

### THE RUNDOWN ON MEMBERS

Kerry Bray

Trust all enjoyed their Festive Season and are looking forward to the year ahead with running goals we hope everyone will achieve. Let's hope they keep us on track and are not unrealistic. Best of luck and enjoy your 2015 year of running.

Christmas gave me the opportunity to catch up with various members and former members. Jean Foulser is keeping well as she approaches her 90<sup>th</sup> birthday; Michael Bayles, living near Wagga, will become a Grandfather this year; Pat Mahony is holidaying in Qld with daughter, Leah; and John Pollard has shown some improvement in his nursing home.

Congratulations to Alice and Matt Westwood on the recent birth of Cassius. Arriving some 12 weeks early, he hardly disrupted Alice's running. We wish them the very best and trust Cassius will recover brilliantly from his unscheduled arrival in this world.

Sadly we learnt of the death of Jeanne-Vida's Mum. Those of us who travelled with her to Orange two years ago, remember her as a delightful and fun-loving lady. We offer our sympathy to JV and her family.

Alex Hill has left our shores to spend 5 months in Europe with Jen. We know you'll have a great time and don't forget your running, Alex. Lesley and Lindsay have just returned from Hawaii, as Eddie and Maria head off on a cruise. Dave and family have been holidaying in Vietnam and we look forward to hearing all about it.

John Dawlings is returning to good form and recently won the Bob Molloy 3000m Handicap at Southside Masters. That's a fantastic result as it is a very competitive event. Lesley and Peta took part in the last Kurnell Triathlon and are shaping for the January Event.

Thanks to all involved in the organisation of the Christmas party, along with Martin and Angela who are currently organising the Tassie trip and the weekends to Orange and Canberra. If you've never been on a Woodies' trip, do give it some thought. They are heaps of fun and we run, too. I'm looking forward to Tasmania, never having been there previously.

Welcome to many new members who have joined recently. We're sure you'll have fun as a Woodie and trust your running will take off and you'll enjoy lots of good times and many PBs.

Happy running / walking / swimming to everyone.

Kerry



#### December new members:

Zoe Cameron  
Tony Phillips  
Thomas Roberts  
Lindsey Attwooll

Michael y  
Benjamin Roebuck  
Paul Ansell  
Matt Drummond  
Ellen Gough  
Alan Doughty

# WOODSTOCK RUNNERS

## RENEWING MEMBER 2015 MEMBERSHIP SPECIAL!

Renewing members can get a 2xu singlet for \$20 with their 2015 membership - That's way below cost price!!

It's membership time again and this year we have a set of very special deals for our amazing members

New adult (with cotton t-shirt): \$60  
New pensioner/student (with 2XU singlet): \$60  
New pensioner/student (with cotton t-shirt): \$30  
Returning adult (no shirt): \$60  
Returning adult (with 2XU singlet): \$80  
Returning pensioner/student (no shirt): \$30  
Returning pensioner/student (with 2xU singlet) at \$50

## VISIT THE WEBSITE AND REGISTER NOW!

<http://www.woodstockrunners.org.au/about-us/how-to-join/>

### WOODSTOCK AUSTRALIA DAY RUN

Monday, January 26

7 Mortley Ave, Haberfield

(enter from the side gate on Minto Ave)

**6:30am - 25km** - takes in iconic Sydney

landmarks such as

Harbor Bridge and Mrs Mac's Chair

**8am - 10km**

**8:30am - 5km**



Non-runners  
welcome

# Australia Day

Breakfast at 9am, bring swimmers

## CANBERRA 2015

### WOODSTOCK RUNNERS

## AUSTRALIAN RUNNING FESTIVAL

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

Team—Woodstock Runners

Password—Woodstock



April 11-12, 2015

Bus, accom and tour price to follow

Save the Date



In August, Balmain Sports Medicine gave a seminar on a few running-related topics. One was on nutrition. You can find the full presentation here –

<http://balmainsportsmed.com.au/news-and-events/events/142-achieve-you-personal-best.html>

The key message was that there are 3 areas of focus when it comes to nutrition:

Body composition – carbs before, during and after the race

Fuel – before, during and after

Recovery – protein, salt, carbs

While everyone is different, ideal diet tips for athletes include:

50g carbs 1-2 hours before running (2 slices of toast or oats)

Post running protein – 30-100g carbs

To maintain lean muscle and strength, eat 3 small meals per day plus 2-3 snacks. Keep away from big meals with long gaps in between. Drink a minimum of 2 litres of water per day for women, 3 litres for men.

Fruit – women 2-3 pieces per day, men more to size. Eat whole fruits with the skin on (good for fibre).

Vegies – women 5 serves per day, men more to size.

A balanced diet is essential.

Breakfast should include high protein and carbs.



When determining your diet, make sure you pick what feels good and is applicable for you - there should be a balance of all sorts of food, including carbohydrates and protein balanced with fibre, fruits and veggies.

### **Did you know?**

#### **Eating eggs is okay!**

Generally, eating eggs is not a problem for people who are fit. Depending on your size, eating 2-3 eggs per day is okay.

#### **Caffeine is effective in enhancing performance**

Studies confirm caffeine is a performance enhancing “drug”, which is legal to take when participating in sport. It can be taken in many forms, including coffee, tablets (such as no-doz) and chocolate. Caffeine will take 45-60 minutes to reach peak effect, and the effect will then last for 3-4 hours.

#### **Beetroot juice may enhance your performance**

Studies are currently being undertaken to determine the effectiveness of beetroot juice and other nitrates. Researchers are split, with 50% believing there is a performance enhancing effective, and 50% saying the increased success is due to the placebo effect. Beetroot juice is usually taken as shots, 1 per day as a regular base, then 2 on race day.

## **Bicarb can be used to reduce lactose build up for shorter distance runners**

Bicarb is most pleasant when taken in tablet form (available from the chemist), but can be taken as an unpleasant drink. It is best taken just before a session.

## **Salt tablets are important for long distance runners**

For longer distances (over 4 hours), ultra-runners need to take salt tablets or sticks every 1-2 hours. The quantity in gels and sports drinks is not enough and need to be supplemented with tablets or sticks.

DISCLAIMER: This information was provided by Balmain Sports Medicine.

What are your best nutrition tips? Send through any comments on what you find works or doesn't work, and they will be published in the next Rundown.



I would like to say a big thank you from me for all the support Woodstock gave the Belle Property Balmain Fun Run. We managed to keep our numbers at around 1,500 and also raised about \$50,000 for Balmain Primary School. Your support in terms of entrants, volunteers, estimated time competition, post-run feedback etc etc was fantastic and we are all hugely grateful. And given that people had to back up from the Xmas party the night before, the support was even more remarkable.

It was a fabulous day from what I could see - although to be honest I was so busy on the coffee van that I hardly saw any of the action.

## **John Dawlings**

Louise Brookes is looking for a relay partner for Blackmores this year

I want to do the relay event @ smh half in 2015. I would like to do the 14.5 my goal is to run it in 2hrs cut off for walkers is 2hrs 40 and you need to be at 11km in 75 min so ideally I'm looking for someone to do the 6.5 in 30-35min to give me time to reach cut offs.

Email us at:

[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au) if you are interested

# WOODIES UNIFORMS



Our standard uniform range includes:  
 Woodstock 2XU tech running singlets \$55  
 Woodstock t-shirt and long sleeved tech shirts \$55  
 Woodstock caps \$20  
 Little woodies uniforms - from \$25 plus shipping  
 Email Chaia to order your gear

## Style and Pricing

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

Please send your size and style with your order to Chaia when ordering  
<http://www.2xu.com.au/sizeguide>



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

We are considering seasonal items, depending on the minimum order required by the supplier and the costs, keep your eyes on the Rundow and Facebook

Email your orders, name, option, gender, size and quantity to:  
[uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message at 0434 672 273

14 FEBRUARY 2015 | SYDNEY OLYMPIC PARK



Official Partner  
Running Company  
Potts Point

*Ever wanted to see just how fast you can run a 5km?*

Have you run races on the road and grass and felt you could go faster? Why not have a go in the RunNSW 5km on the track on the 14th of February 2015!!

RunNSW will host a series of 5000m races for all Community Athletes and the general public which will be a terrific opportunity to race an accurate, flat, fast, track race which many consider to be the best form guide available for general aerobic fitness.

Athletics NSW encourages all participants of this year's RunNSW Fun Runs, parkrun participants and the general running community to come and have a crack on the track in an informal relaxed fashion.

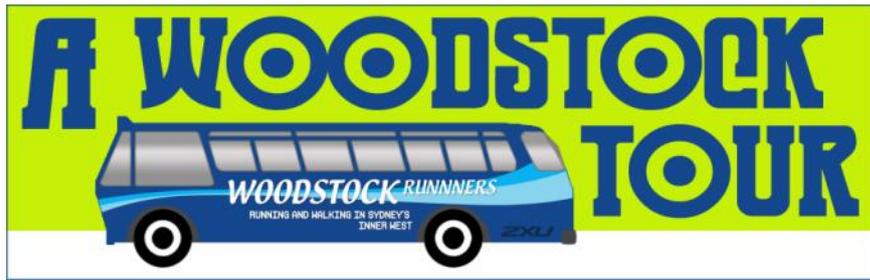
Click here to find out more information and to register!



Athletics NSW is excited in having The Running Company - Potts Point as the official partner of the RunNSW 5km. All competitors receive discounts in store - Click here to visit the website.



28TH FEBRUARY TILL 1ST MARCH 2015



Bus departs Ashbury 6am Saturday and returns approx. 7pm Sunday.

First stop is Penrith Lakes Parkrun.

Then its onto Orange, NSW and accom. at staying the charming Duntryleague Golf Club Guesthouse.

Saturday afternoon is a group golf lesson (fun and for all abilities) together with drinks and nibbles on the grass, under the old Oak tree before we freshen up and head for our team dinner (venue TBC).

On Sunday, after an early continental breakfast we will go racing! Afterwards it is back to Duntryleague for showers and a team lunch before departing for Sydney.

**If doing the 5km, please join the Woodstock Runners team (password is woodstock)**



**BOOK NOW!**

If this looks like your kind of weekend then book and pay at

[Register Now](#) or go to the 'shop' link at:

woodstockrunners.org.au

\* Payments are refundable up to 72 hours prior to departure



There are self-drive and even Fri night accommodation options.

Full payment is required to secure your spot<sup>#</sup>.

**Options are:**

Bus and Sat night accommodation \$185

Sat night accommodation only (self drivers) \$95

Fri and Sat night accommodation only (self drivers) \$160\*\*

*\*\* Limited to 6 spots first in first served.*

**Enquiries to Angela Haynes  
0419 444 010**

**angpegasus@gmail.com**

# A MINUTE WITH A MEMBER

**Name:** Alex Fensham

**Occupation:** Artist

**Running age group:** 35-39

**How long have you been a Woody:** Since May 2014

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

**Why do you enjoy running:** I love the feeling of autonomy and physical freedom of negotiating the landscape with my body.

**Favorite running distance:** Not sure yet, but I think I'm leaning towards endurance over speed

**Running highlight:** I have a degenerative birth defect that stopped me from being able to run until about 18 months ago. I underwent an experimental surgery that has given me an unknown window of opportunity run (and test medical science). Three years ago I was re-learning how to walk, and this year I finished the Sydney Marathon sub 4hrs. ...and I loved every second!!

**Running lowlight:** trying to get from bed to the bathroom the morning after the marathon

**Last race:** fishers ghost 10K

**Funny or unusual running story:** Other sports/hobbies: I love ocean swimming (racing), most things to do with water, cycling, Triathlon and I'm a semi-pro eater.

**Dinner partner:** Marcel Duchamp, so that Erin has someone interesting to talk to while I sneak off to the broom closet with Audrey Tautou.

**Ideal holiday destination:** Zanzibar



Happy  
Birthday

## November Birthday's:

Louise Brooks

Chris Siepen

Luana Ferrara

Martina Lyons

Tom Alfry

Therese Ayoub

Shiela Roll

Roy Rankin

Tony Phillips

Mary Bowman

Erin Marden

Carina Gregory

Evan Plakias

Kate Wake

# TEAMS WITH FRANK



28 FEBRUARY &  
1 MARCH 2015  
**ORANGE  
COLOURCITY**  
RUNNING FESTIVAL  
*enjoy the journey*

**The Sydney Morning Herald  
halfmarathon**  
Sunday, May 17, 2015

*Australian Running Festival*  
**The Canberra Times  
canberra  
marathon**  
April 11 - 12, 2015

**The Sun-Herald  
CITY2SURF**  
Westpac  
**THE ONE TO RUN**

**BLACKMORES  
SYDNEY RUNNING FESTIVAL**  
Sunday Telegraph  
Sunday 20 September 2015  
*The run that's fun for e*

WOODSTOCK  
TEAMS  
HAVE BEEN SET UP  
FOR EACH OF  
THESE RUNS

TEAM NAME IS:  
WOODSTOCK  
RUNNERS

PASSWORD IS:  
WOODSTOCK

If you have any problems  
enteing any of our teams  
please contact Frank on:  
[teamscoordinator@woodstockrunners.org.au](mailto:teamscoordinator@woodstockrunners.org.au)



# WOODSTOCK RUNNERS AWARDS 2014

## 2014 Award Winners

### Most Improved Runner of the Year - Female

The person that has shown the greatest improvement in the last 9-12 months.

#### **Therese Ayoub**

In 2014, Therese focused on the 5km and Half Marathon distances, and had noticeable improvements at both. In July, she ran an 8 minute PB in the half marathon and in August, a 7 second PB at 5km.



### Most Improved Runner of the Year – Male

#### **Nic Bailey**

Throughout the year, Nic has improved through the quality of his training and quantity of his events. He ran PBs during the year at 5km, 10km, City2Surf, Half Marathon and Marathon distances.



### Rookie of the Year

The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competitive road runs, and has made outstanding progress.

#### **Monique Lucas**

Monique ran her first fun run at the Cooks River Fun Run in June, where she came 5<sup>th</sup> in the 30-39 age category. She then upped her distance to do our 7km Bay Run Handicap, and finished the year off with Blackmores 9km at a tidy 6m/km pace.



### Long Distance Award

The most consistent improver in events of 21.1km or more during the year (must have done 3 >21k events to qualify).

#### **Gemma Cutting**

A relative newcomer to Woodstock, this person has competed in 4 marathons this year. From the first to the last, she took 24 minutes off her time, ending with a result of 4:10:42. At Mudgee, she was 1<sup>st</sup> age cat (18-29), 9<sup>th</sup> female and 39<sup>th</sup> overall.



### Team Award

#### **City2Surf Mixed Team – Wesley Harrison, Nic Bailey and Bronwyn Hager**

This team placed 4<sup>th</sup> out of 446 mixed teams in the 2014 City2Surf.

### Outstanding Individual Road Running Performance of Year – Female

A single performance of note.

#### **Bronwyn Hager**

In the Blackmores Sydney Marathon, Bronwyn ran a 7 minute PB for a time of 3:02:36. She placed 2<sup>nd</sup> female in the ANSW State Marathon Championship and 7<sup>th</sup> female overall.



### Outstanding Individ Road Running Perf of Year – Male

#### **Danny Burgess**

Danny ran an outstanding 2:41 Marathon at Sri Chinmoy Dolls Point. A gruelling 4 x 10km course, Danny not only won the event, but also broke the course record, and is 4<sup>th</sup> in the Woodstock Runners all time Marathon Rankings.

### Champion Person Award

That person who has done outstanding work for the Club throughout the year, with no thought of reward.

#### **Joe Ayoub**

Joe gets around everywhere and helps with anything and everything. He is a bus driver, tour organiser, level 2 coach, and is on the social committee. He joins our marathon and City2Surf training groups, does the MNT & TNT warm up runs, and this year took on entering the MNT/TNT log book results into the database.



## 2014 Club Champion - Female

The runners who have competed regularly, consistently, produced the fastest results in road races and met with much success throughout the 12 months.

### **Bronwyn Hager**

In 2014, Bronwyn competed in 46 external races, and was 1<sup>st</sup> female in 29 of them. She ran her debut Marathon and in doing so, broke the Woodstock Runners Marathon Record that was set by Dot Siepmann 30 years ago. She then lowered the record again to 3:02:36 in the Sydney Marathon. She moved to 2<sup>nd</sup> in Woodstock's Half Marathon rankings, 3<sup>rd</sup> in the City2Surf rankings and 5<sup>th</sup> in the 10km rankings. Lastly she ran PBs in all distances this year - 5km, 10km, Half Marathon, Marathon and City2Surf.

## 2014 Club Champion - Male

### **Nic Bailey**

This year, Nic was out competing week on week, in events ranging in distance from 5km to the 6 Hour Knapsack – which his team won! He ran PBs for 5km, 10km, City2Surf, Half Marathon and Marathon this year, and was the fastest male Woodstocker in 2014 over 10km and in the City2Surf.

## Runner of the Year

A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs.

### **Martin Amy**

Highly Valued – yep

Inspiring – yes, this guy gets around the track like a greyhound and chimes c'mon at everyone.

Encouraging - we've all had that mid race push along or a 'less talk, more run'.

Loyal - His blood is Woodstock Blue.

Gives 100% - I haven't heard him say no to anything.

All this and he too runs at the pointy end of the field.

## Allan Tully Award

The member who has done the most fun runs over the 12 months.

### **Nic Bailey**

In 2014, Nic competed in 52 events, including running the 5km, 10km and Half Marathon on one morning in Orange.



## Steve Brisco President's Award

### **Frank Hidvegi**

You might have heard me talk about him as Frank "Optus" Hidvegi, because he always says yes. Quiet in nature, and not one to easily stand in the limelight, I remember Frank taking his first TNT session, which I think it was a big step out of his comfort zone. These days, there is a different and more confident Frank heading up the session and his enjoyment at sharing knowledge is infectious. Thank you Frank for everything you do for the club.



## 5km Time Trial

Run at TNT, a series of 5 events, throughout the year. Objective is to simply – run you best 5km. Results are age adjusted and this year it was hotly contested by 3 hot ladies!

**1st - Kerry Bray**

**2<sup>nd</sup> - Diane Green**

**3rd - Dot Siepmann**



## Bay Run Handicap

One of our most popular internal events, run 4 Saturdays a year. The key here is to know what pace/fitness you are at, and estimate accordingly. No watches allowed, you must run nearest to 1 min under your estimated time. DQ if you go more than a minute either side.

**1st – Tony Purss**

**2nd – Diane Green**

**3rd – Jenna Curtis**



## Membership Awards

**John Dawlings – 20 years**





### Log Book Awards – Runners

The top 20 Log Book Runners are:

1. Joe Ayoub - 798 Kms
2. Greg Marsh - 795 Kms
3. Wayne Suryak - 739 Kms
4. Therese Ayoub - 661 Km
5. Clive Mooney - 654 Kms
6. Nic Bailey - 654 Kms
7. Greg Muir - 612 Kms
8. Mary Bowman - 609 Kms
9. Bronwyn Hager - 586 Kms
10. Jenny Vassiliou Pavic - 581 Kms
11. Frank Hidvegi - 571Kms
12. Kathryn Bolitho - 530 Kms
13. Murray Clarke - 529 Kms
14. Kerry Bray - 523 Kms
15. Diane Green - 512 Kms
16. Ali Guerreiro - 466 Kms
17. Martin Amy - 427 Kms
18. Vass Vassiliou - 402 Kms
19. Patricia Doughty - 395 Kms
20. Barry Cole - 375 Kms

### Log Book Awards – Walkers

- Bill Allen – 249km**  
**Ken Murray – 216km**  
**Bev Edwards – 145km**

# WHAT'S ON?

JAN 5 Mon	Monday Night Training @ King George Park, Rozelle Jan 5 @ 6:30 pm – 7:30 pm	+
JAN 6 Tue	Cooks River Canter 10km @ Woodstock Community Centre Jan 6 @ 6:00 pm – 7:00 pm	+
JAN 8 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jan 8 @ 6:30 pm – 7:30 pm	+
JAN 10 Sat	Five Dock 7km @ Brett Park (Formosa St side) Jan 10 @ 7:30 am – 9:30 am	+
JAN 12 Mon	Monday Night Training @ King George Park, Rozelle Jan 12 @ 6:30 pm – 7:30 pm	+
JAN 13 Tue	Blue Mountains Express 10.5km @ Woodstock Community Centre Jan 13 @ 6:00 pm – 7:00 pm	+
JAN 15 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Jan 15 @ 6:30 pm – 7:30 pm	+
JAN 17 Sat	Tarban Creek 10km @ Brett Park (Formosa St side) Jan 17 @ 7:30 am – 9:30 am	+
JAN 19 Mon	Monday Night Training @ King George Park, Rozelle Jan 19 @ 6:30 pm – 7:30 pm	+
JAN 20 Tue	Cabarita 11km @ Woodstock Community Centre Jan 20 @ 6:00 pm – 7:00 pm	+

## More events from Cool Runnings NSW Calander

Wed 7 Jan	SYDNEY SUMMER SERIES 14 AT VAUCLUSE
Sat-Wed 10 Jan-31 Dec	THREDBO NATIONAL RUNNING AND FITNESS WEEK
Sat 10 Jan	CRACKENBACK CHALLENGE
Sun 11 Jan	TWO BAYS TRAIL RUN (11TH ANNUAL, 5TH OFFICIAL...) 28KM/56KM (VIC)
Wed 14 Jan	SYDNEY SUMMER SERIES 15 AT LONG REEF
Sat 17 Jan	KOSCIUSZKO CLASSIC 4.8 KM
Sun 18 Jan	BRISBANE TRAIL RUNNING SERIES - ROUND 3 (QLD)
Sun 18 Jan	SYDNEY TRAIL SERIES - MANLY DAM
Wed 21 Jan	SYDNEY SUMMER SERIES 17 AT ARTARMON