

THE RUNDOWN

NOVEMBER

2014

WOODSTOCK RUNNERS *Running and walking in Sydney's Inner West*

www.woodstockrunners.org.au

rundown@woodstockrunners.org

www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

I feel as though I have been off the running scene for ages following my somewhat disastrous fall 7 weeks ago. With a damaged shoulder and broken rib amidst skin off and massive bruising, it is pretty near impossible to run any distance or any decent speed (even at my base level). I am not able to swim either. I'm hoping to be running in Tassie in 6 weeks.

Congratulations to Deirdre on her 4hrs12mins New York Marathon in far less than ideal conditions, making her effort even more superb. Kurt Fernley, who won the wheelchair division and has competed in NY a number of times, described it "the most difficult race ever". Organisers suggested it was the "windiest and coldest" they have experienced. Good on you Deirdre.

Also, in non ideal weather, Woodies travelled to Stromlo and erected their tents, without a hammer between them. By morning the overnight rain had turned the place into somewhat of a quagmire and all the tents had leaked. You can never keep a good Woody down and they all managed to finish their respective events, from 10k to 50k. Thanks so much to Joe and Angela for a great weekend.

Recently I had the privilege of speaking at an evening presentation for runners in the Sutherland Shire. While I trust they benefited from some of my thoughts, I gained an enormous amount of enthusiasm and positive vibes from them and realised just how we can all gain so much from fellow runners, no matter at what level they are. Enthusiasm is very contagious.

Many thanks to everyone involved in the organising of our Christmas party and Presentation of Awards this Saturday. From deciding on a venue and menus etc, to the nominations for the various awards and then the selection of winners by the Committee (and how difficult was that), it has involved many Club Members. I'm sure it will be a wonderful night and I look forward to meeting up with lots of friends that night.

Woodstock is off to Tasmania in January competing in a parkrun and then the yummy Cadbury Events from 5k through to the Marathon with chocolate included. Thanks to Martin and Joe for the organisation.

I wish everyone a very happy Christmas and a fabulous year of running in 2015.

Kerry



November new members:

Benjamin Roebuck

Paul Ansell



**KEEP CALM
ITS
CHRISTMAS
PARTY
& Awards!
TIME**

Date: Sat 6 Dec 2014

Time: 6pm

Place: Harold Park Hotel

Address: 70A Ross St,
Forest Lodge
NSW 2037

Cost: \$50 per adult
\$20 per child

Book at:
<https://www.registernow.com.au/secure/Register.aspx?E=13800>
 or via the SHOP link at www.woodstockrunners.org.au

This is the night to end all nights! The night where we kick off our joggers and up with our heels, shout some Christmas cheer and announce the 2014 club award winners!

All members and their partners/family are welcome.

Register here or under the “Shop” tab on our website:

<https://www.registernow.com.au/secure/Register.aspx?E=13800>

Here is the link to pics from the 2013 event:

<http://www.woodstockrunners.org.au/2013-awards-night-photo-gallery/>

Enquiries to: president@woodstockrunners.org.au

Results Database News! – Check Out Your Own Runner Highlights!


Our website/database maestro, Mr David Miller has been busy again...Check out the new Woodstock Runner Highlights page which summarises you best times per distance per year and your PB's. Give Dave a pat on the back when you see him, he really is awesome!

Can be found under the results tab at www.woodstockrunners.org.au

Here is the direct link <http://www.woodstockrunners.org.au/woodstock-runner-highlights/>

Here is a sample:

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WOODSTOCK RUNNERS

Running and walking in Sydney's Inner West

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Home » Woodstock Runner – Highlights

Kathryn Bolitho - Highlights Portal

BOLITHO Kathryn

dist	PB	2014	2013	2012	2011
3	12:09	12:09			
5	21:27	21:46	21:27	22:50	
7	30:22	30:35	30:22	31:47	
8	34:47			34:47	38:34
9	41:48	41:48			
10	45:53	45:53	46:09	46:16	49:35
11	52:49	52:49		53:28	
14	1:06:10	1:07:12	1:06:10	1:07:39	
15	1:09:17	1:09:17			
21.1	1:39:01	1:40:30	1:39:01	1:41:04	
42.195	3:27:53	3:30:05	3:27:53	3:46:36	

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3. Compression shorts – \$60
4. Arm warmers – \$50
5. Calf guards without stir-up – \$50

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

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



On 8 Nov 2014, for the first time ever, ANSW held 3000m track races for community athletes in conjunction with the State 3000m Championships run at Sydney Olympic Park. 5 Woodstock Runners took part in the community races which were on before Bron Hager's race in the State Championship event. Another 6 Woodies & family went along to lap score, cheer and mind the esky while the race was on! Bron managed to have her own interview and media release as she broke her own 15 year PB with 10:26:41 and 4th in the Women's B race! Kath Bolitho also snagged a post race interview!

Here are the Community Race results:

Jimmy Carroll - 10:02:10
Clive Mooney - 11:52:42
Frank Hidvegi - 12:06:60
Kath Bolitho - 12:09:60
Emma Agostino - 12:49:73

Full results and lap times can be found here:

http://www.nswathletics.info/liveresults/2014/nsw_3000m/pics/274-1-01.pdf

Dave 'Robbo' Robinson commentated the community race (as he ran it). Marty ran a lucky dip sweep throughout the night. For most of our runners, this was their first official track race so the whole night was interesting and the learning curves were many! Despite that we do internal 5km time trials, many of our guys still found pacing themselves quite a challenge. It was lots of fun and a great experience.

If you want to have a go at a track event in a friendly, no pressure way, ANSW are hosting a similar style event with their 5km Track State Championship on Sat 14 Feb 2015. If you are dateless on Valentines Day, or even better, why not bring you date along!

Here is the link: <https://eventdesq.imgstg.com/index.cfm?orgID=52&eventDesqID=10124>



Woodstock's Bronwyn Hager lowers 15-year-old best

Author: [Athletics NSW Administrator](#)/Wednesday, 19 November 2014/
Categories: [News](#)



20 Nov 2014

Woodstock's Bronwyn Hager lowers 15-year-old best

One of the inspiring stories to emerge from the NSW 3000m Championships was the performance of **Bronwyn Hager** of Woodstock Runners.

As a teenager Hager competed for Asics Wests in Athletics NSW championships. In 1999 she clocked 10:45 for 3000m in the under-16 State Championships.

"I then stopped for a few years after school," Hager said.

But her love for the sport saw her return a few years later.

"I started back running fun runs and the City to Surf."

But her competitive nature was still present.

"I would sometimes say, 'I could run a sub-90 half marathon or sub-40 10k.' But I'd never do it, so it was time to put my money where my mouth is and do it. A year ago I thought 'come on see what you can do.' "

She stepped it up and the results have been evident, placing second in the 2014 NSW Marathon Championship and then her performance at the recent NSW 3000 metres championships where her goal was to lower her now 15-year-old 3000m personal best.

Running in the B race, she placed fourth in 10:26.41 and smashed that old personal best.

Hager is just one success story of the Burwood-based Woodstock runners. Launched in 1980 they now have more than 160 registered members and regularly have 40 at each of the four training sessions held every week. The group meets for a Tuesday night road run, track sessions on Monday and Thursday nights (at Balmain and Canterbury respectively) and a Saturday morning run around the beautiful Drummoyne Bay Run. The club has 20 Level 1 coaches and a busy committee organising events and social gatherings.

"The club has a good atmosphere where everybody is supportive of each other," said Hager who works in the communication area at Strathfield Council.

"There are some competitive athletes who are trying to achieve some goals in major events."

For more information visit the club website www.woodstockrunners.org.au/

David Tarbotton and Ron Bendall for Athletics NSW

Image: Bronwyn Hager contests the B race of the NSW 3000m Championship (courtesy of David Tarbotton)

Original Article—<http://nswathletics.org.au/News/woodstocks-bronwyn-hager-lowers-15-year-old-best-46532>

A MINUTE WITH A MEMBER

Name: Erin Taylor

Occupation: I have a few: Theatre Director and Dramaturg, Casual Drama and English Teacher at Cabramatta High School.

Running age group: 30-35

How long have you been a Woody: Since May 2014

Do you run on Tues, MNT, TNT or Sat morning: MNT and TNT

Why do you enjoy running: I am a bit of a stress-head, so running turns my brain off.

Favourite running distance: Anything on a trail!

Running highlight: Completing my first half marathon this year, the Blackmores Bridge Run. I loved every single kilometer (almost) and finished 15 minutes faster than I predicted. I never thought I would be able to run that distance!

Running lowlight: The Fishers Ghost 10km this year. Hot and hills = HATE.

Last race: Fishers Ghost 10km

Funny or unusual running story: I don't have a singular unusual story, but I guess what is unusual about me is that I don't sweat. So this makes running in the heat extremely difficult for me- I can't cool down!

Other sports/hobbies: Theatre- making it and seeing lots of it. Travel. Reading.

Dinner partner: Alex Fensham of course! And Samuel Beckett and Tennessee Williams if they were alive.

Ideal holiday destination: Paris, always Paris.



Happy
Birthday

November Birthday's:

Martina Lyons

Louise Brooks

Mary Bowman

Erin Marden

Evan Plakias

Roy Rankin

Therese Ayoub

Carina Gregory

Luana Ferrara

Sheila Roll

Tom Alfry

Kate Wake

Tony Phillips

A Summary: Coaching Session with Henk Kraaijenhof and Simon Nathan

On 23 November, few Woodstock members have attended a coaching session by Henk Kraaijenhof, an international consultant and coach; and Simon Nathan Director of Athletics Australia at Sydney Olympic Park.

Kraaijenhof have discussed about:

I. Training in general

A. Individualization

A. Should be individualized, and one athlete cannot be faster or quicker by copying training routine of a specific athlete because of the following reasons:

- Every athlete is different in biomechanics, genetics, physiological make up, hormonal system, and physiological development. The level of an athlete's physical, physiological and psychological capacities must be established before the planning of training takes place.
- The training must take into consideration the level of an athlete's performance capacities in the choice of suitable training methods.
- The results obtained from the employed training must be regularly tested and analyzed to make necessary corrections.

B. 10% rule. When increase distance/weight/intensity, that an athlete or coach should only increase it by 10% of total distance/ weight/ reps

C. Repetition - Power functions drop in dynamic work according to the number of repetitions performed. This trend depends on the size of the load and the type of the exercise. There are reasons to believe that the quickly fatigued fast fibers fail to determine power dynamics when it drops below 90% of the maximum. This is the reason why a repetition of further activity serves no purpose.

D. Sets - The number of sets to be performed can be determined from the average power produced in one set. Training must be terminated when the average drops below 90%. Provided this criterion is applied, well trained and highly motivated athletes are capable of performing 8 to 12 sets using the same muscle groups.

E. Recoveries are in this case between two and three minutes. Increasing recovery duration has no advantage when the 90% limit has been broken.

F. Endurance Speed – can be achieved by performing Interval trainings or track sessions

G. Maximal Speed – training to obtain your 100% speed can be practiced through resistance trainings, downhill running and the pulley system

II. Explosive Strength according to Muscle Fiber types

A. Slow Long Twitch Muscles – needed for long distance training

B. Fast Short Twitch Muscles – needed for short/sprint and explosive distances

III. Importance of weight Training

Weight Training is beneficial because a higher level of maximal strength can be applied during the starting action (500 ms) and the first strides of the race (150-300ms).

Faster athletes produce higher power with large loads than slower athletes. Consequently, slow athletes should employ lighter loads than fast athletes in the development of muscular power.

The most suitable load in the development of muscular power ranges between 30 to 60% of maximal isometric strength.

Diary

Keep a diary of your training routine – to keep a log of your training distances, and intensity, duration etc
Can use the Mental Attitude chart which is as follows, where you stick/ draw a smiley face according to how you are feeling that day and measurement of your Resting Heart Rate and Weight

Measurements	Days						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical							
Mental							
T??							
Resting Heart							
Weight when							

You can read more of Kraaijenhof's ideas at his blog: <http://www.helpingthebesttogetbetter.com/>

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NEWCASTLE

'Which race are you doing?' was the question most asked. Some of us opted for 5km Blackbutt Parkrun on Saturday, others the Fernleigh 15km on Sunday. It was the hard-core amongst us that ordered the double shot of both events on 18/19 October 2014!

All 12 Newy tourists took something home from the weekend. Running wise it may be a tick off the bucket list for completing the notoriously hilly and arguably hardest Parkrun in Australia. Kerry Bray having to walk it with an injured shoulder. For others it was being able to experience the great event that is the undulating but fast and historic Fernleigh Track. We welcomed Jacque Aherne to her first Woodstock Tour and Kath Bolitho to her first trip away sans Frank who, according to Kath, stayed home to have a holiday?! We also got to see how Marty's cousins Daphne and Daisy had grown since last year (and say hi to mum Julie too!)

Woodstock Runners were everywhere and performance highlights were many... Martin Amy took 1st outright at Blackbutt Parkrun in 19:41. In the Fernleigh 15, Woodstock's first finishers were Nic Bailey 54:41 17thM and Bron Hager 59:02 9thF & 7th NSW State Champion. Therese Ayoub's 1:33:08 earned her a distance PB and what about Dot... This was Dot Siepmann's furthest race since the World Masters Games in Oct 2009 (thanks to the Woodstock database for that data!) **Dot, at 71 years of age, ran 1:30:24 (6:02 pace) and is 1st age cat and 1st NSW State Champion!** (deliberately bolded as this is a super dooper result for our immortal Dot!

What sound does a golf cart make? Putt putt putt. Cracking any more golf jokes would be sub-par! But you guessed it, on the social side we had a game or two of mini golf. Fun indeed and never missing an opportunity to create a competition, Martin Amy had us lined up in groups of three to seek out the birdies, eagles and albatross. Winners were grinners, with Dot Siepmann, Joe & Therese Ayoub winning Halloween costumes! Helpful for the Halloween Handicap on the following weekend!

The weekend also turned into a bit of a gastronomical experience with 4 restaurants to highlight. Saturday post-race breaky was with our new friends, the Blackbutt Parkrun locals, at Blackbutt Hotel of course! Post-golf lunch was at the new and trendy 'The Edward' café, an old Laundromat turned Newy's trendiest new hangout. Sat dinner was dockside at the Beach House restaurant and post-race on Sunday we put our feet up at the Lake Macquarie Yacht Club, a really nice place to kick back and relax.

Pencil this one onto your calendar for 2015 as we are likely to run this tour again next year!

NEWCASTLE



Calendar

DEC 4 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 4 @ 6:30 pm – 7:30 pm	+
DEC 6 Sat	Hell Hill 8km @ Brett Park (Formosa St side) Dec 6 @ 7:30 am – 9:30 am	+
	Christmas Party & Awards Night @ To Be Advised Dec 6 @ 6:00 pm – 11:00 pm	+
DEC 8 Mon	Monday Night Training @ King George Park, Rozelle Dec 8 @ 6:30 pm – 7:30 pm	+
DEC 9 Tue	Parks Run 10km @ Woodstock Community Centre Dec 9 @ 6:00 pm – 7:00 pm	+
DEC 11 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 11 @ 6:30 pm – 7:30 pm	+
DEC 13 Sat	Balmain 9km @ Brett Park (Formosa St side) Dec 13 @ 7:30 am – 9:30 am	+
DEC 15 Mon	Monday Night Training @ King George Park, Rozelle Dec 15 @ 6:30 pm – 7:30 pm	+
DEC 16 Tue	Putney Punt 12km @ Woodstock Community Centre Dec 16 @ 6:00 pm – 7:00 pm	+
DEC 18 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Dec 18 @ 6:30 pm – 7:30 pm	+

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

Thu	4 Dec	SURF AND TURF NIGHT TRAIL SERIES
Sat	6 Dec	MUD RUN
Sat	6 Dec	3 POINTS CHALLENGE & OCEAN SWIM
Sun	7 Dec	BELLE PROPERTY BALMAIN FUN RUN
Sun	7 Dec	POTTSVILLE RUN SWIM
Sun	7 Dec	SYDNEY TRAIL SERIES - MANLY DAM
Sun	14 Dec	SRI CHINMOY SYDNEY 2014 SERIES RACE 10 - IRON COVE 14 KM, 7 KM & 4 KM RUNS.