

The Woodstock Rundown



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Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805

**JULY
2008**

The Rundown On Members

Congratulations to all members who have competed during the month recording great times, PBs and in many cases, a “podium finish”. Susan Murray defied horrendous conditions to be placed a very creditable 16th in the World Triathlon Championships in Vancouver, Canada (see ‘Contribution Corner’ for race report - Ed.). Brendan ran a brilliant 2hrs 47mins to gain 2nd place in the Kempsey Marathon. He has purchased a new singlet from Dot as, with all his running, he now weighs less and his other singlet is too large. Well done Susan and Brendan.

Max Hall turned 80 in June and is currently spending 4 weeks in Noosa. Happy Birthday from all of us, Max and we hope you enjoyed your break. Christine and John Moran became Grandparents when Deirdre gave birth to a baby girl. Fumi has qualified as a Personal Trainer with Fitness First and is Punchfit Qualifiedsounds a little scary to me.

Thanks to John Dawlings for his work in organising this year’s City2Surf. We hope sincerely the Club can achieve some successes. Regardless, I’m sure we’ll all enjoy the unique experience of running along with around 70,000 others.

Ray Dean had a fall one Tuesday night which reminds us all to lift our feet, particularly while running in the dark. We hope your hand heals quickly, Ray. John Ovenden is still suffering with a chest problem. We sure hope you return soon, John.

Lorraine Spanton, “First Lady of Great Nosh” (as christened by Barry Cole) has a great car parking spot near the Orange Grove Markets. Ask her about it. Also, Lorraine, well done in the Nosh.

We welcome new members Charissa Patacsil, Mark O’Donnell, Brian Ogilvey and Paul Whiteway. We hope you enjoy your running with Woodstock and trust you’ll experience lots of PBs along the way.

Happy running and walking to everyone and good luck in all the events coming up on the calendar.

Kerry

July Birthdays!

Peter O’Sullivan - 3rd, Bridget Akers - 6th, Christine Cullen - 19th,
Jenny Vassiliou - 20th, David Mathers - 25th, Kazuaki Takahashi - 30

Woodstock Runners and Walkers 28th Birthday Party

Friday 15th August 2008
All members and friends welcome

Cost- \$15.00 per person

Venue - VeeveeS
700 Burwood Road, Burwood
From 6.30pm till ?

Four meals to choose from-
Hamburger, Steak, Thai chicken or Fish
Meals come with salad and chips.

You can stay on later in the night for dancing if you choose.
Plenty of street parking available or you can park in Westfield shopping centre's car park.

So come along and join us for a fun night out and celebrate our 28th birthday.

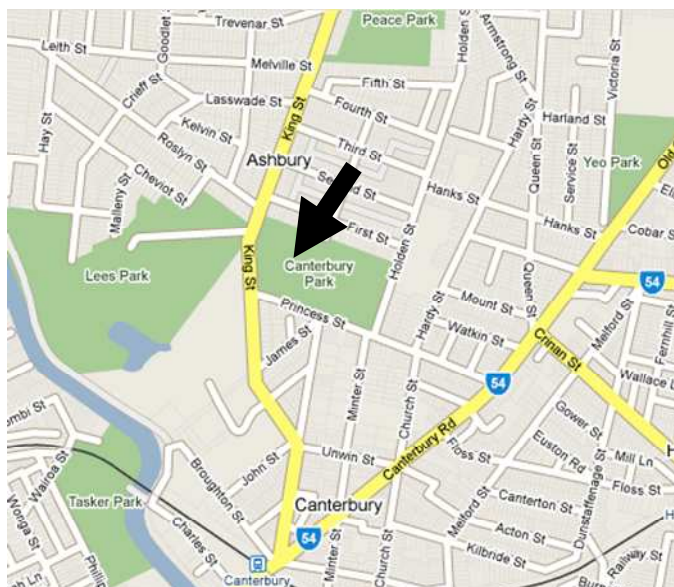


Thursday Night Interval Training

There is no better way to get your PB's down than to incorporate a bit of speed work into your training.

When: Every Thursday Night, 6:30pm –7:30pm, starting 10th July.

Where: Campbell Oval, part of Canterbury Park, Princess St, Canterbury. It is an athletics track with floodlights. Nb: it is the first park behind the tennis courts. 5 min walk from Canterbury Station. Toilets and change rooms available at oval.



What: Sessions will be mixed from week to week, ranging from sprints to 1km repeats, or you can simply do a session of your own.

Cost: \$1 (to cover council costs)

More information will be published on the website shortly or contact Brendan on 0422233463 or bjdavies2000@yahoo.com

All members and friends welcome!
All levels catered for.



Hi everyone,

Here are the **official teams** for the City to Surf this year. Please enter by yourself online by going to <http://city2surf.sunherald.com.au/registration.php> and filling in the details.

When you get to the teams section, you will see a button marked Select Team.

1. Press the Select Team button.
2. A new window will pop up where you can enter Team Name and Team Contact.
3. Type Woodstock into the Team Name and click the Search Teams button. All the Woodstock teams will appear.
4. Click on the name of the team that you have been allocated to.

The new window will close and you will be back to the first window where you can complete your entry.

Woodstock Mixed	Woodstock Men Vets	Woodstock Women Vets	Woodstock Men Masters	Woodstock Women Masters
Martin Amy Julian Burbidge Brendan Davies Fumi Takahashi Thalia Anthony Chaia	Emanuel Finos Lawrence Ullio Tony Purss Kazu Takahashi Greg Muir Colin Townsend Peter O'Sullivan Mark O'Donnell Paul Barnett Joe Ayoub David Blackwell Jeff Morunga	Lyn Jackson Therese Ayoub (If we don't get a third person for this team, I'll move Lyn and Therese to the Woodstock Mixed team)	Max McGown John Ovenden Kevin Lucas Roy Rankin Rick Collins Jon Patrick Stretch Fowler John Dawlings Barry Cole	Kerry Bray Dot Siepmann Maree Lucas

Woodstock Internal Teams

Once again this year we will conducting an internal teams competition for the City to Surf. For new members of the club, this involves estimating the time you think you will run and letting me know. I will then group people into teams and the teams that are closest to their estimated times win prizes. There is of course no cost to enter.

I will be collecting times on Tuesday nights and will make an effort to get to one or two Saturday runs to collect times there. Alternatively, please feel free to e-mail your times to John Dawlings at dawlings@hotmail.com or to phone me on 9810-7619 (home) or 0422 819 468.

Regards,

John.

Footy Tipping!

Round 16 - only 10 more rounds of the competition to go and 3553 still holds a small lead of 2 points from sb9 with Colin T_O and Go Jana Love Tamsyn hot on their heels in equal third. The battle for the wooden spoon seems to be a two horse race between efbb and yours truly. With boasting rights up for grabs, who is going to take out this year's comp...only time will tell.

Woodstock Runners NRL Footy Tipping 2008 (Comp# 132981)

THIS WEEK				OVERALL LADDER			
#	(LW)	TIPSTER	POINTS	#	(LW)	TIPSTER	TOTAL
1	(8)	Brendan Davies	10	1	(1)	3553	148
1	(1)	LukeT1	10	2	(1)	sb9	146
1	(2)	stretchfowler	10	3	(4)	Colin T_O	144
1	(8)	Trialex	10	3	(1)	Go Jana Love Tamsyn	144
5	(6)	3553	8	5	(5)	qazxs	142
5	(2)	Colin T_O	8	6	(6)	Trialex	140
5	(2)	qazxs	8	7	(7)	LukeT1	136
8	(6)	sb9	6	8	(8)	stretchfowler	126
9	(2)	Go Jana Love Tamsyn	4	9	(10)	Brendan Davies	118
10	(10)	efbb	3	10	(9)	efbb	112

TOTAL TIPSTERS: 10

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.



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8am - 1pm

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(next to Kirrawee High School) Ph: 02 95217011

REVOLUTION IMAGING

Contribution Corner

This month's contribution comes from Susan Murray.

Members, please email all contributions to rundown@woodstock.org.au

2008 ITU World Triathlon Championships Vancouver, BC

My swim wave start was scheduled for 08:05 and transition opened one hour prior to the wave start. After setting up my gear, I had planned to proceed directly to the swim start and then get into my wetsuit. When the temperature dropped and the wind picked up, I decided instead to take refuge in a super-heated toilet block and don my wetsuit there. When I re-emerged, Scott and I decided to jog the one kilometre distance to the swim start. The team management had advised the athletes to do press-ups and push-ups and whatever was necessary to reach the start line in time! Mean while, out on the swim course, the wind continued to pick up and was now making conditions in English Bay dangerous for the crew in the support craft. Scott helped me with my final pre-race routine and sent me off to join the rest of my wave on the beach. We were ushered one at a time through a process of head counting. I became separated from one of the Australian girls in my age category as we were instructed to line up only two athletes deep along a wooden starting area. The area was marked out in squares along the beach. As we waited to start, I felt isolated from my fellow competitors. My senses were dulled; my hearing by the earplugs and strong winds, my vision by the goggles. An electronic starting device set us on our way. I remember some hesitation and confusion as we didn't all hear the start! The swim was more like being bobbed along like a cork in a washing machine, but the conditions didn't bother me too much since I seemed to be heading in the right direction! I was just relieved to feel "as snug as a bug in a rug" in my wetsuit! I wore a pair of surgical gloves to try and keep my fingers warm. During the swim, the gloves soon filled up with water and I am sure I was not very efficient lifting up a water balloon with every stroke. Eleven athletes in my wave were pulled from the water out of 155 starters. As our wave swam off across the Bay, the race officials kept the next wave of athletes waiting on the beach. After much deliberation, the difficult decision was made to cancel the swim and set up a duathlon (run/bike/run) format for the remaining athletes.

I exited the water and grabbed my wetsuit in a deliberate and commanding fashion. I felt rather foolish, when I realised that I had exerted far more force than was necessary. My suit slid off easily! Transitions were probably more like a scene from an Ironman race! I had decided upon a three-step system of toweling down, adopting the Mark Pigg method of donning a shirt and finally pulling on a pair of arm-warmers. In the warmth of our apartment this system took me seconds to complete; on race day - well the official splits are not available at this time - suffice to say the video footage provides an accurate record of the passage of time! I was encouraged by how comfortable I had felt during the swim and I believed that I had ensured optimal performance on the bike to more than make up for any time lost in transition.

On the first lap of the bike, I went to take a mouthful of gel out of the gel bottle secured in a neoprene pouch on my top tube. As I held the bottle upside down expecting an instant delivery of much needed fuel, I received the first of many lessons that day. In the unseasonably cool conditions I had not added sufficient water to the gels and the viscous liquid refused to budge. I did have a backup 500ml bidon of sports drink, but it is not so easy to drink in cooler conditions. At the start of the second lap, I began to suspect that I was not in full control. Firstly, I noticed that I had not started my bike computer. I pressed a button, which should have simply taken the computer out of sleep mode. Instead, a completely unrecognizable function appeared on the screen. Secondly, as I climbed up to Prospect Point, I could not remember how many times I had already climbed the hill! I guess I was a bit affected by the 12.5 degree swim and 9 degrees air temperature. My second lesson of the day was to realize that when the body is challenged physically, mental processing is severely compromised! I do enjoy the excitement of chasing on the bike and so I found it disconcerting not having many competitors around me as I set off on my final lap. The reason for this was because the race had been delayed as officials prepared the duathlon course. As I neared the downhill finish of the bike course, I reached down to carefully remove my feet one at a time from inside my bike shoes. To my horror, the plastic bags which were still attached to the tabs at the rear of my shoes, came out with my feet and I was rapidly approaching the dismount line with two blue plastic bags flapping out from the sides of my shoes! Worried that the bags would become entangled in my wheels, I had to 'catch' the bags one at a time and secure them neatly between each foot and bike shoe. I just managed to complete this manoeuvre in time to dismount safely before the line and avoid disqualification.

As I dismounted and planted my feet firmly on the ground, I thought, "at least I can stand up!" Some of the juniors had fallen over because they could not feel their feet! I racked my bike and as I reached forward to slide my right foot into my running shoe, my right quadriceps cramped up. I decided to kneel down and repeat the process, this time much more slowly to avoid cramp setting into my left quadriceps. I could not avoid the cramping but fortunately I was able to stretch it out.

Cont...

I ran gingerly out of T2 onto the run course. My feet were a little numb, even though I had lined my bike shoes with plastic bags. I also seemed to be puffing more than usual and my heart rate was only in the high 150's. My plan was to pick up the pace at the start of the second lap, but it did not happen. All efforts to surge for even thirty seconds proved unsuccessful. Even though I did not feel as though I could go up a gear, I passed one male competitor in a wheelchair, almost at a standstill as he fought to push himself up the only 400m incline on the course. He was doing it oh so tough.

Going out onto the final lap of the run, Scott called out "Run like you do at Woodstock!" The sun came out and finally I began to run with more of a rhythm and I was able to pick up the pace. Scott said afterwards I looked stiff and cold until the final lap of the run. From this point, I made up almost two minutes on one of my fellow NSW teammates to finish 16th out of 80 - my best placing in a World Championship. Out of the Australian girls in my age category I placed 4th (the others placing 12th, 14th and 15th!).

The race week had involved the most complex preparation that I have ever encountered leading up to a triathlon event. This situation provided the opportunity for some of us to spend time together, helping each other to prepare as best we could for race day. It was the best World Championship experience in terms of team camaraderie in adverse conditions. The race presented plenty of challenges and I was so pleased to have made it to the start line and then even happier to cross the finish line feeling ok.

CONGRATULATIONS FUMI

Fumi Takahashi is now a personal trainer with Fitness First and is a Master Trainer AIF as well as being Punchfit Qualified. (Watch out !).

This photo was taken of Fumi & Kazu just before The start of a Woodstock Christmas Day run.



Winter Runs Program

Tuesday Runs. Meet at 6pm @ Woodstock, Burwood			Saturday Runs. Meet at 7:20 @ Brett Park, Drummoyne		
1/07/2008	Concord	9km	5/07/2008	Hell Hill	8km
8/07/2008	Canada Bay	11km	12/07/2008	Balmain	9km
15/07/2008	Homebush Run	10km	19/07/2008	Timbrell Park	8km
22/07/2008	Campsie	9km	26/07/2008	Five Dock	7km
29/07/2008	Burwood Park	10km	2/08/2008	Bay Run	7km
5/08/2008	Concord	9km	9/08/2008	Drummoyne	9km
12/08/2008	Woodstock Fun Run	8km (B'day Night)	16/08/2008	Balmain Shores	7.5km
19/08/2008	Canada Bay	11km	23/08/2008	Hell Hill	8km
26/08/2008	Homebush Run	10km	30/08/2008	Handicap Run #3	7km
2/09/2008	Campsie	9km	6/09/2008	Balmain	9km
9/09/2008	Jak's Strathfield Run	8km	13/09/2008	Timbrell Park	8km
16/09/2008	Burwood Park	10km	20/09/2008	Five Dock	7km
23/09/2008	Concord	9km	27/09/2008	Drummoyne	9km
30/09/2008	Canada Bay	11km	4/10/2008	Balmain Shores	7.5km

NB. During the winter months (April to August), a Hills training group will operate on Tuesday nights.
The Winter program continues until Daylight Saving begins 5/10/2008

Sydney Corporate Cup, Series 61 #2, 28/05/086km

John Murray	28:55
Stephen Browne	30:25

Striders, North Head, 07/06/0810km

Greg Muir	39:00
Emanuel Finos	42:18
Mark O'Donnell	47:05
Thalia Anthony	47:58
Lesley Maher	53:01

West Metropolitan Series #8, 07/06/082km

Eddie McLean	13:52
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4km

Steve Briscoe	16:55	2nd M50-59
Robyn Briscoe	18:52	1st F50-59

Macleay River, 08/06/0821.1km

Lawrence Ullio	1:51:02
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42.2km

Brendan Davies	2:47:36	2nd O/All
Jeff Morunga	4:43:07	

Epping Fun Run, 08/06/088km

John Dawlings	31:37
Alex Hill	34:00
Lyn Jackson	34:10

Sydney Corporate Cup, Series 61 #3, 11/06/086km

Stephen Browne	28:15
John Murray	28:20

West Metropolitan Series #9, 14/06/082km

Eddie McLean	12:38	1st M70+
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4km

Steve Briscoe	16:11	1st M50-59
Robyn Briscoe	17:59	1st F50-59

8km

Brendan Davies	30:56	2nd M30-39
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Bay to Bay Fun Run, 15/06/0812km

Brendan Davies	44:40	3rd M30-39
Martin Amy	47:24	
John Dawlings	49:04	5th M50-59
Lyn Jackson	54:03	1st F40-49
Mark O'Donnell	57:03	
Thalia Anthony	57:25	
Deirdre Stewart	1:00:59	
Lesley Maher	1:04:55	5th F50-59
Dot Siepmann	1:10:15	3rd F60-69
Barry Cole	1:19:28	7th M70+
Lorraine Spanton	DNS	

RESULTS

Members - Please email all results to
rundown@woodstockrunners.org.au

ANWS Cross Country Championships, 21/06/086km

Dot Siepmann	38:30	## 3rd F60-64
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Sri Chinmoy, Mirambeena, 23/06/082 miles

Michelle Warren	19:55	## 3rd F>17
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8km

Dot Siepmann	49:21	1st F60-69
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16km

John Dawlings	1:08:13	1st M50-59
Lyn Jackson	1:13:08	3rd F<50
Mark O'Donnell	1:16:30	
Thalia Anthony	1:18:20	8th F<50
Deirdre Stewart	1:26:21	

West Metropolitan Series #10, 29/06/082km

Eddie McLean	11:46
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4km

Robyn Briscoe	16:52	1st F50-59
Steve Briscoe	15:27	2nd M50-59

8km

Brendan Davies	31:38	3rd M30-39
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Woodford to Glenbrook, 30/06/0825km

Brendan Davies	1:39:06	7th M30-39
Stephen Laws	1:42:37	2nd M40-49
Emanuel Finos	1:55:14	
Thalia Anthony	2:16:11	
Danielle van Zuylen	2:18:29	
Lorraine Spanton	2:18:36	4th F50-59
Rick Collins	2:29:21	

When members aren't just running!!

Triathlon World Championships, 08/06/081.5/40/10

Susan Murray	2:20:12	16th in Age Group
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Kathmandu Adventure Race, RNP, 23/06/08Kayak/Trail Run/Canoe/Mountain Bike - 35km Paired Event

Brendan Davies & Lachlan Dansie	2:40:43	3rd O/All
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Jeff Morunga,
after knocking off
another marathon
at Macleay River.

Sydney Marathon Clinic

Run Longer Live Better



SMC Annual Presentation Night

Six Woodstockians attended the Sydney Marathon Clinic presentation night held on the 28th June. A delicious dinner was followed by a very interesting and entertaining talk by ultra runner Paul Avery. Congratulations to the following members won awards for the 2007/8 series:

LONG SERIES:

Thalia Anthony: 2nd Female O/All

Brendan Davies: 2nd Male O/All + most improved in long runs

Jeff Morunga: Encouragement Award

Emanuel Finos: 2nd 30-39 + T-shirt for running all 9 races

Vass Vassiliou: Incentive Awards lucky draw prize

5 KM SERIES:

Lyn Jackson: 1st Female 45-54 yrs

Dot Siepmann: 1st Female 55+ yrs



WELL DONE ALL!!

L-R: Jeff Morunga, Sonja Kukec, Brendan Davies, Mark O'Donnell, Dot Siepmann and Thalia Anthony.

The Rotary Club of Gladesville and The Weekly Times Bridge to Bridge Fun Run/Walk. Kissing Point Park, Putney

Now in its twelfth year, the event will be held on Sunday 14 September commencing at 9:00am. Proceeds will go to Ryde Hospital, school bursaries and other Rotary community projects.

Once again, Woodstock Runners Inc. has been offered \$400 to assist on the day. As this is our only fund raiser, please consider keeping the morning of 14 Sept. free and come along to help and/or participate.

For more information, please see Barry Cole or 'phone on 9874 3148 or visit

<http://www.rydeaquaticfestival.com/events.html#fun%20run>

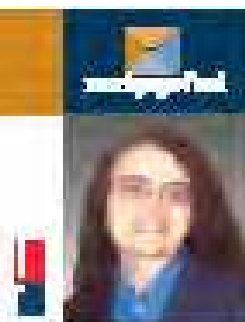
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A minute with a member...

Name: *Martin Amy*

What is your occupation? *Town Planner*

Running age group? *Aged 27*

Do you have family? *Yep, parents, older brother, 2 younger sisters (Family all lives in UK). Mum and Dad are member of West Wight runners on the Isle of Wight.*

How long have you been a Woody? *Maybe 2-3years??*

Do you run on Tuesday night or Saturday morning? *Normally Tuesday nights, but at moment am a bit scared of the dark!*

Why do you enjoy running? *Meet new people, find new places, keeps me active*

What is your favourite running course/event and why? *Not that I've done too many, but for the after party the City to Surf isn't too bad!*

What has been your running highlight? *At moment completing my first marathon in Canberra.*

Any lowlights (injury etc)? *Apart for injuries and niggles. Not pushing myself gets me a bit frustrated.*

What was the last race you went in and how did you go? *I managed to do the SMH Half marathon and just squeezed in under 90minutes*

Anything funny/unusual ever happened to you while you have been out running? *Watching Greg Muir run is always quite amusing.... So Emmanuel tells me...*

What other sports/hobbies are you involved in? *I play golf, do a bit of Rec AFL and Oztag in summer*

Favourite food/beverage? *Spaghetti Bolognese/Milo*

If you could have dinner with anyone who would it be and why? *Nigella Lawson, of course the reason being that I'd love to pick her brains about her recipes. NOT that she's easy on the eye.....*

Where would your ideal holiday be? *Anywhere that the weather lets you go outside and enjoy yourself*

Interesting things we may not know about you? *I score cricket for Sydney University and currently travel the country in the summer with the XXXX Gold Beach Cricket.*



Thanks for sharing, Martin!

From the Archives



Woodstock Runners has a long and proud history. Each Rundown will now feature an article or story from the club's rich past. All articles are from various running magazines or club year books.

This months article comes from the December 1996 edition of 'Fun Runner' magazine.



**Top 3 men at the Elouera half marathon -
1st James Harrison (centre); 2nd Jeremy Hornes (left);
3rd John Dowlings (right)**

This photo was found while flicking through an old magazine. It was attached to a race report of the 1996 Elouera Half Marathon at Cronulla.

The official finishing times were:

1. James Harrison - 69:36
2. Jeremy Horne - 73:57
3. John Dowlings - 74:14

That was an awesome run, John! What an achievement to be on the podium behind those two 'kings' of the fun run scene!

This photo also puts a date to the style of Woodstock singlet that some of still wear (do you still wear yours John!?)
- Ed.



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Upcoming Events

All events courtesy of: www.coolrunning.com.au/calendar

Ongoing Winter Sydney West Metropolitan Cross Country Series: <http://www.coolrunning.com.au/westmet>

Jul 2008

- Sun 13 Jul** *SRI CHINMOY SYDNEY SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM.*
The 5th race in the Sri Chinmoy Sydney Series for 2008. Returning to the scene of the Sydney Sri Chinmoy Running & Fitness Festival staged in the 1990s. Choose one of the classic distances of Half-Marathon, 10 km or 5 km. The course is through Cook Park, adjoining the beautiful Botany Bay and includes spectacular views from Captain Cook Bridge over the mouth of the Georges River. Start and finish is in the historic Peter Depena Reserve. Parking at the end of Russell Ave or Sanoni Ave, Dolls Point. 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@srchinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 13 Jul** *SHOALHAVEN KING OF THE MOUNTAIN*
The "King" as it's known locally, travels from the quiet rural village of Cambewarra (10 minutes drive from Nowra) via a series of bitumen and gravel roads over Mount Scanzi finishing in the historic township of Kangaroo Valley. A distance of 32km's that takes in the best sights and native sounds of the local area. The "King" features several fresh water creek crossings (with concrete causeways), rolling hills through unspoilt bushland and glorious views of sheer cliff faces, valleys and ravines. (Check out the website for the course map - view all the images and virtual tours, online entry and entry forms www.kingofthemountainnowra.org.au) contact: Doug Jeffrey. email: admin@kingofthemountainnowra.org.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 20 Jul** *LAWLER PARTNERS WINERY RUNNING FESTIVAL - HUNTER VALLEY*
After a massively successful second year, with over 900 competitors, the Lawler Partners Winery Running Festival has been given the thumbs up by athletes and National Athletics officials after being given official Certification of the accuracy of the Marathon, Half Marathon, 10km and 6.25 courses. The event has a unique character that is difficult for city based events to match. This includes quiet rural roadways, cycle tracks and outstanding scenery. It's not everyday that you get to race in such a unique environment with the event running through part of the famous Hunter Valley Garden and past some of Australia's best loved wineries. contact: Paul Humphreys. email: admin@hevents.net. Visit the [website](#) for more details.
- Sat 26 Jul** *BUSH CAPITAL BUSH MARATHON FESTIVAL: 2K, 5K, 10K, 16K, 25K, 42K, 60K, 42K RELAY (ACT)*
2km, 5km, 10km, 16km, 25km, marathon, marathon relay and 60km ultra off road trail runs and 16km, 25km, 32 km bush walks from Campbell High School next to the Australian War Memorial. A fund raising event for the Australian Mountain Running Team contact: John Harding. email: hackettrunner@hotmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 27 Jul** *WESTLINK M7 CITIES MARATHON*
The course is predominantly on the Westlink M7 shared pathway, which runs alongside the motorway. The pathway is totally separated from the motorway, which makes the course unique, because it is an uninterrupted continuous path from Camden Valley Way, Prestons to Old Windsor Road, Glenwood. This makes it ideal for a Marathon footrace. contact: Mark Gibson. email: mark.gibson@blacktown.nsw.gov.au. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 27 Jul** *SUTHERLAND TO SURF*
The Brooks-Fitness First Sutherland to Surf is the major community participatory event in the Shire and is recognised as the lead up race for the City to Surf. This great community event is held in July each year. The Brooks -Fitness First Sutherland to Surf brings more than 5000 competitors to race, wheel or walk 11kms from Sutherland Entertainment Centre to Wanda Beach. As part of the Sutherland to Surf, there is the Tradies Pro-Sprint category. This category comprises the first 100 fastest seeded competitors and attracts top class runners from the Australian Institute of Sport. The Tradies Pro-Sprint offers prize money to the first top four male and female competitors. The winners have gone on to be major place getters in the high profile Sun-Herald City to Surf. Visit the [website](#) for more details.
- Sun 27 Jul** *BAY RUN*
Distance: 7km. Event Time: 8.00am. Location of race: Near Leichardt Rowing Club. The Bay Run is around Iron Cove, one of Sydney's favourite running tracks. Individual, team and special owner/dog events available. Great lead up to the City to Surf and Blackmores Running Festival. Registration on the day available - please bring a completed entry form. contact: Alison Fredericks on 0400-077-748. email: bayrun08@bigpond.com.au. Visit the [website](#) for more details. contact: Alison Fredericks. email: bayrun08@bigpond.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Aug 2008

- Sat 2 Aug** *SYDNEY STRIDERS 10KM SERIES*
10km race on an officially certified course at Lane Cove National Park. All runners over 18 welcome, no pre-entry, just register on the day from 6.00am. Race starts 7.00am, 60 minute limit. Striders \$5, non-members \$20 and includes refreshments. contact: Barbara Becker 0402-967-697. email: info@sydneystriders.org.au. Visit the [website](#) for more details.

Sun 3 Aug SRI CHINMOY SYDNEY SERIES RACE 6 - PROSPECT CREEK 24 KM, 12 KM & 6 KM.

The 6th race in the Sri Chinmoy Sydney Series for 2008. This new course follows cycle paths looping out and back along both sides of Prospect Creek. The 24 km race provides a perfect hit-out for those in training for the Sydney Marathon next month, with 12 km and 6 km options for those with shorter goals in sight. Start and finish at the Jack Ferguson Recreation Area adjacent to the Gipps Rd Sporting Complex off Gipps Rd, Greystanes. 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. Visit the [website](#) for more details. Click here for an [entryform](#).

Sun 3 Aug TAMWORTH TEN AND FUN FIVE

TAMWORTH TEN & FUN FIVE Test yourself over our ten or five km course, run through our beautiful Tamworth Peel River plains. A good hit out before the City2Surf. Walkers can participate on a 4km course. This year will again see the Dash For Cash conducted over 100m. Great prize money. Make the trip and stay a while within this interesting area of country NSW. contact: Peter Annis-Brown on (02) 6766-2526. email: jeff.benson@tafensw.edu.au. Visit the [website](#) for more details.

Sun 10 Aug SUN HERALD SYDNEY CITY TO SURF

14km. Starts 9:00am from corner Park and College Streets, Sydney. Entry form in Sun Herald Newspaper every Sunday from June 2007 or online. Note that you cannot enter on the day. Approx 62,000 field limit. [Lots of discussions by CoolRunners here](#). contact: phone 1800-555-514. email: city2surf@fairfax.com.au. Visit the [website](#) for more details.

Sat 16 Aug GO NATURAL MULTISPORT - AKUNA BAY TO APPLE TREE BAY

Saturday 16th August will see the fourth year running of the popular Go Natural Multisport Challenge. The course consists of a 32km road cycle, 12km paddle (kayaks available for hire) and a 12km trail run taking in some of the best scenery on the Northern Beaches of Sydney. Maximum Adventure are expecting around 300 athletes competing in solo, pairs or relay categories. The race is an excellent opportunity to shake off those winter cobwebs and compete for over \$5,000 worth of prizes. Competitors also stand a chance to win a Spirit racing ski sponsored by Prokayaks as a lucky door prize. contact: Gary Farebrother 0403-820282. email: gary@maxadventure.com.au. Visit the [website](#) for more details.

Sun 17 Aug WAGGA WAGGA TRAIL MARATHON

The Wagga Wagga Trail Marathon has it all, river tracks with bush scenery, sleepy lagoons, hill top views and the lake. Come to Wagga Wagga for this unique Marathon experience, run the magnificent Wiradjuri walking track around the city of Wagga Wagga. The Wagga Wagga Trail Marathon replaces the former Junee to Wagga marathon. contact: Mark Conyers. email: waggawaggamarathon@bigpond.com. Click here for an [entryform](#).

Sun 17 Aug BANKSTOWN HALF MARATHON & 5KLM MAYORAL RUN/WALK

The Races start and finish at the Western Districts Joggers and Harriers Clubhouse at Lake Gillawarna- 150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. Start Times Half Marathon - 7.30am, 5km - 7.45am. The course, reputed to be one of the best and most picturesque off-road running courses in Metro Sydney, follows pathways and trails in a park and Lake setting. It provides for a balanced and "honest" 21km course with a good mix of hills and flats. The 5km course is fast and flat for those who might wish to brag about their good kilometer rate times but it also provides for an "easy" course for the beginner runner and family groups. Awards for outright 1st, 2nd & 3rd Female and Male and with the same for the 10 year age categories for both races. Categories for Corporate/Company and School Teams. Legendary Lucky Draw for all runners/walkers. Entry Half Marathon- \$30, 5klm Run/Walk \$20 contact: Joan Eisenhuth (02) 9724-4729. email: westieswdjh@gmail.com. Visit the [website](#) for more details.

Sun 17 Aug THE SOUTHERN HIGHLANDS MITTAGONG PRESCHOOL KINDERGARTEN BUSH FUN RUN

The Southern Highlands Mittagong Preschool Kindergarten Bush Fun Run - Are you up for a challenge then join us in a Bush Fun Run at the Welby Hockey fields fire trail in MT Alexandra Reserve, SUNDAY, August 17 2008, 2km, 5km and 10km, walk / run along the fire trail at MT Alexander Reserve. Races Start 9am - 10km & 10am - 5km & 10:40am - 2km. contact: Naomi Parkes on 0408 682 516. email: mpsfunrun@hotmail.com. Click here for an [entryform](#).

Sat 23 Aug MT WILSON TO BILPIN BUSH RUN

This is an approx 35km trail run along trails, tracks and dirt roads from Mt Wilson to Bilpin in the Blue Mountains, NSW. All fund from the raised are passed to the NSW Rural Fire Service. Starts 10am from Silva Plana Pk, Queen St, Mt Wilson. Bus from the finish line to start, so park car at Bilpin. First year of the event was 1996. contact: Michael Garvan. email: organiser@bilpinbushrun.com.au. Visit the [website](#) for more details. Click here for an [entryform](#).

Sat 23 Aug SUTHERLAND HALF MARATHON AND CARNIVAL DAY

Sutherland Athletic Club host an annual running carnival at Audley in The Royal National Park in Sydney's South. The runs are held along Lady Carrington Drive, a car free fire trail that follows the River through the heart of the National Park. Distances are 1k, 2k, 3k, 5k, 10k and 21.1k. contact: Bob Reus 02-9548-1399. email: publicity@sutherlandathletics.com. Visit the [website](#) for more details. Click here for an [entryform](#).
