekend away.

There will be runners doing their Debuts in the Half Marathon, Marathon and Ultra Marathons. So if you want to cheer them on, come along for the ride. Again check social media pages for trip details.

<http://runningfestival.com.au>

Happy New Year to all, wishing everyone all the very best in their running in 2014.... lot's a PB's.

Frank Hidvegi
teamscoordinator@woodstockrunners.org.au

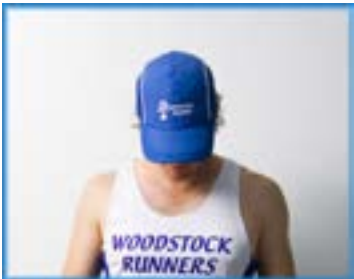
BIRTHDAY'S!!

Joseph Ayoub	1
Riccardo Benvenuti	2
Brendan Davies	3
Ali Guerreiro	5
Miles Pullen	5
Vanessa Orr	5
Paul Whiteway	6
Lawrence Ullio	7
Louise Hawkins	8
Stephanie Philibert	16
Alice Westwood	18
Ken Murray	22
Bob St Clair	22
John Phillips	22
Tony Robinson	23
Patricia Doughty	23
Elizabeth Aoun	23
Michael Gilham	24
Sandra Bogun	25



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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



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



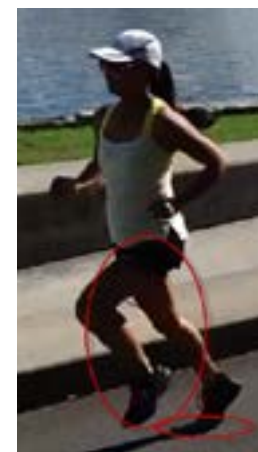
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Posture – Tall upright position. As mentioned by one of our member, Matt Bulman, an Enhance Running Technician, before you go and start running, raise both arms up, arms are in line with your ears, slightly tuck chin in, engage core, and tuck your tail bone – this will help keep your landing in line with the center of gravity which is more efficient on your balance and muscle movement.



Lean – Checking your posture, when you start moving your legs on a jogging motion, try to be aware that your incline comes from the ankles not from the shoulders, not from the hip. You can try practicing by free falling upright against a wall – (stopping yourself on a push-up position before your face hit the wall!). Or partner up and try pushing your partner while jogging. Experiment – and you can tell what's more efficient when you run. 1. Try running very upright no lean 2. Disengage your core, close hips, lean from your hips 3. Lean from your ankles



Midfoot Running – If you have a good posture, the tendency is, your legs will fall in line where you hip is, and pulling it back for the next step is easier. This is impossible to do when you are landing in your heels. Landing on your heels, creates a breaking force through your knees and your hips. Some would think that the longer the stride the quicker our legs will take us to the goal, however, the breaking action keeps us from doing this, aside from that we do not want to know what damage would that breaking force cause our joints. Over-striding usually gets our heel to hit first (try longer striding with your midfoot first – it is impossible!), and it takes more effort for our next movement of getting the other leg in front and pulling our torso ahead, instead of letting the gravity pull you instead.

Pull action instead of push – Try to run pushing and stomping on the ground – and ask yourself how much stress you feel. Now try pulling your leg on an oval motion and ask yourself what's easier. Pushing through the ground is sending off your energy to the ground, instead of using that energy to propel you forward. Try, when you are out running, imagine doing a skip rope forward. Your movements should likely to be a stone skimming through the surface if a water, when you skim through the ground, you don't sink (well yea, stone eventually sinks – but you know what I mean!)



Breathing – Compare the size of your nostrils and your mouth. What do you think would bring more in your lungs more? What if we use them at the same time? Exercise and try breathing in and out only through your nose when you go for a sprint, and do the same using both mouth slightly opened and your nose as your breathing medium? Good posture also gets air moving easier in your body, when you are looking down and hunched while you're running, your lungs and abdomen which does help your breathing is compressed.

Tension – Have you seen Usain’s bolt face when he run’s? His face in videos looks very wobbly isn’t it? Because part of him is relaxed. Try: Run with a stiff, tensed shoulder and legs, versus relaxed shoulders and legs? Or swinging your arms on a stiff angle versus of a slightly angled arm with shoulder relaxed? What feels better and more efficient?

Arm position – Arm position when sprinting/going uphill can be slightly different when you are running mid-long distance in terms of the angle. However, both arms should not go beyond the midline of your body. Try: Run and cross your arms beyond your midline Vs. Run with your arms imagining you are drawing a gun in and out off its holster just beside your hips. What’s more stable?

Note: Running efficiently does not necessarily equate to speed, sometimes your running style probably does not need correcting, but does not hurt to try the exercises above and let your body decide. Each and every one of us are different, what works for one does not apply to all.

Coach Chaia P. – Level 2 Recreational Running Coach.

Photo credits: Matt Bulman. Ideas from Enhance Running, Brendan Davies (point 7)



PARK RUN - ST PETERS on 2013-12-21

Name	Result	Pace/km	Comment
Nic BAILEY	18:35	03:43	4th Over-all
Martin AMY	22:41	04:32	
Kathryn BOLITHO	23:10	04:38	4th Fe-male finisher
Ali GUERREIRO	25:45	05:09	
Louise BROOKS	42:15	08:27	

PARK RUN - FINGAL BAY on 2013-12-21

Name	Result	Pace/km	Comment
Gavin TUNSTALL	21:35	04:19	6th over-all 3rd age group

PARK RUN - PARRAMATTA on 2013-12-25

Name	Result	Pace/km	Comment
Nic BAILEY	18:19	03:40	1st over-all
Bronwyn HAGER	19:09	03:50	1st fe-male 2nd overall
Frank HIDVEGI	21:49	04:22	
Kathryn BOLITHO	22:08	04:26	2nd Female

PARK RUN - ST PETERS on 2013-12-25

Name	Result	Pace/km	Comment
Frank HIDVEGI	22:58	04:36	

PARK RUN - LAKE MACQUARIE on 2013-12-28

Name	Result	Pace/km	Comment
Nic BAILEY	17:59	03:36	4th over-all

PARK RUN - PARRAMATTA on 2013-12-28

Name	Result	Pace/km	Comment
Bronwyn HAGER	19:08	03:50	1st fe-male 7th overall
Angela HAYNES	30:51	06:10	
Dot SIEPMANN	31:49	06:22	1st F70-74

PARK RUN - ST PETERS on 2014-01-01

Name	Result	Pace/km	Comment
Louise BROOKS	45:48	09:10	

SYDNEY SUMMER TWILIGHT SERIES on 2014-01-03

Name	Result	Pace/km	Comment
Angela HAYNES	31:18	06:16	
Louise BROOKS	41:54	08:23	

SYDNEY SUMMER TWILIGHT SERIES on 2014-01-03

Name	Result	Pace/km	Comment
Kathryn BOLITHO	46:55	04:42	

PARK RUN - PARRAMATTA on 2014-01-04

Name	Result	Pace/km	Comment
Dot SIEPMANN	32:30	06:30	
Louise BROOKS	42:19	08:28	

PARK RUN - ST PETERS on 2014-01-04

Name	Result	Pace/km	Comment
Bronwyn HAGER	19:33	03:55	1st fe-male
Kathryn BOLITHO	22:43	04:33	
Carina GREGORY	28:16	05:39	48th parkrun

SYDNEY SUMMER TWILIGHT SERIES on 2014-01-04

Name	Result	Pace/km	Comment
Ali GUERREIRO	25:36	05:07	

NARRABEEN ALL NIGHTER -12 HOUR EVENT on 2014-01-04

Name	Result	Pace/km	Comment
Dianne GALEA	12:00:00	09:23	DPB 1st 12 hour endurance event. Total time and distance PB

NARRABEEN ALL NIGHTER -12 HOUR EVENT on 2014-01-04

Name	Result	Pace/km	Comment
Teresa WOOD	12:00:00	09:22	1st 12 hr Night Race

PARK RUN - PARRAMATTA on 2014-01-11

Name	Result	Pace/km	Comment
Angela HAYNES	32:15	06:27	

PARK RUN - ST PETERS on 2014-01-11

Name	Result	Pace/km	Comment
Bronwyn HAGER	19:29	03:54	1st fe-male 16th overall

PARK RUN - MINNIPPI on 2014-01-11

Name	Result	Pace/km	Comment
Hilary SCHNEIDER	28:21	05:40	5th in age category vw 40-44

JAN 21 Tue	Tuesday evening run @ Woodstock Community Centre Jan 21 @ 6:00 pm – 7:00 pm
JAN 23 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jan 23 @ 6:30 pm – 7:30 pm
JAN 25 Sat	Saturday Training @ Brett Park Jan 25 @ 7:30 am – 9:30 am
JAN 28 Tue	Tuesday evening run @ Woodstock Community Centre Jan 28 @ 6:00 pm – 7:00 pm
JAN 30 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jan 30 @ 6:30 pm – 7:30 pm
FEB 1 Sat	Saturday Training @ Brett Park Feb 1 @ 7:30 am – 9:30 am
FEB 4 Tue	Tuesday evening run @ Woodstock Community Centre Feb 4 @ 6:00 pm – 7:00 pm
FEB 6 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Feb 6 @ 6:30 pm – 7:30 pm
FEB 8 Sat	Saturday Training @ Brett Park Feb 8 @ 7:30 am – 9:30 am
FEB 11 Tue	Tuesday evening run @ Woodstock Community Centre Feb 11 @ 6:00 pm – 7:00 pm

Sat-Sun 1-2 Feb TRE-X CROSS TRIATHLON SERIES (QLD)
 Sat 1 Feb THE SYDNEY MORNING HERALD SUN RUN
 Sat-Sun 1-2 Feb KATHMANDU ADVENTURE SERIES
 Wed 5 Feb SYDNEY SUMMER SERIES 19 AT PENNANT HILLS
 Sat-Sun 8-9 Feb STRZELECKI FUN RUN, KOSCIUSZKO RUN N KOSCIUSZKO HALF MARATHON 2014
 Sun 9 Feb CUPID'S UNLIE RUN 2014
 Sun 9 Feb CUPID'S UNLIE RUN 2014 (QLD)
 Sun 9 Feb GOLD COAST TRAIL RUNNING SERIES - EVENT 3 - STAMINA AT HINZE (QLD)
 Wed 12 Feb SYDNEY SUMMER SERIES 20 AT DENISTONE
 Wed 19 Feb SYDNEY SUMMER SERIES 21 AT ROSEVILLE CHASE
 Sun 23 Feb SMC ROAD RACE SERIES
 Sun 23 Feb SRI CHINMOY SYDNEY 2014 SERIES RACE 1 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY
 Mon 24 Feb SNOWY MOUNTAINS 1/2 MARATHON TRAIL RUN
 Wed 26 Feb SYDNEY SUMMER SERIES 22 AT DOUBLE BAY
 Fri-Sat 28 Feb-1 Mar SYDNEY COASTREK 2014

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