

# **WOODSTOCK RUNDOWN**

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## **The Rundown on Members: Kerry Bray**

A successful and sometimes lively AGM saw new faces on our Committee. Many thanks to all who guided the Club over the past 12 months and we look forward to a fabulous year ahead under the new regime. The Committee is listed elsewhere in The Rundown. We hope members will let us know of any suggestions, bouquets or grievances you may have.

Chaia has stood down as Rundown Editor and we offer her our enormous appreciation and gratitude for the wonderful work she has accomplished in producing such a newsworthy publication each month. Thanks so much, Chaia. Sandra takes over the reins and we wish her well and guarantee we will give her much on which to report.

Since our last Newsletter the Club has held a Time Trial, Handicap and John's Breakfast Run. Thank you to all involved with the organisation of the events and especially John for opening up his new home for a delicious breakfast.

Woodies have been very active recently in many races. Brendan's 4<sup>th</sup> placing in the North Face 100k in the Mountains was a highlight and an inspiration to us all. We applaud all who have run PBs in various events including the SMH Half. A large turnout at a Sri Chinmoy race at Cooks River a few weeks ago was described by a Sydney Strider as a "Woodstockathon". At Westies Heart of the Lake Fun Run at Lake Gillawarna last week, the Club was successful in many age groups with probably our best effort in the over 70 men when Eddie and Derek took silver and bronze, aged 83 and 84 respectively. Eddie and Maria celebrate 50 years of marriage on June 4. Congratulations to you both.

We've caught up with a number of former members recently one way or another. Barry with Victor Vera who is not running, though in good health. Lesley informed us Pat Mahony has had her hip replaced and is recuperating well; and Arnold is not too well, but in good spirits. Chris Siepen heard from Derrick Titmus who has recovered from his heart surgery, returned to Thailand and back on his bike.

Maureen Pollard contacted me to let us know John is not well and is looking at a nursing home before the end of the year. Also, I received a letter from Colin Green who asked to be remembered to all who know him. He is living in a hostel in Blacktown and walks an hour or more each day and is still very interested in all sport on TV.

We welcomed back Bronwyn some weeks ago after her many months in South America and Ray from his whirlwind trip. We're all looking forward to future runs at Sri Chinmoy at Iron Cove, Cooks River Run, Sutherland to Surf and of course, our long weekend away at the Macleay River Races in South West Rocks.

Good luck to all competing and happy running/walking to all.

Kerry

## 2012 AGM and Woodstock Committee

**President** – Martin Amy

**Vice President** – Angela Haynes

**Secretary** - Rick Collins

**Treasurer** – Phil Lobsey

**General Committee** -

Barry Cole, Lawrence Ullio, Vass Vassiliou,

Greg Muir, Elmarie O'Regan

**Team's Coordinator** – Brendan Davies

**Social Secretary** – Maree Lucas & Sandra Bogun

**Uniforms Officer** – Dot Siepmann

**Website Administrator** – Colin Townsend

**Publicity Officer** – Charissa Patacsil

**Rundown publisher** – Sandra Bogun

**Welfare Officer** - Kerry Bray

## A Note From Your President: Martin Amy:

A big congratulations to all newly and re elected members, but also a massive thanks to all those 'retiring' members who gave their time on the Committee in the last and previous years. A personal thanks to Brendan and Chaia for their commitment to many roles at the Woodstock, you have set the standards super high!

So, if you have any questions about your Club, or any ideas for the Club, please contact the relevant person and have a chat!

## General Business from the meeting

- Membership fees for the following year to remain the same as last year being \$50.00 to renew, \$50.00 to join which includes a cotton T shirt or \$70.00 to join which includes a running singlet or T Shirt. Student & pensioners fees remained unchanged at \$25.00 to join or renew.
- Chaia was congratulated for her excellent design of the new Woodstock banner which was on display, funding for the banner was from member contributions.
- Club awards: It was decided that not wearing Woodstock uniform would not stop any member from receiving a club award except if it was a uniform from another running club being worn.
- John Dawlings was thanked for the \$200.00 donation to the club from the Balmain School for the club's involvement in the Balmain School Fun Run. The next run to be the first Sunday in December.
- It was decided to name one of the club awards after Steve Briscoe, founding member who passed away this year.
- First Aid Kit. Club to obtain 3 first aid kits to be on hand on Tuesday nights, Thursday nights & Saturday mornings. Paul Whiteway, Teresa Wood & Kerry Bray to investigate further.
- A working group was formed to evaluate how members can communicate with each other & make announcements through the website and to assist Colin with loading and updating data.

## Belated BIRTHDAY Wishes: May:

John Dawlings, Ray Dean, Angela Haynes, Alex Hill, Scott Murray,  
Brian Newton, Tennielle Yeoh

## BIRTHDAYS: June:

1<sup>st</sup> Tym Blackwell; 2<sup>nd</sup> Bronwyn Hager; 4<sup>th</sup> Max Hall; 8<sup>th</sup> Lesley Mather;  
10<sup>th</sup> Julian Burbidge, 11<sup>th</sup> Kim Cayzer; 13<sup>th</sup> Michael Anderson and Michelle  
Livingston; 23<sup>rd</sup> Miriam Herold; 24<sup>th</sup> Emma Pryor



## A note from your Editor: Sandra Bogun



I have been a Woodie for a couple of years now and I have really enjoyed reading my rundown to see what everyone has been up to and get a summary of results for the month and learn a thing or two about what was coming up. Thank you to Chaia for all her hard work and I look forward to by publishing the rundown.

So what does a Publisher Do? That's a good question! I will ask for contributions, poach photographs and make stuff up if I have to, but hopefully there will be plenty of material for me to manipulate instead. Remember, this publication is yours, so if you want something in it, write it and send it in, or drop me a line and make suggestions – and if you want a decent photo of you published, please send that also. This newsletter covers April and May - Happy Reading.

## Woodies First Time Half Marathon Report: Michael Anderson Sydney Morning Herald Half Marathon – 20th May 2012

As it was my first I was after a big half marathon to use as a goal to make sure I concentrated on training and making it through. Beside that I know Fairfax could really use the money! Seriously though, at \$119 I won't be doing it again next year.

I didn't have far to travel only heading in from the inner west but made the mistake of trusting Sydney Buses to actually send out some buses. After a half hour wait three other runners and I shared a cab in. I've heard many rumors of Fairfax run events not being the best run and since it's only my 4th organised event I didn't really know what to expect. I thought the start line was good, signage was good enough to get me to the start quickly which was helpful after the bus problem. Unfortunately I didn't get much of a chance to look around but I wanted to get into the pack and get started.



Unlike other events I've been to the groups started from where they stood, meaning our group ran a couple of hundred metres to the start line before starting rather than moving up each time a group or wave left. I thought it was a good idea as no one pushed and bunched up, it was all pretty relaxed. I thought the start of the course was great for the size of the field (nearly 14,000) as I didn't feel held up nor did I feel I was holding anyone up.

I wanted to do a sub 2 hour and decided to do that pace the whole way through. I have Thursday night Track to thank for the hills, it was like most people had never run up a hill so it was fun cruising past people. The drink stations were good with Gatorade and water with gels at 14km. People were helpful and the course was clear. I didn't wear an iPod but I probably could have. My girlfriend and a mate were on track about the 14km mark which helped a lot.

El Prez was holding the Woodstock flag heading into the Domain, a spot I needed a boost, so that was greatly appreciated! I gave it everything out of the Domain (who's idea was it to finish up that hill?) and felt super dizzy over the line. Not sure if it was because of the rush or because I was about to pass out? Once finished there was a good amount of drinks but unfortunately I missed out on my free yogurt, it would have been a good way to get a few dollars back.

A couple of notable runners were an older guy head to toe in white skins and nothing else, a lady with 2 water bottles and 10 gels in her belt and a guy that looked like spiderman filming the runners on hybrid skates. Post race breakfast in Pymont with some Woodstock folk was great. Still buzzing, it was a great experience and much more so thanks to Woodstock.....Now, when is the next one?

***Editors Note: Michael, congratulations on sub 2 hours with your first half!  
There are plenty of runs coming up, hope we see you on a weekend trip soon***

## Members Profile – Fiona McIntyre

**What is your occupation?** Currently I work as an Executive Assistant with the NSW Education Dept. I have also worked as a Quitline Advisor and a Disability Support Worker. **Running age group?** 45-50 Yikes!

**Do you have family?** I have a grown up daughter Jess who is currently training to be a doctor at Geelong Base Hospital. Jess has joined us at TNT a couple of times & loves it. I have 3 older brothers living at 3 different locations in Australia.

**How long have you been a Woody?** Since October 2010 (I think!)

**Why do you enjoy running?** Despite still finding it very difficult – I get so much out of it, the benefits are endless. I've also done a lot of things for the first time since joining the club including my first race, first City2Surf & Warrior Dash mud run.



**What is your favorite running distance, course, event and why?** I really enjoyed doing a couple trail runs with Angela, Debbie & Sandra earlier this year. I really like the Sri Chinmoy races and aim to complete them all.

**What has been your running highlights?** Last year being named Rookie of the year, although I still don't think I really earned it! My first ever race with Sri Chinmoy at Centennial Park & finishing my first City2Surf. **Any lowlights (injury etc)?** No major injuries so far...

**What was the last race you went in and how did you go?** 5km at the Canberra Running Festival, I was pleased with my time & enjoyed the weekend.

**Anything funny/unusual ever happened to you while you have been out running?** I did get excited when I spotted 3 kangaroos hopping by during the race in Orange. And watching the guy wearing only hot pink budgie smugglers at the Dolls Point Sri Chinmoy race last year.

**What other sports/hobbies are you involved in?** I love horses and riding & have done some great rides in NSW including the Snowy Mountains. I also enjoy yoga.

**Favorite food/beverage?** At the moment, Choo Chee prawns from Newtown Thai. I'm a non-drinker these days – so it's soda & bitters for me.

**If you could have dinner with anyone who would it be and why?** Billy Connolly and his wife Pamela. So I can have a good laugh & a D&M all in one night.

**Where would your ideal holiday be?** Right here, just lovely: [www.thesanctuarythailand.com](http://www.thesanctuarythailand.com)

**Interesting things we may not know about you?** I did a brief stint as a volunteer surf life saver in Adelaide. I was one of the many extras in the last Superman movie made.

**What's your current running goal?** I'm realistic - so to run faster for 5 kms without stopping.

An advertisement for OneLifeCat merchandise. It features four t-shirts: a dark blue one with a white cat silhouette, a dark blue one with 'Running Angel' in white script, a blue one with 'THE NORTH FACE' logo, and a pink one with 'Runney' in red script. To the right is the 'OneLifeCat' logo in pink, with a stylized cat face and a small cat figure. Below the logo is the text '100% Fitness 100% Sweat 100% Life' and two URLs: 'http://www.facebook.com/pages/onelifecat/104046396300519' and 'http://onelifecat.wordpress.com/'. At the bottom, it says 'Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!'.



## Woodstock Running Gear

All our Hot Designs items are in comfortable Drifit material.

- \* Singlets (M or F): \$45
- \* Short Sleeve Runshirts (Unisex): \$50
- \* Long Sleeve Runshirts (Unisex): \$60
- \* Bra Tops (8 & 10 other sizes by order): \$66
- \* Cotton T-shirts (Unisex): \$10
- \* Caps: \$20
- \* Womens shorts (size 10 only): Price Neg

New membership fee of \$50 entitles you to the basic club cotton T-shirt or, if you pay \$70, to either our Hot Designs (Drifit) singlet or short sleeve runshirt.

Payment can be made by cash, cheque or online via RegisterNow:

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

HOODIES and CAPS !!

There has been a good response regarding our popular & warm anniversary Hoodie. Please contact me if you want one.

I'm making enquiries about ordering more of our Woostock caps but with a stiffer brim.

We will not be stocking a supply of shorts so choose whatever you find comfortable in Woodstock blue or as near to that as possible.

Any queries, contact Dot Siepmann  
Email: [dottiedisco@y7mail.com](mailto:dottiedisco@y7mail.com)  
Phone: 02 9637-9536

## Woodies Weekends Away

Join your fellow woodies about Joe's Woodlands Tours bus for an action packed, fun filled trip to an out of town run. Accommodation and a group meal are part of the package and it's a great chance to support some smaller clubs fun runs while having a jolly good time.

If you are interested in joining a trip please let Sandra know early [sandra.bogun@yahoo.com.au](mailto:sandra.bogun@yahoo.com.au) so she can try and predict numbers, organise accommodation and meals. A deposit will be needed a few weeks out and full payment a week before. Any questions give Sandra a call 0435305463

### Mudgee Running : (Team Woodstock – Password Woodstock)

**Sat: Aug 18** 5km & 10km **Sun Aug 19:** Marathon & Half Marathon - Cost TBC approx \$160

The Mudgee races are well known for a relaxed friendly atmosphere which is perfect for the first timer who's looking for a no-pressure race, yet is still a course that is challenging to the experienced marathoner.

Depart Sydney Saturday morning to make the 5km start, return after lunch Sunday.

### Dubbo Zoo Inaugural Running Festival

**Sunday 2<sup>nd</sup> September** Half Marathon, 10km, 5.5km - Cost TBC approx \$190

Be the first to run through the Western Plains zoo in Dubbo with the half marathon heading out to follow the river before finishing back at the Zoo.

Depart Sydney early Saturday morning, a long drive but there will be games on the bus.

Fancy trying out any other runs? Be sure to let us know and we will see what can be arranged.



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Sydney, Hunter Valley, Canberra, Blue Mountains/Jenolan caves, Charter/Hire, Golfing Weekends, Function Transfers, Custom trips, etc.  
Other enquiries welcome  
Competitive rates.

## The North Face 100, 2012

### By Brendan Davies

The sun has gone down 7 times since this race, and I have this report now to share. The weather was beautiful, the cool breeze, the sun adding light to the brilliant colours of the rock faces, the wildlife and the most stunning terrain; it was almost a shame to have to run through this course and not stop for a while to just take it all in a little longer.



***Pre race with mate, Mick Donges***



***Early days of the race, when Ryan was still in view!***

What an epic challenge this is. This is just a brutal course that has a bit of everything. Ups, downs, flat, technical, firetrail, road, STAIRS...Bloody hell the stairs...

Friendships formed and solidified, sportsmanship, camaraderie, guts, determination, brilliant athleticism, disappointment and elation...I saw and/or experienced it all on Saturday. So here is a little race report of the 10 hours and 2 and a bit minutes that I was on the course for.

The start was SUICIDAL!! Yes the conditions were great but somehow my prerace plan of hanging back went right out the window after 100m and it was game on! I wanted to run with Ryan Sandes and introduce myself and thankfully I got to do that before he took off after Andy Lee who was hell bent on getting to the beautiful views at Leura first. Going into Leura Forest it was a pack of chasers; Ryan, Mick Donges, Jim Villiers, Vajin Armstrong, Matt Cooper and myself. I'm pretty sure we were all blowing hard chasing after Andy. Entering the trail leading to the Landslide, Jim took off and was out of sight in no time. I'm nicknaming him Mr Natural, he has the smoothest running style I've seen from an ultra runner. The climb up The Golden Stairs was the first taste of what was to be a common occurrence all day, Vajin powered right by on the short but steep ascent.

Vajin and I reached the first checkpoint and we both filled our bladders. I think we both had the same hydration plan for most of the day - start with empty bladders and then fill about 1 - 1.5L at checkpoints. I was also carrying a small 450mL drink bottle in my compression shorts that let me carry some electrolytes or Perpetuem. Along Narrowneck, Vajin and I just passed time by chatting about our goals for the year and the experiences of the World 100k for me and Tarawerra for him, our last big races. Vajin was asking questions about the course and I found that gave me a good chance to think about the tactics needed for the race ahead. Vajin and I, on pure running strengths, are pretty similarly matched on the flattish terrain. He would always pull away on the steeper ups or stairs, but I would rein him in on the techy, single track stuff. The only previous time I've raced him was on the flattish Commonwealth Champs course last year, I managed to stay in front of him all race. I knew on this terrain that he is a much different runner. What this meant is that we pretty much yo-yoed all day.



*One of the amazing shots taken looking down on the landslide section, that's me on the very right!*



*Starting out along Narrowneck, stunning views everywhere! (unlike my choice of hydration pack!)*

But back to Narrowneck...Vajin and I were pacing each other well without racing each other which was a relief from the frantic start. I was very happy running with Vajin, he is a very relaxed runner and his general warmth and positivity helped me to stay composed and get my race back on track. We were momentarily interrupted by a big flock of black cockatoos screeching and flying gracefully in the early morning air. Vajin commented about how rambunctious our birdlife is compared to NZ's feathered varieties. Down the ladders and along the singletrack to the Medlow Gap I pulled a little away. Onto the firetrail I saw Andy Lee emerge from the bush wiping his hands together with ferns, didn't take much to work out what he had been doing, so fair to say I gave him a wide berth for a while as we continued along the trail! I enjoyed the time with Andy, someone I admire very much. He only lives a couple of suburbs away but I never see out training to catch up with much.

As we approached the Bellbird Ridge left turn, I mentioned to Andy that we have to keep an eye out for the turn. In previous training runs, on one particular run with Ewan, Mick Miles and Alex Mathews, we missed the turn and ran all the way to the locked gate at the private property 4km up the trail. It hadn't dawned on me that there was a lack of tape along the trail leading up to the turn; it only really hit home when we reached the turnoff and there was nothing pointing us down the trail nor nothing stopping us from going straight (usually indicated by a cross). At this point, I think the luckiest guy here was Vajin. He had just rejoined Andy and I less than a km earlier. I know he believes in karma and I guess this was an example of how it comes back in kind! I called out 'the trail is down this way' or something like that as Vajin who was a metre or two ahead turned and saw Andy and I head down the trail.

Unfortunately and very sadly for all involved in the race some of the runners behind were not as fortunate and continued on in the way you would assume to go with no markings - straight. What makes it worse too is that the straight is the more groomed trail. Logically it is the right thing to do. These guys were very unlucky as: 1 - no one in the group knew the course, and 2 - they arrived at that point between us informing the marshals at CP2 what was going on and them getting up there to marshal the competitors the right way.

The transition at Dunphys Campground was smooth with a gear check thrown in for good measure and I was on my way before Andy or Vajin. I downed another GU (I was on a 35 minute schedule) and rehydrated knowing the climb what lay ahead would be very energy sapping. Reaching the bottom of Iron Pot, I decided to take the most direct line to the summit, even if it was the more difficult way. I felt as if I climbed this well, power-walking and using the trees to haul myself up in sections. As soon as it began flattening out I ran again. Halfway on the way out on the ridge I saw Ryan coming back to me from the turnaround. We wished each other a good race and I checked the watch to get some idea of how far behind I was. It took me about 2 minutes to reach the turnaround so I estimated I was 4-5 minutes behind. After the turnaround some of the guys I was visualising seeing running towards me



were not there...where was good mate Clarke McClymont? Where was Jez Bragg? I know he starts steadily but surely he wouldn't give the leaders that much of a start? What about Chris Wight, my dark horse for the event, Jim Villiers who had started so strongly and Damon Goerke?. They were all missing. Post race I was to find out there were 8 all up that got caught out by the stolen markings, while others had pulled the pin by this stage too. I did however see a bunch of other usual suspects in hot pursuit; Mick, Matt, Andrew Tuckey and Grant Guise. I knew I had my work cut out for me to hold down a top 3 spot with these guys on my tail!

Coming off Iron Pot, I used the steep downhills to my advantage, the grip of my shoes digging into the loose soil. The well placed trees also copped the full force of my body weight acting as brakes on the steep descent. At the bottom I climbed the couple of short, steep hills after the creek and downed a couple of GUs. I was feeling great and ready to tackle the big climb on the road. Last year I had walked a lot of these hills after the 'saddleyards'. This year I was hell bent on running all the way and that I did and I felt great. The splits show I was 2nd fastest on this leg (also the 2nd leg too) and that didn't surprise me. The climbs have never been my strongest point, I am much more at home on undulating firetrail, yet that climb was surprisingly easy. I pulled away from Vajin and Mick and knew I had to make the most of it. The gradual downhill to CP3 was great, I was really motoring; possibly sub 4 minute kms here.

I was relieved to get to the Checkpoint and see Nadine. I found her pretty quickly and had the bladder out ready for the changeover (I had a spare bladder ready to go in). I also restocked my GUs and Clif Shot Chews that I was chowing down every half an hour or so. I think I was there a minute or so but that minute is great just to settle the heart rate and have a small breather. A kiss goodbye and I was on my way again with Race Director Tom pacing me for the first kilometre or so (and also doing up my pack...thanks Tom!). We had a chat about how beautiful the course was, how awesome the Didge sounded up on the ridge played by the Aborigines and the great weather. I didn't hear or see anyone come into the CP so I knew I had opened up a handy lead on whoever was behind me.



### *Over the stile and into CP5*

The next section's goal was simple - run to the first step of Nellies Glen and then powerwalk up them as quick as possible. I ran this section well, the small hills up to Nellies not stopping my momentum. I reached the sign of Nellies Glen and continued to run all the way up to the first step. About a quarter of the way up the steps I heard 'how are you going Brendan' and it was Vajin. I didn't expect him so soon, he must have been 'putting in' up to there too. We again had an exchange about the course and he was surprised to hear that the steps we were walking up were basically the start of the 6 Foot Track. We eventually left Nellies behind and started on the Fern Gully section of the course. I really love the scenery here but I don't like the steps, it seemed every time we came to a flight Vajin would pull away from me. Thankfully there were enough short downs to even the score. Coming out of the bush into the street at Katoomba, we ran past Ben Berriman and Sleep Train, the second time I saw them on the course. I did a really brief introduction of Vajin to SL; the much admired 6 Foot Track record holder was a topic of an earlier conversation Vajin and I had on Narrowneck.





Along the road to the Aquatic Centre I was given some good news by the guy on the bike who informed us that the pants and fleece did not need to be carried from the checkpoint. This was a relief. Vajin and I came into the Aquatic Centre together. I found Nadine and restocked my GUs and Perpetuem and downed some Coke, Water and Gatorade; not very scientific but it was doing the job! I wanted to get away quickly at the CPs, and although they were all in the 1-2 minute range which is fast relative to the entire field, I am already planning how to cut these back next year.

The next leg is both my favourite and my most feared. I love the stairs and the downhills but Kedumba has never been overly gracious in the way she welcomes me as a guest. The little gap I put on Vajin due to the quicker transition at CP4 soon evaporated as he effortlessly loped past on the 'new course' section of road to Echo Point. I dug deep and was determined to gap him on the stairs and downhills. The problem was that we were enjoying our company together too much; scaring the life out of tourists coming down the stairs and generally just loving the trail. I warned him that we would have to use our voices in this

section, so he graciously let me lead...I have no problem shouting out 'runners coming through! They better get used to it anyway with 800 or so others behind!

Reaching the federal pass we were treated to some impromptu pacers - 3 or 4 lyrebirds. I love these birds. Often at Woodford I stop on runs when I hear one and listen for a while doing their imitation acts of other birds. This time I think we startled this little mob and they did their best 'roadrunner' impersonations up the trail, looking for a break in the vegetation to escape into. I find it very amusing when this happens. Once a quail did this on a rather tight trail with thick underbrush on the Bees Nest Loop and ran about 200m along the trail with me, trying in vain to find a spot to hide but couldn't. Oh to have wings that work!

I could have done with a pair of wings here too! Every little up Vajin was pulling away and I think it was here that I knew that I had to put some serious distance on Vajin on the downhill if I had any chance of holding him off as his climbing was just so much more superior. Once we started the long descent to Megalong Valley I let the clutch out and just freefell to the bottom. I caught Vajin who actually apologised for getting away from me on the hills! I continued on with my plan, ignoring full well the pain my quads were going to give me in the following days as a result. Plan good, execution good, problem was Vajin didn't cooperate! Turns out this guy can freefall pretty quickly too and we ended up pacing each other pretty solidly to the bottom. I knew then my task just became twice as hard and realistically I would now be looking at holding onto 3rd spot instead of battling for 2nd.

Once at the bottom, Vajin predicatively pushed on incredibly strongly up the climbs while I down-gearred and did my best to keep up a good rhythm. I love the exposed section after the first creek crossing. The vegetation changes slightly and the views to the left are incredible. I ran all of this and pushed to the second creek crossing. Vajin was nowhere in sight. So the Kedumba push started and my main goal was to run to the first left onto the main firetrail which I pleasingly did. Here we stopped for a gear check and the guy encouragingly let me know I wasn't too far behind Vajin. From there the firetrail just gets ridiculously steep and while I've run all of this part (or longer still) many times previously, I've never done it with 80 odd kms under the belt! I got to the stage where I think my running was as slow as walking so I changed to a powerwalk. Last year Damon Goerke passed me here while walking so I thought if it is good enough for one of the best trail runners in the land it's good enough for me! I managed to walk the steep bits and run the flatter bits and I thought this was probably the best I could do at the time. I reached the top and ran strongly to CP5 still holding down 3rd so decided then that it must have been a pretty good leg overall.



I fluffed around a bit a CP5, last year I did what Andy Lee did this year, the 'grab and go' but I felt obliged to stop with my wife, my best mate, my mum and her partner there. I'm glad I did, the minute or two break gave the heart rate time to relax after the epic ascent and to see their collective pride and hear their well wishes. I was surprised to see the ever encouraging and all round great personality Great Fortmann there. She was just one of many of the elite field that succumbed to misadventure during the course of the race. I was really intrigued to know how far fourth place was back, but no one had any idea. I was half thinking someone may have been watching the Live Tracking that had been set up. Regardless, I left the checkpoint with a nice big fix of Coke pulsing through my veins knowing that at any time someone, a much better hill climber, could be on my tail.

The road was a godsend after the kms done on the trails. My feet were aching and to be back on road felt like returning to a comfortable chair. I was back in my element. I received a text message half way up the hill to Hordens Rd and knew this was my crew telling me that the 4th place runner had just come in. It seemed I had a km or a bit over at best to spare and I really thought that this and the way I was running would be enough to hold down 3rd.

Wrong. Very Wrong. The last 5km of this course are as brutal as any other part and just so difficult on tired legs. The never-ending stairs that break up your rhythm, run unnaturally and force you to take their lines are my nemesis. A short way past the rock overhang at about the 95km mark Andrew Tuckey cruised past. I was expecting Andrew to do this a lot earlier in the race, but all credit to him, he paced his race out beautifully. What a smashing debut from him too; the road 100k must be on the horizon for this classy runner. With that rather irritating occurrence over, I got on with the job of finishing the race off, anyway I could. I was sure I still had sub 10h in me. With 2km to go there was 13 minutes to get it. Again, you just can't underestimate the difficulty of the last section. I'm sure Ryan Sandes probably thought he had Killian's record in the bag too, it is just so technical and inhibiting to free, quick running.

It didn't stop me trying however...for at least 2 metres anyway. I gave it one last big push but fell flat on my face. Tired legs, tired mind, fading light. Not good for running techy trail. With my pride dented due to the fall, I cruised the rest of the way, walking some of the stairs. I made sure I ran strongly the Fairmont part to make it look to the spectators like I was full of running! Crossing the finishing line, I promptly fell to the ground, feebly shook a few hands and looked for some hole to die in. It was over; 22 minutes and one place better than last year. I can't complain!



A real shame that some of the strong men, including Jez Bragg could not compete on a level playing field. All credit to him for finishing the race so strongly. The vandals that removed the course markings ruined for athletes, spectators and organisers alike a really packed 'front end' of the race. I think my place is rather misleading because of this maliciousness.

Secondly, I don't want to say that the World Champs were still in my legs, but I can say with all certainty that leading up to this race did not contain enough hill work. If there is one piece of advice I always give to anyone; you must train specifically for the event to get the best out of yourself on race day.

Last of all, thanks to Nadine for sharing the experience with me and being a great crew and loving support, all my friends and family for the encouragement before, during and after. I'll be back next year!





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## Results and Photo's

### 22nd April 2012

#### **Sydney Marathon Clinic**

##### Half Marathon

Jeff Morunga: 2.13.01

##### 10 KM

Martin Amy: 39.10 (2nd M30)

John Dawlings: 42.28 (3rd M50)

Anneliese McDowell: 51.57 (3rd F30)

Dave Miller: 55.12

##### 5 KM

Fiona McIntyre: 35.40

Dot Siepmann: 29.05 (1st F60)

Harrison Haynes\*: 39.21 (3rd MU/16)

#### **London Marathon**

Barney McCarthy\*: 3.18.25

Chris Amy\*: 4.30.40 (Martins Mum)

#### **ANSW Novice CC Champs Scarborough Park**

##### 7KM

Dot Siepmann: 45.39

#### **Kim Cazyer results from Hawaii**

1 April

Diva Half Marathon 1:49:03

14 April

Kalaheo Spirit 5k 23:15 3rd F  
overall

29 April Honolulu 5k 23:13 1st F  
30-35

5 May Jamba Juice 5k 22:49 (PB)

27 May Hibiscus Half Marathon  
1:44:41 (PB)



THANKS FOR ALWAYS  
PARKING ACROSS  
THE PATH. IT GIVES  
ME THE CHANCE TO  
BE A MOVIE STAR  
& SLIDE ACROSS  
YOUR HOOD NOW  
& THEN. TRY IT,  
IT'S AWESOME!





### 3rd May 2012

#### **Nike She Runs The Night Centennial Park**

##### 13km

Debbie Rutherford 1:31:56  
Miriam Herold : 1.26.02  
Angela Haynes 1:19:40  
Sandra Bogun 1:16:58  
Charissa Patacsil 1:00:33

### 6 May 2012

#### **Sri Chinmoy Cooks River**

##### 16 KM

Sandra Bogun: 1.34.44  
Peta Bray: 1.32.09  
Ellen Glennan: 1.17.47  
Frank Hidvegi: 1.14.53

##### 8 KM

Stacy Gurrie: 48.09  
Angela Haynes: 44.57  
Kerry Bray: 44.50 (1st F60)  
Christine Cullen: 44.00  
Kathryn Bolitho: 34.47 (5th U/50)

##### 4 KM

Harrison Haynes\*: 38.45  
Fiona McIntyre: 27.04

#### **ANSW Road Champs Homebush**

##### 10 KM

Dot Siepmann: 58.45 (1st W65)  
Anita Doig: 43.51

#### **Bathurst**

##### 10 KM

Brendan Davies: 33.55 (1st O/All)

### 13<sup>th</sup> May 2012

#### **Mothers Day Classics**

##### **Domain**

##### 8 KM

Sandra Bogun: 49.41  
Dot Siepmann: 47.37  
Miriam Herold: 45.46

##### 4 KM

Angela Haynes: 28.42  
Harrison Haynes: 28.40  
Jackson Haynes: 23.07  
Jullie Hurford (Angelas Mum) 38:51

##### **Parramatta**

##### 4 KM

Elmarie O'Regan: 15.26 (2nd Fem O/All)

### 19<sup>th</sup> May 2012

#### **The North Face 100**

Brendan Davies: 10.02.43 (4th O/All)

### 20th May 2012

##### **Blacktown**

##### 10KM

Angela Haynes 58:46 – PB  
Alan Wigg 57:45  
Teresa Wood 53:43 10th F35-45(crs PB)  
Charissa Patacsil 47:50 1st F25-34 (crs PB)

##### 4KM

Harrison Haynes 31:25  
Elmarie O'Regan 14:24 1st F o/all





## 20th May 2012

### **SMH Half Marathon**

Bridget Akers: 1.57.14  
Michael Anderson: 1.52.48  
Tym Blackwell: 1.34.25  
Kathryn Bolitho: 1.43.04 (PB)  
Frank Hidvegi: 1.40.00 (PB)  
Michelle Livingston: 2.23.22  
Jeff Morunga: 2.13.57  
Scott Mitchelmore: 1.42.48  
Brian Newton: 1.35.22  
Emma Pryor: 2.12.28  
Miles Pullen: 1.30.22  
Helene Scarf: 2.10.07  
Hilton Sinclair: 1.28.15  
Deirdre Stewart: 1.57.41  
Lawrence Ullio: 1.50.30  
Paul Whiteway: 1.55.30

### **Sydney Marathon Clinic**

#### 25 KM

Sandra Bogun: 2.34.29

#### 10 KM

John Dawlings: 41.38 (3rd  
O/All & 2nd M50)  
Lesley Maher: 54.57 (2nd F50)  
Dave Miller: 56.35

#### 5 KM

Fiona McIntyre: 37.02  
Dot Siepmann: 27.29 (1st F60)

### **Great Ocean Road Half VIC**

#### 23 KM

Miriam Herold: 2.41.36  
Nils Herold: 2.41.36

## 27th May 2012

### **Heart of the lake**

#### 10 KM

Kerry Bray: 57.46 (1st F60)  
Peta Bray: 55.32  
John Dawlings: 42.59 (3rd  
M50)  
Angela Haynes: 60.23  
Lesley Maher: 53.57  
Deirdre Stewart: 53.18

#### 3 KM

Eddie McLean: 28.58 (2nd  
M70)  
David Murray\*: 12.22 (2nd  
M13/14)  
Susan Murray: 14.38 (2nd  
F40)  
Dot Siepmann: 17.37 (1st F60)  
Derek White: 37.00 (3rd M70)

### **Bondi Barefoot Soft Sand Classic**

#### 4 KM

Charissa Patacsil: 26.39  
Elmarie O'Regan: 24.06 (1st  
F40)



## Upcoming Events from Cool Running Website - JUNE

### **Sat 9 Jun WINTER SERIES - FERNTREE RESERVE, ENGADINE**

Hosted by Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 10km (3.00pm). Ferntree Reserve, Engadine. This is a tough hilly course. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 10 Jun MACLEAY RIVER MARATHON**

Marathon, 1/2 marathon, 10k run and 5k walk contact: Tracy Hughes 65667419. email: trialbay@gmail.com. .

### **SYDNEY 2012 SERIES RACE 4 - IRON COVE RUNS.**

Leichhardt Park, end of Glover St, Lilyfield. The Sri Chinmoy Sydney Series returns to Iron Cove for one last time in 2011. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org.

### **Fri 15 Jun CITY MILE DASH**

City Mile Dash is a challenging and exciting lunchtime corporate speed race created by Cancer Council NSW. A 1 mile course in the middle of Sydney. contact: Donna Freak. email: donnaf@nswcc.org.au.

### **Sat 16 Jun WINTER SERIES - BIKE TRACK, SUTHERLAND**

Hosted by Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) & 8km (3.00pm). The bike track is at the southern end of Waratah Park. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 17 Jun BAY TO BAY FUN RUN & HALF MARATHON**

The Bay to Bay Fun Run, a well established 12km event on the beautiful Central Coast of NSW. Online entries closed. Contact: Beverley Andrews 0417 234 854. email: enquiries@baytobay.org.au.

### **Sun 17 Jun SMC ROAD RACE**

30km, 10km, 5km run and 5km walk. 30km and 5km walk start at 7:00am. 10km starts at 7:30am. 5km run starts at 7:40am. All events start from Rosford Street Reserve, Smithfield. Contact: SMC Enquiries. email: smcroadraceseries@gmail.com.

### **Sat-Sun 23-24 Jun SRI CHINMOY 24 HOUR, 12 HOUR & 6 HOUR RACE**

After 30 years in Adelaide and Brisbane, the Sri Chinmoy 24 hour track race (the AURA 2012 Australian 24 hour National Championship) comes to Sydney's Blacktown International Sportspark on Saturday 23 and Sunday 24 June. 12 hour and 6 hour races will also be held concurrently. contact: Niboddhri Ward. email: sydney24h@srichinmoyraces.org.

### **Sat 23 Jun WINTER SERIES - GRAYS POINT**

Hosted by Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm). 4 races only this week. Start is at the southern end of Grays Point Rd, contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 24 Jun WOODFORD TO GLENBROOK CLASSIC 2012 25km**

Run or ride the Oaks Fire Trail through the beautiful Blue Mountains National Park, from the town of Woodford down to the Euroka Clearing near Glenbrook. Participants are supported the full length of the track by Rural Fire Service crews stationed along the way. Mountain bike riders start from 9am and runners start from 10am. The registration taken until 4.00pm Monday 18 June 2012, No entries will be accepted on the day of the event. contact: John Ebbott. email: events@careflight.org.

### **Sun 24 Jun 2012 COOKS RIVER FUN RUN 5km or 10km run or a 5km walk**

Now in its third year, the Cooks River Fun Run is a major event on the Strathfield Council calendar. contact: Strathfield Council events team 9748 9999. email: cooksriverfunrun@strathfield.nsw.gov.au.



### **Sat-Sun 30 Jun-1 Jul TOUGH BLOKE CHALLENGE**

Maximum Adventure presents the Tough Bloke Challenge; an off road running event that is likely the toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat, and probably tears. Note: We are running separate, identical events on Sat 30th June & Sunday 1st July. contact: Gary Farebrother. email: info@maxadventure.com.au.

## **Upcoming Events from Cool Running Website - JULY**

### **Sat 7 Jul WINTER SERIES - BOTTLE FOREST, EAST HEATHCOTE**

Join up with Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 6km (2.30pm), end of Bottle Forest Rd, East Heathcote. This course is undulating along National Park trails.. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 8 Jul SRI CHINMOYSYDNEY 2012 SERIES RACE 5 –**

**DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM.**

Peter Depena Reserve, Russell Ave, Dolls Point. Botany Bay. Parking in car parks along Russell Ave. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org.

### **Sat 14 Jul WINTER SERIES - GRAYS POINT**

Hosted by Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 5km (2.30pm) starting at end of Grays Point Rd, near Grays Point Public School. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sat 21 Jul WINTER SERIES - BOTTLE FOREST, EAST HEATHCOTE**

Join up with Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 4.6km (2.30pm) & 9.2km (3.00pm) this week at Bottle Forest, end of Bottle Forest Rd, East Heathcote. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 22 Jul WINERY RUNNING FESTIVAL**

This unique running festival located in the Hunter Valley. Event options include a marathon, half marathon, 10km, 6.25km run/walk, Kids marathon, and the Storybook 2k for Kids. contact: Paul Humphreys. email: paul@hevents.com.au.

### **Sat 28 Jul WINTER SERIES - GRAYS POINT, TEMPTATION CREEK COURSE**

Hosted by Sutherland District Athletics Club - 1km (1.50pm), 2km (2.00pm), 3km (2.15pm), 7km (2.30pm) & 12.4km (3.00pm) starting at end of Grays Point Rd, near Grays Point Public School. Just turn up and sign up! contact: Sally Luxton. email: publicity@sutherlandathletics.com.

### **Sun 29 Jul SRI CHINMOYSYDNEY 2012 SERIES RACE 6 –**

**CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-C**

Mackay Sportsground, near Robertson Rd gates, Parking anywhere near the Robertson Rd gates. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org.

### **Sun 29 Jul ROSEVILLE CHASE ROTARY FUN RUN**

A family and community fun run through the streets of Castle Cove with its bush and Middle Harbour views. Includes a 5k run/walk and a 10k run. contact: Duncan Campbell. email: duncancampbell@optusnet.com.au.

### **Sun 29 Jul WESTLINK M7 CITIES MARATHON**

The Cities is on again and will be held in conjunction with the 6th Blacktown City Games. The course is Athletics Australia and AIMS Certified Accurate. Support races will be the Mizuno Marathon Relay Challenge (21.1km x 2) contact: Mark Gibson (02 9839 6075) during business hours. email: mark.gibson@blacktown.nsw.gov.au.