

# The Woodstock Rundown



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**JANUARY 2008**

## THE RUNDOWN ON MEMBERS

Hope all members enjoyed Christmas, New Year and now are looking forward to lots of good running and walking. I wish you lots of PBs.

Congratulations to both Larissa and Fumi on achieving brilliant results in the HSC. Well done to each of you. It was a big year in running as well for you both as first time Half Marathoners and Marathoners. We wish you every success in all your ventures in the future.

Thank you to Derek for our last Tuesday Pack Run. It was a good course and Derek was out there to make sure we didn't get lost. Dot deserves our thanks as well when she alighted from the train at Burwood on her way home from work one Tuesday especially to post up race results and then resumed her trip home. Also, how good was Brendan's photo emailed to us from Holland. What a great shot. We hope you enjoyed your holiday, Brendan.

Who was the member, feeling a little sleepy at midnight New Year's Eve, and watched 20 minutes of fireworks before realising the telecast was from Melbourne, not Sydney Harbour.

Some "older" members may be interested to know that Greg Stewart and his wife, Marj, have opened Harrogate Teas, Coffees and Fine Foods at 3 Union Street, Pyrmont. It looks as though it could be worth a visit.

I noticed in the current issue of Run For Your Life magazine a result for Debra Mayrhofer who was placed 6th female in the Rottne Island 10k in W.A. in a good time of 48.39.

Roz Lloyd has announced her retirement from work. We wish you well as a "lady of leisure", Roz and trust you will be spending more time in the gym and generally enjoying life.

Good luck to Stretch who is off to Tassie for a week's bike riding. The week commences with a 100 mile race on Penny Farthing bikes and concludes with races of varying lengths on those "vehicles". In between times they ride like "normal" people on "normal" bikes.

We extend our best wishes to Thalia and Mark who are to be married very soon, i.e. before the next Rundown. We hope everything is wonderful on the day and we wish you every happiness in the years ahead.

Alley Break Café at North Cronulla has been booked for our Breakfast Run on Sunday March 2. Details are elsewhere in The Rundown. I hope to see lots of members along for a run, walk and swim.

Happy New Running Year

**Kerry**

## **BRENDAN'S EUROPEAN REPORT...**

Hi all friends and Woodies,

Just thought I'd fire off a quick email to prove how dedicated I am to spreading the message of Woodstock in other parts of the globe. This is a photo of me running in minus 3 in the south of Holland where I am staying with my uncle on his property. Nadine didn't want me to pack the gear as she thought I'd have no time for running...as if!

The Woodstock leggings are particularly handy on these chilly days. I did look for a race but not knowing a word of Dutch apart from the basic made reading the Dutch 'runners world' quite difficult. So I am assigned to training runs...next stop Paris along the Seine!

Merry Xmas and a happy new year...and don't get burnt running out in the sun :-)

Good running... Brendan



## **THE DOCTOR**

Looks like John Dawlings was caught by the City 2 Surf cameras having forgotten to leave his beloved briefcase behind.

(Thanks to John's colleagues for the tip-off)

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FOR EVERY FIRST CONSULT FOR A MEMBER ,  
A PERCENTAGE WILL BE DONATED TO  
THE WOODSTOCK RUNNERS CLUB.



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# **WOODSTOCK RUNNERS' BREAKFAST RUN / WALK**

at

**CRONULLA**

**Sunday March 2**

7.15am for 7.30am start  
(Walkers leave at 7.15am)

Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6k – 15k approx

MAPS PROVIDED

Breakfast at Alley Break Café (alongside Dunningham Park) from 9.00am

**BREAKFAST \$10.00**

**2 CHOICES**

**Cold Breakfast** – Muesli, Fruit Salad and Yoghurt + hot or cold drink

**Hot Breakfast** – Bacon, Fried or scrambled Egg + hot or cold drink

Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla



## Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month – 8am. To 1pm. Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.



## OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.

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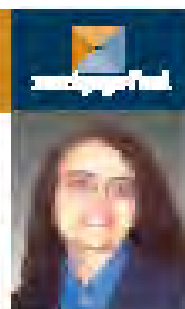
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**Fishers Ghost,  
11/11/2007**5km

Dot Siepmann 28:19 1st 60-69

**Kembla Joggers Mountain  
Racing Series Bulli to Tarrawanna**22km

Brendan Davies 2:02:48

**Centre Coast Runs, 2/12/2007**21.1km

Brendan Davies 1:24:15

9km

John Dawlings 0:36:33 2nd 50-59

Lyn Jackson 0:38:36 1st 40-49

**SMC, 16/12/2007**21.1km

Thalia Anthony 1:53:29 2nd 20-29

Ric Benvenuti 2:15:07

Emmanuel Finos 1:34:09

Jeff Morunga 1:58:00

Peter O'Sullivan 1:40:04

Vass Vassiliou 1:42:19

10km

Mark O'Donnell 0:56:13

John Phillips 0:59:26

5km

Lyn Jackson 0:21:25 1st O/All

Dot Siepmann 0:27:55 1st 55+

**Jan 2008**

- Sat 12 Jan KEMBLA JOGGERS STALKYS HALF*  
21k mountain race all running abilities welcome race location start Obriens Road Figtree Opposite High school  
Start time 8.00am Registration \$5 each event non Kembla Joggers members or pay \$20 fee covers Mountain  
running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more  
details.
- Sun-Sun 13-20 Jan 28TH THREDBO NATIONAL RUNNING WEEK* Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 13 Jan KATHMANDU ADVENTURE SERIES - EUROKA CLEARING, BLUE MOUNTAINS*  
Wanna have a fun Adventure this weekend? Enter a Kathmandu Adventure race and see what everyone is talking  
about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a  
little spice. So grab a team mate and race together undertaking simple navigation [you can read a street directory?],  
mountain biking 15-25km [mostly fire trail nothing too technical], kayaking 2-4km [we provide boats, paddles and  
lifejackets] and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing  
is a thinking sport requiring teams to work together to complete the secret course in the shortest time  
possible. contact: Gary Farebrother, ph 0403-820-282. email: [gary@maxadventure.com.au](mailto:gary@maxadventure.com.au). Visit the [website](#) for  
more details.
- Wed 16 Jan SYDNEY SUMMER SERIES #14 - TWO CREEKS TRACK*  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running  
events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are  
45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm  
and 6:45pm from East Lindfield Park, Wellington Road, East Lindfield contact: Ross Barr (Series Co-ordinator) or  
Wayne Pepper (9875 4804). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.
- Thu 17 Jan ANDREW BOY CHARLTON BIATHLON SERIES 2007*  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain,  
City. Online Rego available - see website. contact: Phone 1300-132-  
921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.
- Sun 20 Jan SYDNEY MARATHON CLINIC ROAD RACE SERIES*  
21.1km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed  
to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the  
3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or  
7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh  
fruit, hot drinks & entry in lucky draw after each race. email: [smc@sydneymarathonclinic.org.au](mailto:smc@sydneymarathonclinic.org.au). Visit the [website](#)  
for more details. Click here for an [entryform](#).
- Wed 23 Jan SYDNEY SUMMER SERIES #15 - DEE WHY LAGOON*  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running  
events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are  
45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm  
and 6:45pm from James Meehan Reserve, Richmond Ave, Dee Why contact: Ross Barr (Series Co-ordinator) or  
Karin Heftner (9481 9659). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.
- Thu 24 Jan ANDREW BOY CHARLTON BIATHLON SERIES 2007*  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain,  
City. Online Rego available - see website. contact: Phone 1300-132-  
921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.
- Fri-Mon 25-28 Jan MOUNTAIN HARDWEAR EDGE OF REALITY - THE ULTIMATE EXPEDITION RACE*  
A real expedition-style adventure race, the pinnacle of AROC races is non-stop navigation on foot, mountain bike

and kayak for 50 hours (The Edge of Reason, a 25 hours option is also available). The scenery of the course will blow you away, the disciplines will challenge your team spirit and the nighttime racing will test how well you can resist sleep deprivation! Challenge your team mentally and physically to the most unforgettable race around! Kayaks, paddles, PFDs and maps are provided and no support crews are required. Just bring your teammates, your mountain bike and compass and experience a real expedition-style adventure, only 3 hours away from Sydney and Canberra! contact: Alina McMaster. email: [info@arocsport.com.au](mailto:info@arocsport.com.au). Visit the [website](#) for more details.

- Sat 26 Jan AUSTRALIA DAY ILLAWARRA AQUATHON**  
Distance: 200/2k (juniors); 400/3k; 800/7.2k (swim/run), Event Time: Rego: 6.30- start 8.40am, Location of race: Belmore Basin, Wollongong Harbour. Other details: Come and celebrate the 10th anniversary of this ever popular community fitness event. Join over 800 participants of all ages and abilities for a fantastic community based fitness event to launch your Australia Day fun. Chip timing system, great prizes, safe scenic course and fun for all. Wonderful atmosphere, plenty of post event activities as part of Australia Day in Wollongong. Only 60 minutes south of Sydney. 8 yrs young and growing. Supports Anglicare NSW. contact: Rob Battocchio 0413-862-676. email: [rocket.rob@optusnet.com.au](mailto:rocket.rob@optusnet.com.au). Visit the [website](#) for more details.
- Sat 26 Jan MENAI MARKETPLACE COMMUNITY FUN RUN**  
Distance: 8.2km & 3.2km. Event Time: 8am, marshalling starts at 7am. Location of race: Menai Park, Menai. Other details: U/12, U/16, open, over 40 & over 50 age groups in both runs. Map of runs & entry form is on the web site. Barrel Draw Prizes. contact: Steven Clarke (02) 9774-7152 contact: Steven Clarke 0417 008 217. email: [funrun05@yahoo.com.au](mailto:funrun05@yahoo.com.au). Visit the [website](#) for more details. Click here for an [entryform](#).
- Sat 26 Jan SUNCORP GIO AUSTRALIA DAY FUN RUNS, PENRITH LAKES**  
Free to enter 5km and 10km Fun Runs around Sydney International Regatta Centre, Penrith Lakes. There is a total prize pool of over \$4,000 prizes including for the overall winners of categories and 'spot' prizes for other entrants. 10km: Overall winners - male and female: \$300 each, 5km: Overall winners - male and female: \$175 each, 1st in each category: \$55, 2nd in each category: \$35, Age Groups: 5km - Over 50 years, Over 35 years, Open, U20, U18, U16, U14, U12, U10, 10km - Over 50 years, Over 35 years, Open, U20. Race Starts: 7:30am. Participants are welcome to stay for a free family day of entertainment after the races. contact: Evelyn Stark - (02) 9623 6608. email: [starks@hotlinks.net.au](mailto:starks@hotlinks.net.au). Visit the [website](#) for more details.
- Sat 26 Jan AUSTRALIA DAY FUN RUN**  
Canterbury City Council's inaugural Australia Day Fun Run on Friday 26 January, 2007. The 6km scenic route will see participants travel along the Cooks River from Gough Whitlam Park to Beaman Park and back. contact: Canterbury City Council. email: [council@canterbury.nsw.gov.au](mailto:council@canterbury.nsw.gov.au). Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 27 Jan KEMBLA JOGGERS BULLI TO WOONONA**  
20km Mountain run. All running abilities welcome Race location start Hobart street Bulli Sub station. Start time 8.00am Registration \$5 each event non Kemplab Joggers members or pay \$20 fee covers Mountain running series and Summer series. contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.
- Sun 27 Jan NEPEAN CLASSIC SUMMER COMPETITION**  
Summer running competition at and around the Nepean River once a month. There will be a 2km, 5km, 7k race starting at 8am from River Road Reserve, Emu Plains. Entrance fee is \$2.00 for registered athletes/runners and \$5.00 for unregistered athletes but can only run once without registration with an athletics club (insurance reasons). Please register by 7.45am. Event is run by Nepean Athletics Club. 27th Jan run is in conjunction with the Australia Day Fun Run held at the Penrith Lakes on Australia Day. People wishing to run the Nepean Classic and retain their point score would just have to Write Nepean Classic on their entry forms. contact: Lyndon Bell: 0419-233-747 or Evelyn Stark: (02) 9623-6608. email: [lyndon.bell@hotmail.com](mailto:lyndon.bell@hotmail.com). Click here for an [entryform](#).
- Wed 30 Jan SYDNEY SUMMER SERIES #16 - PARRAMATTA GAOL**  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Off Fleet Street, North Parramatta contact: Ross Barr (Series Co-ordinator) or Janet Morris (9872 2914). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.
- Thu 31 Jan ANDREW BOY CHARLTON BIATHLON SERIES 2007**  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.

## Feb 2008

- Sun 3 Feb MEGALONG MEGA, FAT ASS RUN**  
A 36km bush run from Megalong Valley in the NSW Blue Mountains, along the route of the Six Foot Track Marathon to "the pluviometer" in the Kanangra Boyd National Park and return. No Fees, No Awards, No Aid, No Wimps ! contact: Kevin Tiller by phone 0419-244-406. email: [kevin@coolrunning.com.au](mailto:kevin@coolrunning.com.au). Visit the [website](#) for more details.
- Wed 6 Feb SYDNEY SUMMER SERIES #17 - EXPLOSIVES RESERVE**  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Castle Cove Oval, Holly Street, Castle Cove contact: Ross Barr (Series Co-ordinator) or Michael Burton (9314 3893). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.



- Thu 7 Feb ANDREW BOY CHARLTON BIATHLON SERIES 2007**  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.
- Sat 9 Feb KEMBLA JOGGERS MT BURELLI CLASSIC**  
8k mountain race. all running abilities welcome race location start Kemplab lookout 8.00am contact: Contact Geoff Stalker (02) 4627-1246. Visit the [website](#) for more details.
- Sat 9 Feb LITTLE BLACK DRESS RUN - SYDNEY FRONTRUNNERS**  
Sydney FrontRunners is again happy to host the annual Little Black Dress Run It's a 4.3K fun run fundraiser for "Camp Goodtime" of Sydney Children's Hospital at Randwick that looks after children living with HIV. Entry fee is a Voluntary Donation of \$10 PLUS you can help raise more money by taking a sponsorship form. Money raised help kids with HIV attend summer camp. Now who could not chip in for that?!! The Little Black Dress is the quintessential cocktail party dress - find your frock at St Vinnies or Salvos and darling, don't forget to accessorize !! Prizes for best dressed and a bit of a feed to follow. It's a little queer but all are welcome. You don't have to be a runner to dress up and, heck you don't even have to be a jogger, and you don't even have to wear a dress although it's a hoot to get into the spirit. This is a great event to bring your partner, your family, your friends and your kids along to. The route is only 4.3km, and reasonably flat. We'll even have prizes for best dressed, and the fastest pram over the line! Starts at Paddington Gate, Centennial Park, Sydney (near entrance cnr Moore Park Rd & Oxford St) contact: Contact Denver at Sydney FrontRunners for Info, Maps, Sponsorship forms. email: [DenverDenver@Gmail.com](mailto:DenverDenver@Gmail.com). Visit the [website](#) for more details.
- Wed 13 Feb SYDNEY SUMMER SERIES #18 - BALLS HEAD**  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Waverton Park, Larkin Street, Waverton contact: Ross Barr (Series Co-ordinator) or John Anderson (9484 6392). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.
- Thu 14 Feb ANDREW BOY CHARLTON BIATHLON SERIES 2007**  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.
- Sun-Mon 17-18 Feb NESTLE MINI TRI/COASTLINE TRIAL BAY TRIATHLON**  
Nestle Mini Tri for age groups from 5 years to 15years including teams. Triathlon which is a 500m swim, 26k cycle, 6k run. Individual and teams. contact: Mary Dunkley. email: [macsaw@midcoast.com.au](mailto:macsaw@midcoast.com.au). Visit the [website](#) for more details.
- Sun 17 Feb SYDNEY MARATHON CLINIC ROAD RACE SERIES**  
25km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: [smc@sydneymarathonclinic.org.au](mailto:smc@sydneymarathonclinic.org.au). Visit the [website](#) for more details. Click here for an [entryform](#).
- Wed 20 Feb SYDNEY SUMMER SERIES #19 - FLAT ROCK TRACK**  
Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Killarney Heights Oval, Starkey Street, Killarney Heights contact: Ross Barr (Series Co-ordinator) or Mel Cox (9817 3077). email: [ross.barr@rossbarr.com.au](mailto:ross.barr@rossbarr.com.au). Visit the [website](#) for more details.
- Thu 21 Feb ANDREW BOY CHARLTON BIATHLON SERIES 2007**  
4km run followed by a 300m swim - summer biathlon. Starts 6.30pm from Mrs Macquaries Road, The Domain, City. Online Rego available - see website. contact: Phone 1300-132-921. email: [admin@andersonevents.com.au](mailto:admin@andersonevents.com.au). Visit the [website](#) for more details.
- Sun 24 Feb NEPEAN CLASSIC SUMMER COMPETITION**  
Summer running competition at and around the Nepean River once a month. There will be a 2km, 5km, 7k race starting at 8am from River Road Reserve, Emu Plains. Entrance fee is \$2.00 for registered athletes/runners and \$5.00 for unregistered athletes but can only run once without registration with an athletics club (insurance reasons). Event is run by Nepean Athletics Club. Please register by 7.45am. contact: Lyndon Bell: 0419-233-747 or Evelyn Stark: (02) 9623-6608. email: [lyndon.bell@hotmail.com](mailto:lyndon.bell@hotmail.com). Click here for an [entryform](#).
- Sun 24 Feb SRI CHINMOY SYDNEY SERIES RACE 1 - IRON COVE 16 KM, 8 KM & 4 KM.**  
The opening race in the Sri Chinmoy Sydney Series for 2008. A famous venue and famous course, out (clockwise)-and-back along the route of the Bay Run, where most of the Sri Chinmoy race series were held in the 90s. Start/finish is from Leichhardt Park, access from the end of Glover St, Lilyfield. Races commence at 8 am, with registration and on-the-day entries from 7 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: [sydney@srichinmoyraces.org](mailto:sydney@srichinmoyraces.org). Visit the [website](#) for more details. Click here for an [entryform](#).