



March 2014 THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY



The Rundown on Members

Woodstock lived up to its name as a friendly and successful club at our recent weekend in Orange. Many thanks to Angela who organised the entire weekend and to Joe, assisted by Kevin, who provided our transport. Matt was our very own photographer. The accommodation in the 138 year old Duntryleague Guesthouse was superb and we enjoyed many good runs, with various placings in the Marathon, Half, 10k and 5k races well organised by the Orange Runners Club. We did not excel in our golf. Will no doubt stick to running. Our Club "expanded" last week when we introduced an additional training session, that being MNT (Monday Night Training) at King George Park, Rozelle. Thanks to Martin and our generous coaches, we can now enjoy a speed workout twice a week.

Congratulations to Miriam and Nils on the birth of identical twin girls, Isobel and Scarlett. All are well and the photos on Facebook show a very happy family. Am sure it won't be too long before we have a couple more Woodies with us.

Chaia and Michael Ando have recently returned from overseas and Nic is heading off any day now. Hope it's a great trip and make sure you keep running.

We have a new fair dinkum Aussie in our midst. Welcome and congratulations Matt Bulman, a most worthy Australian citizen.

Ray Dean and Ross Keys have both undergone surgery in the last few weeks. They expect follow-up treatment and we wish them well for a full and rapid recovery.

Greg Marsh has returned to work following his earlier retirement. It's just for 3 months Greg tells us, which is helpful as it is preventing him from running Tuesdays and Thursdays. Retired John Phillips is also thinking of some work. Maybe retirement is not all it's cracked up to be???

With sadness we farewell Tami, Tristan, Lochie and Aldo as they return to Melbourne. We thank you for our friendship and great contributions to Woodstock in the time you've been with us. We'll miss you, but wish you happy times down south and good luck in your new ventures. Don't forget to keep running.

Good luck to those competing in Six Foot Track and don't forget our Canberra trip next month. The Cronulla Breakfast Run, with maximum numbers, should be a great morning.

Happy running until next Rundown
Kerry



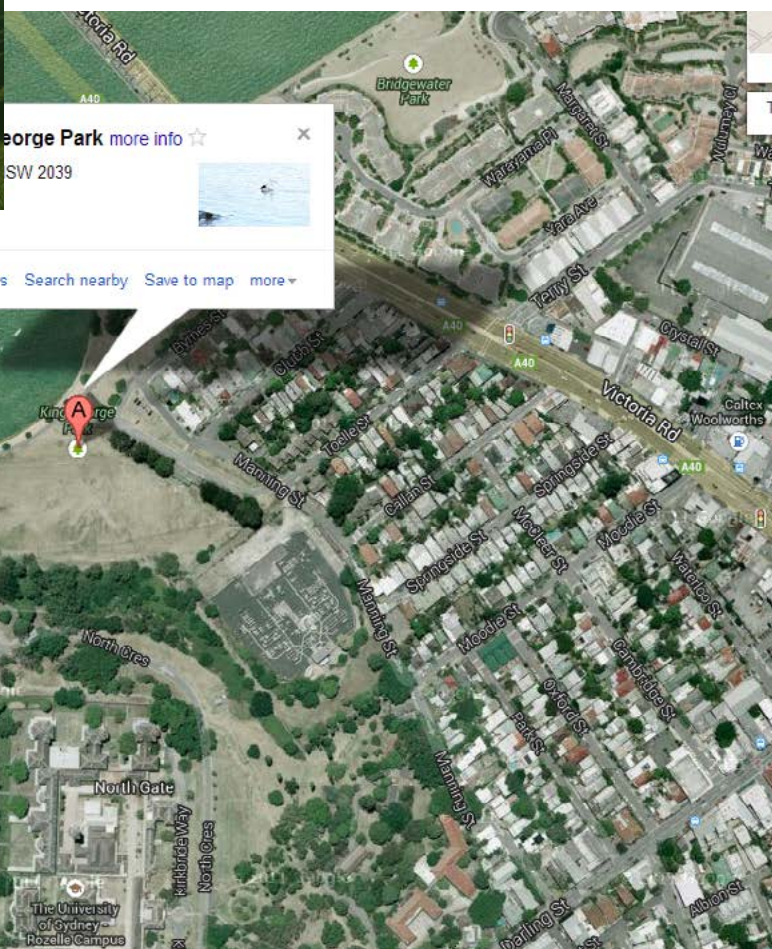
Due to the popularity of our Thursday Night Track nights, Woodstock have secured a second evening of track fun.

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.





Trip is 12/13 April and cost is \$110 for bus and accom or \$70 for accom only.

Please note the bus people will NOT be down there in time for the Sat morn 5km & 10km races - bus is only for half/full/ultra runners and cheer squad. If wanting to do the 5km or 10km, why not self drive/car pool and take the accom only option?

Payment required to secure your spot. Go to the Shop' tab at <http://www.woodstockrunners.org.au/>
When you register for the race at <http://www.runningfestival.com.au> we also have a 10% discount code sjk2014WS - this is for Woodstock members only.

Team dinner is on Sat night at Caph's Manuka and a wine tasting/lunch at Lerida Winery on Sunday afternoon (bring own money for these). FB or email me at angpegasus@gmail.com if any questions.

New members, better halves, young'ns and plus ones are welcome. This year is going to be big! So 'Register Now' and happy training!

Angela Haynes

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ACC 34363

On Saturday the 23rd of February I boarded the famous Woodlands tour bus bound for the Orange Running festival. Although I had been looking forward to the trip, I was somewhat apprehensive about the half marathon that lay ahead. My training for 2014 hadn't exactly kicked off with a boom, rather with a sprained ankle (courtesy of Manly Dam) and a strong resistance to complete anything that could even remotely be classed as a 'long run'.

We said our farewells to Sydney and headed west. To entertain us on our travels we were accompanied by the dulcete tones of Marty, reciting facts on the towns/ cities (but most definitely not suburbs) that we passed through. After a few pit stops and having indulged in some of Kerry's brownies, we arrived at the beautiful Duntryleague guest house (see photo). This accommodation has definitely set the benchmark for future trips and even came complete with a golf lesson and free live music from the concurrent wedding reception!

So after a long day traveling, golfing, eating and drinking, race day swung around and we were up early to greet it in the dark. Conditions were cool and clear, making it perfect for a run through the countryside. As we lined up to start I tried to tell myself to not run off like a lunatic, and I headed this advice for longer than I had anticipated... at least to the 5km mark After doing some mental maths on potential finishing times, I picked up the pace to the turnaround point. While the out and back course wasn't the best for spectators it was great for runners. I was able to see every Woodie out on the marathon and half, including the fast guys in the half - Nic, Phil and Clive out front. It also made it easy to count off how many females where ahead and better still, spot who had gone out too hard. After a Gu, and being cheered on by fellow Woodies on the course (including a high five from Di), I felt a new spring in my step and caught a lady or two. I even managed to hold a conversation with a fellow runner around the 15km mark. After finishing our discussion on what possess people to run marathons I decided that as I was able to talk, I must be going too slow. So I picked up speed again and headed home for the last 5km. These few ks were definitely harder but after catching two more ladies in the last km I had to keep pushing on to keep them off my heels. And luckily I had a little something to carry me across the line, the Woodie cheer squad.

All in all it was a great first trip with the Woodies and many thanks to everyone involved in putting it together. I look forward to doing it again next year, hopefully with some more solid training behind me!

-Alice





On 27 Feb, we had our first 5km Time Trial in the 2014 series. With chilly and blustery conditions, it was going to be a test for the 30 runners around Campbell Oval.

Greg “Reigning Champ” Muir was in the starting blocks and he looks like the runner to beat again this year as he once again took out first place in the age-adjusted category with an amazing 16:29! WowWee! First AA female went to Kerry “I’m gonna getcha Greg this year” Bray with 18:18. Congrats to Amy “I know how to pace myself” Reiha for being a minor 5secs off her estimated time!

Full result below, from our new whizz-bang database. You can access this through the website <http://www.woodstockrunners.org.au/tnt-5km-time-trial-results/>

along with other statistical st-uff! Some serious times, in what were not the easiest conditions - 9 PB’s no less. Thanks muchly to Chaia, Ando, JP and Big Possum for help on the night, much appreciated!

Good Pub turnout, though look out for a change of venue, as the Farm’s menu has changed a tad!

Until Episode #2



Sheet1

Points	Name	Estimate	Result	Pace/km	prev.Best
25	Greg MUIR	20:00:00	20:09:00	04:02:00	19:43:00
24	Wesley HARRISON	17:20:00	17:10:00	03:26:00	17:19:00
23	Jackson DAY	19:30:00	18:57:00	03:47:00	18:55:00
25	Kerry BRAY	29:00:00	28:01:00	05:36:00	25:49:00
22	Joe DEGABRIELE	22:20:00	22:48:00	04:34:00	24:11:00
21	Phil LOBSEY	20:30:00	20:11:00	04:02:00	20:04:00
20	Ryan MANSOUR	20:00:00	19:27:00	03:53:00	19:08:00
24	Diane GREEN	22:30:00	23:04:00	04:37:00	22:17:00
23	Bronwyn HAGER	20:00:00	19:11:00	03:50:00	20:14:00
19	Matt BULMAN	20:20:00	19:40:00	03:56:00	20:52:00
18	Adam WILCZEK	21:00:00	19:30:00	03:54:00	
16.5	Nic BAILEY	21:30:00	19:31:00	03:54:00	18:23:00
16.5	Evan PLAKIAS	23:40:00	22:08:00	04:26:00	23:42:00
15	Frank HIDVEGI	21:45:00	21:56:00	04:23:00	21:18:00
14	Mathew VERBERNE	24:00:00	20:48:00	04:10:00	
13	Clive MOONEY	21:00:00	21:15:00	04:15:00	21:19:00
22	Dot SIEPMAN	32:30:00	33:34:00	06:43:00	30:37:00
21	Jenny VASSILOU	23:00:00	22:29:00	04:30:00	23:05:00
20	Maree LUCAS	35:00:00	33:16:00	06:39:00	29:32:00
19	Amy REIHA	24:30:00	24:25:00	04:53:00	
18	Patricia DOUGHTY	30:00:00	27:31:00	05:30:00	27:52:00
17	Carina GREGORY	28:12:00	27:19:00	05:28:00	25:57:00
16	Kate BARNES	26:30:00	26:10:00	05:14:00	
15	Therese AYOUB	32:00:00	31:47:00	06:21:00	31:52:00
14	Angela ROCHE	28:00:00	26:45:00	05:21:00	
12	David MILLER	28:30:00	30:56:00	06:11:00	26:55:00
11	Riccardo BENVENUTI	31:30:00	30:56:00	06:11:00	
13	Tiffany HOUSE	40:00:00	29:51:00	05:58:00	
12	Louise BROOKS	42:05:00	40:47:00	08:09:00	39:39:00
11	Wayne SURYAK	30:00:00			27:05:00
11	Martin AMY				
11	Joe AYOUB				24:03:00
11	Michael ANDERSON				22:15:00
11	Charissa PATACSIL				22:35:00
11	John PHILLIPS				



Name

Louise Brooks

Occupation

Research Nurse

Running Age Group

45-50 years

How long have you been a Woody

About 7 months

Do you run a Tues/TNT or Sat morning

I come to TNT and have enjoyed a few Sat morning runs including 2 handicap races around the bay.

Why do you enjoy running

I like the simplicity of it, no gym fees also like the challenge of trying new distances as well as looking to beat PB's. The social side of Woodstock is great too.

Favourite running

distance 5km

Running highlight

Being nominated in the Woodstock end of year awards for the rookie of the year category

Running lowlight

Not too many but did have an injury last year which had me out for a month and this was quite frustrating.

Last race

Knapsack Lap race @ Glenbrook.

Funny Unusual Running story

I did the Balmain Fun run last year. Kerry Bray was marshallng. One of the runners commented "God Bless we'll get her running next year" I had to put them straight about the New York marathon so it certainly proved you don't judge a book by its cover.

Other sports/hobbies

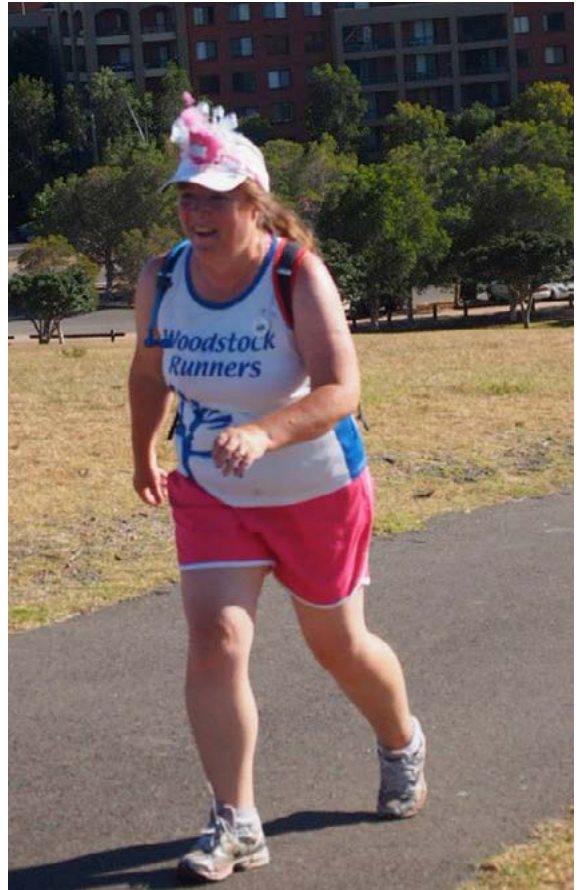
I like reading, going to the movies and helping out with my sons school activities and the marching band that he is in.

Dinner Partner

I love watching all forms of sport so I would definitely invite Tony Lockett (retired full forward for St Kilda & Sydney Swans) along or Brett Lee (retired Australian cricketer but still plays 20/20 for Sydney sixers and Indian premier league).

Ideal holiday destination

I studied Indonesian at school and was lucky to go on a school trip to Bali. Have not been back since so would love to see the changes, enjoy some cocktails and even visit the water park.



Do you have Achilles pain? In my chiropractic clinic, I treat many runners with a condition called Achilles Tendonopathy. This condition in runners is not an easy one to treat, primarily because runners as a species are insane. They often times run through an injury. Their reasoning seems to be as follows: "Last time, it hurt when I ran. Now it hurts when I run and don't run. Therefore, I am going to go for a run and see if that helps. And, if I physically can't go for a run, I'm going to find someone who will remove the pain so that I can go for a run." And then repeat.

Like a gerbil on a wheel, we must admire this persistence. And being a runner myself, I can certainly empathize. Now, returning to the issue at hand: What is Achilles Tendonopathy? The Achilles is the attachment point for your calf muscles onto the top of your heel bone (gastrocnemius and soleus insert distally into the superior portion of the calcaneus: see black tape in figures 1-4).

Tendon is a unique tissue with interesting properties. It connects muscle to bone, and typically has a poor blood supply, which means it can have difficulty healing. When a tendon is newly injured, we call that injury a tendonitis (-itis means to inflammation, swelling). Early on, ice, compression, rest and anti-inflammatory medication are often effective treatments.

However, when a tendon is injured repeatedly, over a longer period, the inflammation is no longer the pain generating culprit. The tendon changes in nature, and it becomes very disorganized and degenerative. We now call this long standing condition: tendonopathy (opathy suggests disorganized, diseased or crappy). To be clear, I'm not suggesting the condition is no longer painful, because it is very painful. Persistently painful. But the way to treat the condition changes drastically.

Eccentric exercises are the gold standard for rehabilitation of this type of tendonopathy. Combining certain treatment methods with the exercise may speed up recovery. Performing the exercises before a condition develops in the first place may very well be preventative.

For a Achilles Tendonopathy such as the one marked by black tape in the photos below, one should use the Alfredson Eccentric Heel Drop protocol.

The Eccentric heel drop protocol is:

3x15 eccentric straight-leg heel drops

3x15 eccentric bent-knee heel drops

The two exercises are to be performed twice a day, every day for twelve weeks.

Continue the exercise even into moderate pain, but stop if the pain becomes debilitating.

When you are able to do all three sets without any pain, add weight using a backpack.

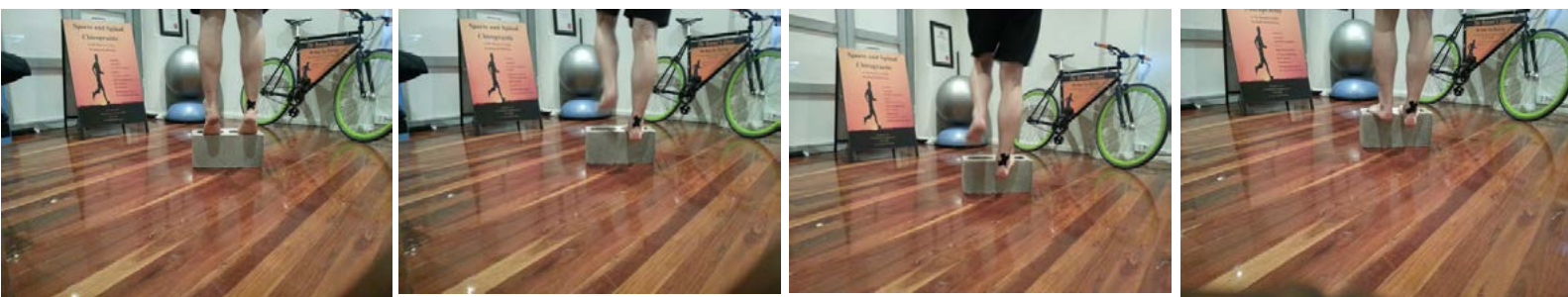
Figure 1: Start by standing on the balls of your feet on the edge of a step. This is your starting position.

Figure 2: Remove the healthy leg so that the injured leg must support your weight.

Figure 3: Slowly lower the injured leg so the heel drops below the step (3 seconds).

Figure 4: Replace the healthy leg. Primarily use the healthy leg to return you to standing on your toes (Figure 1). *It is important that you do not raise yourself both upward and downward on the injured leg. Only the lowering (eccentric) component is beneficial to the injured tendon.

Always seek advice from a healthcare professional prior to beginning a new exercise, and for accurate diagnosis. For a live video, check out www.therunnersclinic.com.au. Or, if you have questions about this or any other injury, please ask Matt at a Woodstock Training Session. He's happy to offer free suggestions, it makes him feel useful.



Hi all Woodies,

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 Marathon, why not it be you ? All links are on the Woodstock Runners web site for Bus and Accom.

<http://runningfestival.com>.

The Sydney Morning Herald halfmarathon

Sunday, May 18, 2014

SM-H Half Marathon Teams have been set up, if you have not done this one now is your chance. I would of put their logo up.... but it won't let me cut, copy, paste it.

<http://www.smhhalfmarathon.com.au/>



C2S entries are up so are teams

<http://www.city2surf.com.au/>

THE ONE TO RUN

C2S let me cut, copy paste their logo, alright now with the next three BIG runs I will need your estimated times, so have a think and in due time I will be asking for them.... and no bodgie times I know how you all run !!

Till next time happy running

teamscoordinator@woodstockrunners.org.au



BIRTHDAY'S!!

February birthdays:

Fiona Day	5
Michael Cantley	8
Derek White	12
Sarah Waladan	12
Martin Vu	12
Danny Burgess	14
Beverley Edwards	16
Kathyn Bolitho	16
Sarah Farmer	16
Greg Marsh	19
Matt Bulma	19
Kate Barnes	21
Lorraine Spanton	22
David Miller	23
Vass Vassiliou	25
Mark Bailey	25
Barry Crisp	25
Thu Le	26
Larissa Tichon	28

March birthdays:

Lorraine Madden	7
Kerry Bray	11
Carol Paipa	26
Brendan Whiteway	27
Christine Berle	28
Diane Green	30

New Members:

Melanie Stewart
 Brett Jones
 Angela Roche
 Mathew Verberne
 Erin Marden
 Jenna Curtis
 Adam Wilczek
 Tiffany House
 Thalia Anthony (returning)
 Jenny Gibson





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



- 2xu Singlet - \$50/singlet



- Little Woodie uniforms!! From \$25 including shipping

Contact Chaia on uniforms@woodstockrunners.org.au

 Hot Design - \$55/Shirt



5km PARK RUN - SANDON POINT on 2014-02-08

Name	Result	Pace/km	Comment
Bronwyn HAGER	19:15	03:51	EPB 1st fe-
male 4th overall course PB			
Nic BAILEY	19:16	03:51	5th Over-
all			

5km PARK RUN - PARRAMATTA on 2014-02-08

Name	Result	Pace/km	Comment
Martin AMY	18:51	03:46	

km KURNELL TRIATHLON- RUN LEG on 2014-02-09

Name	Result	Pace/km	Comment
Kerry BRAY	29:55	28:56	05:47 Part of a
2nd placed female team			

10km MANLY DAM TRAIL SERIES on 2014-02-09

Name	Result	Pace/km	Comment
Teresa WOOD	1:20:47	08:05	EPB Course
PB			
Angela HAYNES	1:27:57	08:48	EPB +11 min
course PB!			

6km SYDNEY CORPORATE CUP, THE DOMAIN on 2014-02-12

Name	Result	Pace/km	Comment
Angela HAYNES	42:45	07:08	

5km PARK RUN - ST PETERS on 2014-02-15

Name	Result	Pace/km	Comment
Nic BAILEY	19:59	04:00	

5km PARK RUN - PARRAMATTA on 2014-02-15

Name	Result	Pace/km	Comment
Dot SIEPMANN	32:07	06:25	1st F70-
74			

16km RUNNING WILD / WENTWORTH FALLS on 2014-02-15

Name	Result	Pace/km	Comment
Wesley HARRISON		1:30:02	05:38
4th			

6km SYDNEY CORPORATE CUP, THE DOMAIN on 2014-02-19

Name	Result	Pace/km	Comment
Angela HAYNES	40:25	06:44	

5km ORANGE RUNNING FESTIVAL on 2014-02-23

Name	Result	Pace/km	Comment
Martin AMY	20:08	04:02	8th Over-
all 1st Age Cat			
Nic BAILEY	20:43	04:09	
Clive MOONEY	21:50	04:22	
Dot SIEPMANN	31:00	32:27	06:29 1st F70+

10km ORANGE RUNNING FESTIVAL on 2014-02-23

Name	Result	Pace/km	Comment
Nic BAILEY	40:54	04:05	15th
Gavin TUNSTALL	49:50	46:02	04:36 38th
overall 11th age cat			
Evan PLAKIAS	53:07	05:19	
Peta BRAY	1:00:20	06:02	
Kerry BRAY	1:02:00	1:01:46	06:11 2nd
Angela HAYNES	1:10:00	1:09:58	07:00

21.1km ORANGE RUNNING FESTIVAL on 2014-02-23

Name	Result	Pace/km	Comment
Nic BAILEY	1:22:39	03:55	7th Over
Phil COOTE	1:32:48	04:24	
Clive MOONEY	1:36:26	04:34	
Greg MARSH	1:53:00	1:53:21	05:22 4/10 for
Dianne GALEA	2:00:00	2:00:47	05:43

42.195km ORANGE RUNNING FESTIVAL on 2014-02-23

Name	Result	Pace/km	Comment
Martin AMY	3:19:00	3:13:41	04:35 9th Over-
all 3rd Age Ca			
Kathryn BOLITHO	3:38:55	05:11	7th
female finisher 2nd age cat			40-49.
Frank HIDVEGI	3:52:21	05:30	no com-
ment			

42.195km WANGARATTA MARATHON on 2014-02-23

Name	Result	Pace/km	Comment
Danny BURGESS	2:45:14	03:55	3rd over-
all			

5km PARK RUN - PARRAMATTA on 2014-03-01

Name	Result	Pace/km	Comment
Bronwyn HAGER	18:43	03:45	DPB PB 1st
female 5th overall			

10km SYDNEY STRIDERS SERIES / NORTH HEAD, MANLY on 2014-03-01

Name	Result	Pace/km	Comment
Thien VUONG	45:00	45:00	04:30 Season\s
best by 5 minutes			

5km Sydney Marathon Clinic on 2014-03-02

Name	Result	Pace/km	Comment
Dot SIEPMANN	37:08	07:26	1st F70

10km Sydney Marathon Clinic on 2014-03-02

Name	Result	Pace/km	Comment
Kate BARNES	56:09	05:37	DPB PB. 1st F
David MILLER	1:01:14	06:07	44/53

7km WOODSTOCK HANDICAP #1 on 2014-03-08

Name	Result	Pace/km	Comment
Martin AMY			Volly

MAR 10 Mon	Monday Night Training @ King George Park, Rozelle Mar 10 @ 6:30 pm – 7:30 pm	+
MAR 11 Tue	Tuesday evening run @ Woodstock Community Centre Mar 11 @ 6:00 pm – 7:00 pm	+
MAR 13 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Mar 13 @ 6:30 pm – 7:30 pm	+
MAR 15 Sat	Saturday Training @ Brett Park Mar 15 @ 7:30 am – 9:30 am	+
MAR 17 Mon	Monday Night Training @ King George Park, Rozelle Mar 17 @ 6:30 pm – 7:30 pm	+
MAR 18 Tue	Tuesday evening run @ Woodstock Community Centre Mar 18 @ 6:00 pm – 7:00 pm	+
MAR 20 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Mar 20 @ 6:30 pm – 7:30 pm	+
MAR 22 Sat	Saturday Training @ Brett Park Mar 22 @ 7:30 am – 9:30 am	+
MAR 24 Mon	Monday Night Training @ King George Park, Rozelle Mar 24 @ 6:30 pm – 7:30 pm	+
MAR 25 Tue	Tuesday evening run @ Woodstock Community Centre Mar 25 @ 6:00 pm – 7:00 pm	+

Mar 2014

Sun	9 Mar	MALLACOOTA FUN RUN (VIC)
Sun	9 Mar	BROOKS PORT MACQUARIE RUNNING FESTIVAL
Sun	9 Mar	MOUNT BOGONG CONQUESTATHON (VIC)
Wed	12 Mar	SYDNEY SUMMER SERIES 24 AT WEST PENNANT HILLS
Sat	15 Mar	ALSTONVILLE WOLLONGBAR FUN RUN CHALLENGE
Sat	15 Mar	SDAC WINTER SERIES - GRAYS POINT
Sun	16 Mar	29TH ANNUAL WESTON CREEK HALF MARATHON (ACT)
Sun	16 Mar	COWRA FESTIVAL FUN RUN
Wed	19 Mar	SYDNEY SUMMER SERIES 25 AT CLONTARF
Sat	22 Mar	SDAC WINTER SERIES - SYLVANIA WATERS ATHLETICS TRACK
Sun	23 Mar	ALBURY WODONGA CAMP QUALITY FUN RUN
Sun	23 Mar	SMC ROAD RACE SERIES
Sun	23 Mar	SRI CHINMOY SYDNEY 2014 SERIES RACE 2 - IRON COVE 14 KM, 7 KM & 4 KM RUNS.
Wed	26 Mar	SYDNEY SUMMER SERIES 26 AT MARSFIELD
Sat	29 Mar	SDAC WINTER SERIES - DARKES FOREST #1
Sun	30 Mar	GREAT VOLCANIC MOUNTAIN CHALLENGE
Sun	30 Mar	SPLASH & DASH FESTIVAL