

The

WOODSTOCK RUNDOWN

March 2010

Internet address: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Facebook Group: <http://www.facebook.com/group.php?gid=30549208990>

Email Results and Contributions to: rundown@woodstockrunners.org.au

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



The Rundown On Members

Congratulations to Tami and Tristan on their marriage in Melbourne. Many Woodstockians travelled south and reported on a delightful and relaxed wedding. We hope your trip to South America was an exciting and enjoyable honeymoon and wish you both many years of happiness together.

Baby congratulations are in order to Kim and Stuart Cayzer on the birth of daughter, Alyssa, a brother for Eathen. The family is well and Kim had her first Saturday morning run 2 weeks after Alyssa's birth.

The month has not been a big one for Fun Runs, rather a good one for catching up with members (or former ones). Sue and Gerry Phipps say hello to all from their farm in Hahndorf, S.A. They are both into archery and are about to travel to Europe for holidays. Ray Dean spoke to Maria Guano who hopes to visit Australia later this year. Len Foulser, well into his nineties, is content in the nursing home, though deteriorating as the months progress.

Robyn Briscoe is recovering following arthroscopic surgery on her knee and hopes to be running again very soon. Steve is keeping well and is running short distances, and fairly consistently. Their offspring, Kieran and Lauren are running extremely well and we wish them continued success.

Derek is currently endeavouring to find ways around the physio's suggestion he not run again. Good luck with it, Derek. Eddie has been running on the grass at Parramatta Park. Good on you, Eddie. Pat Mahony has settled in well to her new place in Gosford and though not running at this stage, is spending time in the gym and walking. We hope Chaia keeps away from the ping pong tables as her ankle injury is still giving her problems. Hope to see you back running very soon, Chaia.

Dorothy spent Easter in Perth at the Australian Masters Athletics Championships, returning with 3 silver medals in the 5000m, 10000m and 8k cross country. Well done, Dot, on a great effort.

Thank you to John Dawlings for opening his home for Sunday's Breakfast Run. The courses are great, though challenging and breakfast was very much appreciated by all in attendance.

I'm off to Hong Kong just for 10 days baby sitting. Hope to factor in some runs while there and will see you all on my return.

Happy running and walking.

Kerry

April Birthday Celebrants

Paul	Nash	3rd, Max	McGown	6th, Nick	Spasevski	13th, Jeff
	Morunga	18th, Stella	Baer	22nd, Helena	Amaro	28th,
		Willem	Vervoort	30th		

Letter from the editor

Dear Woodstock Runners and Walkers,
 Hope all is well and preparing for the race season this Autumn to Winter and away from flu and colds. Unfortunately, I off from running until my twisted ankle gets better. Luckily I just have partially torn ligaments, bruised bone and swelling other than that, i am not required for any surgery of some sort. Lesson? Stay away from any sport aside from running! (j/k!)

Thank you for being patient too regarding our domain @ the Internet, as emails and also the web site. Thanks for Colin and Lance for fixing it.

Also please submit your nominations for the committee as new "year" starts. Form is attached in this edition. Do your member renewals as well!!

- Editor

Sunday Marathon Training continues

Canberra Runner might be a temporary replacement for the Canberra Marathon so Training still goes on, the group lead by Martin is still pushing through in the long distance training.



This might make it to a regular Club run to those training for a particular long distance race all throughout the calendar.

Interested members please **email**:
 Martin Amy, Rick Collins, Brendan Davies

Tony withdrew!

Not Tony Abbott on his Ironman but our dear Anthony Robinson had to withdraw entry from Comrades Ultra due to stress fracture. He is on recovery and hoping to make it on future runs. He wanted to thank everyone who supported the charity on Schools in India he was supporting and still if you want to donate it can be done at: <http://www.gofundraise.com.au/RobinsonA>

30th Anniversary Announcement

Calling all members!!

Please send me any Photos, Articles and Videos for the 30th anniversary edition.

Send it through email or to:

Thank you!

- Editor

April-May Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
6/04/2010	Concord 9km	8/04/2010	"Command" or "Mona" Fartlek	10/04/2010	Balmain Shores 7.5km
13/04/2010	Canada Bay 11km	15/04/2010	"Hills" Session	17/04/2010	Hell Hill 8km
20/04/2010	Homebush Run 10km	22/04/2010	400m x 12	24/04/2010	Balmain 9km
27/04/2010	Campsie 9km	29/04/2010	"Doubles" Standard Pyramid	1/05/2010	Timbrell Park 8km

Did you know?

That the first Olympic Marathon distance was 45KM until 1906.



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REVOLUTION IMAGING

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.

It doesn't matter if you are re-financing, purchasing a new home or investment property, renovating, or consolidating your debts, at The Mortgage Professionals we offer over 450 value packed products so we're sure to have a financing solution that suits your individual needs.

To find out how surprisingly simple financing can be, call Hector Garcia on 0411 065 993 or 9572 9593 for an appointment today.

For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



**Personal Fitness Training with
Timothy 'Mr.T' Molesworth**



mr.T fitness trainer

0406013201

**Call for a free
Fitness Evaluation**

At Mr T fitness, we provide you with a **FREE** consultation. We tailor a training program specific to you and your body type. Call us today for an Appointment.

Mr T sells and stocks many of the recovery drinks and energy bars on the market. We have an extensive range. We can supply the following products. Power bars, GU Roctane whey powders and boost drinks, Gatorade, Aussie bodies protein shakes, Red Bull for endurance and energy boost .

Check out the Mr T website at
<http://www.mrtfitness.com/>



**To Schedule an
Appointment**



**City 02 9251 0822
Bondi 02 9369 3616**

Thursday Night Track (TNT)

Sick of plodding along at the same pace?

Want to do some speed work but hate doing it on your own?

Want a safe and secure training venue away from traffic and bitumen?

Teaches you pace - Timing your intervals helps you get a feel for your speed. Your body gets to know different paces and how to maintain a rhythm.

Increases your speed - It's no mystery. You'll get faster by running faster.

Raises your anaerobic limit - This is the point where your muscles fatigue at a faster rate. Increase the limit with this speed training and you'll run faster for longer.

Improves your form - Your body learns to run more efficiently and relaxed while running faster.

Adds to your endurance - This training also builds your strength and stamina.

Throws in variety - Mixing some speed with easy runs, long runs and hills rounds out your training.

Monitors your progress - Record your number of intervals, times and recovery in your running log. Over time you'll see improvements e.g. more reps, faster reps, shorter recoveries, etc

Prepares you for racing - Learning pace, completing a workout when you're tired all helps you mentally and physically for racing.

Everyone is welcome, regardless of our ability level. We have had men and women runners aged from 15 to 80 participate, with many different paced groups. The sessions are easily modified to cater for all ages and abilities.

There is no cost for members! Cold drinks are supplied. Visitors including family and friends are welcome to try us out. Sessions range from hill repeats, fartlek training, pyramids, sprints and standard intervals. Open the attachment to view the sessions. Variety is the key to enjoyment! Then TNT is for you!!!

Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is off Andrews Ave. Session starts at 6:30pm and are finished by 7:30pm. Why not come down and check us out! You won't be disappointed. For more information, contact **Brendan on 0422 233463 or email at bjdavies2000@yahoo.com**



A Minute with a member

Name: Elmarie O' Regan

What is your occupation? IT contractor.

Running age group? F30-39

Do you have family? Yeah, Mom, Dad, sister, brother, niece and nephew, all live in Cork, Ireland.

How long have you been a Woody? 6 months.

Do you run on Tuesday night/TNT/Saturday morning? Saturday mornings.

Why do you enjoy running? I always loved running, I love getting my runners on and getting out into the fresh air. I like to explore new routes around the neighbourhood, I enjoy the mystery of not knowing where you're heading and new sights you'll see on the way. I love the "runners high" you get after a run, that sheer exhausted feeling and hours of clear mind, you cannot beat it! Also like the challenging part of it, setting new goals/times and achieving them makes you feel great about yourself.

What is your favourite running distance/course/event and why? At the moment anything under 10KM, its short and easier to train for. However, I would like to run a marathon one day.

What has been your running highlight? Most of my highlights were when I was a youngster. I competed for around 10 years in various track & field events and winter cross-country. I'm most proud of my All-Ireland medals I won for long-jump/high-jump field events.

Any lowlights (injury etc)? Nothing too serious, I try to balance my running with weight training to avoid injury.

What was the last race you went in and how did you go? Sri Chinmoy Iron Cove 4k - 16.28 Mins.

Anything funny/unusual ever happened to you while you have been out running? Well, I was out running one night on the bay, it was dusk and I was between the 1st and 2nd K markers and this totally stark naked guy just jumped out from behind a tree!! Needless to say I didn't hang about and it was one of my fastest bay times ever, all the adrenalin from the fright!!

What other sports/hobbies are you involved in? I go to the gym quite a bit, like doing weights and aerobic classes. Also like getting out mountain biking in the bush. Apart from sporty things, I love cooking and having friends over for dinner parties, also I love going to the pub to socialise and catch up with friends (I'm Irish so pubbing is considered a hobby).

Favourite food/beverage? Love a good roast with all the trimmings especially mashed potatoes and a nice bottle of Marlborough Sauvignon Blanc

If you could have dinner with anyone who would it be and why? God, would like to find out the meaning of life.

Where would your ideal holiday be? I love travel, I have a list of places I would love to go and visit. One of these is East Africa especially Uganda, Kenya and Tanzania. Would love to see the beautiful savannahs of Africa, do a safari and spot wildlife in its natural habitat and a home-stay with one of the local tribes to experience their way of life.

Favorite running shoe/Gadget? And why? Love my iPod, keeps me company along the road and motivates me when I need a push!

Interesting things we may not know about you? I have 5 Christian names. Don't ask!!

Thanks El for sharing! And congratulations on the last race you just finished!. - Editor



Race Report: 6-foot Track

By Brendan Davies

I started my 2010 6 foot campaign last November with the Deep Space Mountain marathon and knew that after that race I had a lot of work today to achieve the goal what I have set out, but unsuccessfully done at previous attempts; finish the 6 foot under 4 hours. It was after that run that I set my mind to the task ahead and planned a training regime that would get me there.

After that race, I knew that more specific, targetted training was needed to succeed on 1) trails and 2) big climbs. Up until then, I've always trained on the road and when taking this into mountain runs I have been found wanting. So over December and January a concerted effort was made to complement my usual mix of road runs and interval sessions with more hill sessions and long runs, preferably on trails. Fortunately 6 foot is at a very convenient time of the year for me to have no excuses; teachers after all are not needed over most of December and January (some may argue at all!) so I upped the training and for the first time ever was consistently doing double sessions daily and hitting mileage that averaged around 120km a week.

The fatass events were very convenient and provided great company and competition and motivation to get out. The oz day fatathon was the one where I felt in control over the 30km mark and the mega mega gave me a truck load of confidence knowing that I could run all of mini and mini and pluvio and still feel good at the end. Throughout this training my body was getting stronger, I was leaner than I've ever been and the mental demons were disappearing. I knew that this could be the year I finally tamed the beast instead of it breaking me.

After mega mega however, the amount of hills and more specifically downhill running I had been doing (trying to toughen the legs up so the pounding on race day would not leave my legs a shot mess on the Black Range) finally took a toll and I developed an injury to my knee that left me in quite a deal of pain if I attempted to run quickly or over a mid range distance. The only thing to do was to rest so I had about 3 weeks off any intense running. Thankfully, as I am going back to uni this year, I now cycle about 26km a day (on a MTB) which maintained my fitness and proved a good tonic for my battered joints. The litmus test came with the SMC 25km where I resolved to race hard and, if pain hit or slowed me down, cancel my 6 foot entry. Thankfully I got through that fine and it was clear the worst of the injury was over.

With that giving me back my focus to the race, I decided that the remaining time pre race would be spent sharpening up my speed and tapering. I would just have to have faith in my endurance and strength to go 45km hard all the way. The Striders equaliser a couple of weeks ago gave me a great boost, finishing only a minute or so behind Fats and also gave me an opportunity to test my knee on rocky descents. I also 'trail tested' the shoes I was to wear too...Innov8 x talon 212s. The NSW Masters games was the last event pre race and feedback was great, a 'track' 5000m PB. I was ready to go!

Come race week, some very light runs and a good rest, with plenty of carbo loading. Very organised for once! Not so race morning! Remembered I had left my inner soles in the car while standing in the bus queue, then remembered I left my Garmin in the car while on the bus; a mad scramble through the baggage truck to retrieve my car key in order to get in the car, and I was worried I wasn't going to make the start! Thanks to Colin, got to the start to warm up and mentally prepare for the battle ahead. I had 3:50 splits written on my arm and was determined that this would be a 'credit' mark today with 3:50-4 being a pass mark.

Once the gun went I was off. I always think a quick start is crucial to get to the stairs without being held up and skipped down the steps in a good position. Once down the bottom, found myself running with Fats with only Andrew Lee out in front. Ran probably with the right intensity all the way to Megalong Rd and was passed shortly after by Tucks and then Uncle and then Cambell Maffett who I was sure would pay the price for wearing light road shoes (obviously wrong assumption)! From here, we held these positions in the single track to Coxes. Fats was showing how it was done by cruising in the last couple of k's before the crossing 'to give myself a breather before the hills', so I followed suit.

After the river swim Sam Walker passed and he looked very strong and thought that this boy could take it out, until Alex Matthews passed going up mini mini and it was obvious that he was the one to catch. He breezed past like he was out for a training jog. Meanwhile Fats and I were having our own KOM battle. Fats slowly inched away and consolidated on the little flat section half way up mini while my legs seemed to be stuck in uphill mode still! To my surprise I could see Andrew Tuckey getting closer, and I knew he must be suffering a bit for his quick start. After passing Tucks it was solo running for what seemed forever, only occasionally passing the odd early waver who all gave great encouragement and motivation.

Half way along the Black Range my Garmin died (a result of accidentally leaving it on the night before) so I

had no idea how I was going, but just by the fact that I wasn't being passed by anyone as had happened in abundance in previous years, told me I was at the very least, holding my pace and position. I really was giving it pretty much max effort along the range, and once to the Deviation knew that I had run that section far better than ever before. That HILL, we all know the one, before Caves Rd was the only time I walked, and the short respite of about 20 seconds lowered the heart rate sufficiently in order to give the last section a big big effort. I wasn't going to leave anything on the track.

Nearing the cabins, I finally caught sight of a runner ahead, Sam Walker but thought he was running too well for me to gain any ground. When we hit the last downhill, surprisingly he was taking it very gingerly; and I love this section so just threw caution to the wind and gunned it. The X Talons were giving me sure footing and confidence and I was literally sprinting. Unfortunately while the shoes were more than great, the legs proved too fatigued to lift high enough over a rock and down I went, in the rubble. It was quite a shock, it happened so fast. But being so high on adrenaline I wasn't hanging around to view the damage; I was getting down the bottom broken leg or not (thankfully it was just a couple of grazes!)

When I turned the last corner, it was the first time I had seen a clock since the river crossing and I really couldn't believe the time. Post race, I quickly got my self showered and patched up and went and joined in the festivities for the rest of the day. I was, and still am, on a real high and even though it is only one race, it is a special race for me and to finally get one over the track is so satisfying!

Sitting back and watching everyone finish the race, is always a wonderful moment. I love how people from all walks are able to get together and share a common love. All thanks to Colin (my hug summed it up!), Kevin, the Striders and Firies volleys for putting on this terrific event. I'll be back next year...hopefully with a way to slice 5 minutes off my KOM time too!



THE BALMAIN PUSH

**A run around the streets of Balmain
and the harbour of Sydney**

Sunday 11th April

Meet at 7.20 am for 7.30 am start

**Ann Cashman Reserve, corner Beattie
and Elliot Streets, Balmain**



**There are no toilets at the start but you can use ours until 7.20
Free parking at the start but there are meters outside my house
Or park in the car park in Beattie Street close to Darling Street
Breakfast afterwards at 60 Beattie Street, Balmain
(about 200 metres from the start)**

Distances 5, 10 or 15 kilometres

Maps provided and courses marked with chalk

Cost \$3 for breakfast

See John Dawlings for further details or call on 9810-7619 (h) or 0422 819 468 (w)

Should you wish to contribute saving Mother planet and opt to receive the newsletter thru email, email me
at rundown@woodstockrunners.org.au

Race Results

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

Sri Chinmoy Centennial Park 21/02/2010

7Km

Elmarie O'Regan 3 1 : 3 9

Six-Foot Track Marathon 13/3/2010

45 Km

Brendan Davies	3:35:21	6th Oall 3rd Age Cat
Tim Cochrane #	3:46:34	8th Oall 3rd Age Cat
Philip Lobsey	4:47:18	

Sydney Striders 10KM Series, Lane Cove National

Park 3/4/2010

Emanuel Finos #	42.51
Manal Garcia #	43.25
Brian Ogilwy #	46.55
Linda Barwick #	51.19
Max Crossley #	52.47
Jeff Morunga #	53.53
Lesley Maher #	55.10

Shark Island Swim, Cronulla 14/3/10

2.3Km

Kerry Bray: 66.12 5th AgeCat

Mt. Annan Challenge Walk, 14/3/10

6 Km

Louise Hawkins	40.43	1st F40-49
Eddie McLean	58.02	1st M80-99 15th AgeCat

not in Woodstock gear

Sri Chinmoy Iron Cove Iron Cove, Lilyfield 28/032010

8Km

Peta Bray	45:59
Kerry Bray	48:01 1st Age Cat

4KM

Elmarie O'Regan 16: 33 2nd Female

SMC Road Race Series, Smithfield 21/03/2010

30KM

Brendan Davies	1:54:20	2nd Oall
Martin Amy	2:00:05	1st M20 4th Oall
Michael Cantley	2:04:05	2nd M20 7th Oall

10KM

Daniel Lorenzotti	38:05	1st M20 4th Oall
Bronwyn Hager	43:37	1st F20 4th FOall
Manal Garcia	44:18	2nd F30 5th FOall

5Km

Brown Calli	25:31	2nd F30 3rd FOall
Dot Siepmann	28.18	1st 60+

Police/Masters Games Blacktown

5 KM track

Dot Siepmann: 30.43, (1st 65-69)

Australian Masters Athletics Championships, Perth

10 Km Track

Dot Siepmann: 55.55 2nd W65

5 Km Track

Dot Siepmann: 28.04 2nd W65

8Km X/Country

Dot Siepmann: 55.33 2nd W65

Balmoral Swim 1KM

Kazu Takahashi	20:43
David Blackwell	22:02



Congratulations to Tristan and best wishes to Tami!

Your Woodstock Runners family wishes you well as a newly wed couple.

Hope to see you back running after your honeymoon in South America.

***"The most important thing is not to win but to take part, just as in life the most important thing is not the triumph but the struggle. The essential thing is not to have conquered but to have fought well.
 - the Olympic Creed"***

Woodstock Runners – Membership Forms for 2010-2011

Membership Fees for the 2010-2011 year are due by 31st March 2010. Please note the following:

1. **Renew Online** – members can once again renew online with payment by credit card on RegisterNow's secure site. About 50% of members renewed online last year, this reduces our paper records.

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

2. **Paper Form** – this is attached for those preferring this method, unfortunately offline credit card payments cannot be accepted.

3. **Due Date is 31/3/2010** - Any members not rejoining by 31/3/2010 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 28/2/2010** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 28/2/2010, based on orders received up to that date. Members will have these items by early April, just in time for the Canberra Marathon.

Short Sleeve Tops	\$50
Long Sleeve Tops	\$60
Bra Top	\$66

These items can be ordered online via RegisterNow, or on the attached Membership Form.

These orders will definitely close 28/2/2010.

We still have some caps, & a few old shirts & polar fleeces left, these can be ordered online or purchased from our Uniforms Officer (Dot Siepmann).

The **Hot Designs sizing chart** is attached, and is on our website, or another member might let you try on their shirt for size.

5. **Cheques** - should be made payable to "Woodstock Runners", with completed forms and money to be submitted by 31/3/2010 at any of our Club runs, or posted to The Treasurer, PO Box 672, Burwood NSW 1805.

6. Rundown & Privacy

On your membership renewal, please indicate if you require a paper copy of the Rundown.

You may also indicate if you do not consent to your details appearing on our Member List. Note that the Member List is issued periodically, will not be posted on our website, and is only intended for internal Club purposes.

You may also indicate if you do not consent to your results and/or photos being published. This includes the Rundown & website, but precludes the members from being eligible for any club awards.

7. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on info@woodstockrunners.org.au

Thanks,

Colin Townsend
On behalf of the Club Committee

Woodstock Runners



Membership Form – 2010-2011

Name: _____
Address: _____ Suburb: _____ Postcode _____
Telephone Home: _____ Work: _____ Mobile: _____
Date of Birth: _____ Email: _____

I wish to join/rejoin as a financial member of Woodstock Runners Inc. for 2010-2011 as indicated below:

Part A - Club Fees:

Existing Members

Adults	Concession
\$40.00	\$25.00
	\$ _____

New Members

New Member Fee includes either a Club cotton T-Shirt, or a Hot Designs singlet/short sleeve shirt

	Adults	Concession
Membership - Cotton T-shirt	\$40.00	\$25.00
Membership - Hot Designs Singlet/Short Sleeve Shirt	\$60.00	\$45.00
		\$ _____

NB. Any non-members are welcome to run/walk with us for one month prior to joining.

The TNT sessions are free for members, and \$5 for non-members.

Any TNT fees paid by non-members will be credited against the cost of membership when joining.

New Member PB's (optional, but will be recognised in our Club Rankings):

Distance	Event	Date	Time
10Km			
City to Surf			
1/2 Marathon			
Marathon			

Part B – Club Gear

	Size / Qty		Size / Qty		Size / Qty
Cap \$20	____ / ____	Singlets(M/F)\$45	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$50	____ / ____	Bra Top \$66	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$60	____ / ____	Polar Fleece \$28	____ / ____		\$ _____
				Total	\$ _____

Please tick as appropriate (leave if not required):

- ☐ I require a paper copy of the "Rundown" (Club Newsletter issued monthly).
☐ I **do not** consent to my contact details being included in the Club Member List.
☐ I **do not** consent to my results and/or photos of me being published (Rundown and website)

Please return to: Treasurer - Woodstock Runners Inc.
PO Box 672
BURWOOD NSW 1805

Cheques should be made payable to "Woodstock Runners Inc".

Upcoming events

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

Sun 11 Apr NSW MOUNTAIN RUNNING CHAMPIONSHIP

This year's run is being staged at Kedumba Pass, Wentworth Falls, in the Blue Mountains. Open to all runners, 10K mens open, 8K womens open and 4K junior events. Steep and scenic. contact: Dennis Emery. email: dennis.emery@aonbenfield.com. Visit the <http://www.coolrunning.com.au/users/calendar/2010/2010e011.pdf> for more details.

Sat-Sun 17-18 Apr WASHPOOL/GIBRALTAR WORLD HERITAGE TRAILS

The Washpool and Gibraltar Range National Parks have incredible variety, from world heritage listed rainforests to clear rivers flowing through flowering high country heathlands, dramatic granite outcrops and wild river gorges. The area also features well formed trails and a relatively flat long course to make it ideal trail running. Entry cost has been kept low too (\$5/20/30 for 8/21/50km) to encourage local and regional participants. contact: Greg Waite (07)38691661. email: info@runtrails.org. Visit the http://runtrails.org/articles/?page_id=1042 for more details. Click here for an <https://www.registernow.com.au/secure/Register.aspx?ID=2502>.

Sat-Sun 17-18 Apr NORFOLK ISLAND INTERNATIONAL TRIATHLON

Norfolk Island welcomes competitors to participate in their upcoming triathlon. Races to include a Kids Triathlon (100m/2km/1km) & Sprint Distance triathlon on Saturday 17th April, with the main race to be held on Sunday 18th April comprising an Olympic Distance triathlon (1500m/40km/10km). This event allows the competitors to race in one of the world's most unique destinations, while also enjoying a sensational holiday with the entire family. contact: Darren Henry. email: norfolktri@fit4travel.com.au. Visit the <http://www.fit4travel.com.au/> for more details.

Sat 17 Apr SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES

Como, Sydney. We meet in the grassed picnic area at the end of Cremona Rd, Como and races start on the railway bridge and proceed into Oatley. 1km, 2km, 3km, 5km, 10km. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. Senior Scratch Championship race and Junior Club Championship race. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 18 Apr SMC ROAD RACE SERIES

21km, 10km, 5km and 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneyathleticclinic.org.au. Visit the <http://www.sydneyathleticclinic.org.au/tikiwiki/tiki-index.php> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e080.pdf> for an entryform.

Sun 18 Apr GLORIA JEAN'S 5KM RUN FOR FUN

A scenic 5km run starting at Gloria Jean's Forster, along pathways beside beautiful Wallis lake, past Forster Main Beach and incorporating scenic bush tracks, beach run and pathways. Cash prizes, lucky draws, and other giveaways. \$8.00 from every entry donated to the RFS. Late entries taken at race start if field not full. Entry fee - \$15. contact: Murray Verran. email: murrayv@westnet.com.au. Visit the <http://www.forstertriclub.com.au/> for more details. Click <http://www.coolrunning.com.au/users/calendar/2010/2010e020.pdf> for an entryform.

Sat 24 Apr ADVENTURE RACING TRAINING DAY - NARRABEEN

Adventure racing is a relatively new sport which involves teams navigating their way around a secret course involving mountain biking, trail running and kayaking. You might come from a background such as running, cycling, kayaking or triathlon. Maybe you like exploring new areas or just want a new way to exercise. Then adventure racing is for you. Adventure racing is a 'thinking sport' where strategy is key and age is no barrier. If you feel apprehensive about entering a race or want to learn more about racing, why not experience the ideal way to learn about adventure racing by completing an introductory AR course. This weekend course will give you all the necessary technical skills to complete an adventure race. You will learn the technical skills of each discipline with our experienced

Continuation ... Upcoming Events

instructors. Areas of focus include navigation, preparation, kit, nutrition, strategy, paddling techniques, and mountain biking skills. contact: Todd Stafford. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/AdventureSeries/TrainingDays.htm> for more details.

May 2010

Sat-Mon 1-3 May WILDENDURANCE

A spectacular and challenging 100km teams-only trail trek in the heart of the World Heritage listed Blue Mountains National Park. Raising funds and awareness for The Wilderness Society, this event is open to teams of 4-6 completing the full route or relaying the distance half-way through. With a cut-off time of 48hrs and around 3,800m elevation, this course will require both commitment and passion for teams to complete. contact: Sarah Rimmer. email: wildendurance@wilderness.org.au. Visit the <http://www.wildendurance.org.au/> for more details.

Sat 1 May SYDNEY STRIDERS 10KM SERIES & NSW STATE 10KM TITLES

10km race on an officially certified course at Sydney Olympic 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: 10kmseries@sydneystriders.org.au. Visit the <http://www.sydneystriders.org.au/10k/> for more details.

Sat-Sun 1-2 May * CANBERRA ROAD RUNNING FESTIVAL (ACT)

2km Mini Jog, 5km Fun Run, 41st Rex Foulkes Half Marathon, National Capital Marathon and 50km Ultra Marathon. Telopea Park area. contact: Secretary. email: secretary@canberrarunner.com.au. Visit the <http://www.canberrarunner.com.au/festival> for more details.

Sat 1 May SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES

Bottle Forest, East Heathcote, Sydney. Proceed to the end of Bottle Forest Road, East Heathcote where it meets the Royal National Park. 1km, 2km, 3km, 4.6km cross country runs extending into Royal National Park. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 2 May CHARLES STURT UNIVERSITY BATHURST HALF MARATHON & 10K

Revised course, new start/finish at Bathurst Ruby Club in Gilmour St, just around corner from the old venue. No longer out past the race track! Entry only \$30 includes the famous free sausage sizzle at presentation. Excellent random draw prizes on offer. A great country atmosphere. email: email@bathurstrunning.com.au. Visit the <http://www.bathurstrunning.com.au/> for more details.

Sun 2 May NAIL CAN HILL RUN ALBURY (NSW)

11.3 km Nail Can Hill trail run at Albury. There are spot prizes and prize money for category winners. The first 2 km is on a bitumen and gravel road with a slight rise. The next 2 km is a steep rise on a fire trail. The fire trail then follows the ridge line, with great views, and generally falls towards the finish line. Funds raised will be donated to a local charity. Interested? visit our web site to get full details. contact: Norm; phone: (02) 6041 2412. email: info@nailcanhillrun.com. Visit the <http://www.nailcanhillrun.com/> for more details.

Sun 2 May KARUAH RSL RIVER FUN RUN

8KM & 5KM Runs start 10AM @ The Karuah Community Hall, Engle Avenue Karuah. Registration taken from 9AM. Entry forms can be forwarded to Karuah Chamber Of Commerce P.O. Box 68, Karuah 2324 contact: Peter Hodges 0407305025, Tony King 0249975620, Cath 0249975204.. email: peterjhodges@bigpond.com.

Sun 2 May BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. Join us and enjoy a free breakfast. We will record your time and give you a handicap. Join the club and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. Check out our website for the calendar and race rules. Contact: Graham Leslie 8402 1169. contact: Graham Leslie. email: gles@inet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 2 May MACARTHUR LIONS ANZAC RUN

This is the third event performed over three years, past events have been very successful with entrants approaching the 500 quantity. The venue is a well presented mown grassed equestrian estate, The Camden Bi-Centenary Equestrian Park located in Camden (OFF Road), nearest street is Argyle Street. (Follow the crowd). All Runners and Walkers are welcome. The event is a 5km and 10km Run (with a heart break hill). Medallions presented to place getters with lucky draws on the day. Entry is via Camden Council or on the Day. All proceedings (excluding administration) go to Camden RSL and Narellan Life Line contact: Camden Council.

Sun 2 May SYDNEY SPRINT ADVENTURE RACE

The BlackHeart Events Sprint Adventure Race, in Sydney, is a challenge adventure race for male, female and mixed teams of 2. Grab a friend, sibling, training partner or workmate, and tackle this challenging course in which teams mountain bike, run, and use the provided kayaks to navigate their way around a secret course, revealed just before the start. On top of the provided kayaks, BlackHeart Events offer a fleet of hire bikes for those wanting to give adventure racing a go for the first time, and they also provide a meal in a relaxed, friendly post-race celebration. contact: Matt. email: enquiries@blackheartevents.com.au. Visit the <http://www.blackheartevents.com.au/> for more details.

Sat 8 May MAITLAND RIVER RUN

The inaugural Maitland River Run will be held on Saturday May 8 2010 at Maitland City Centre and River Bank. The picturesque 4km courses will be staged from the Mall and take in the entire closed Mall area, part of High St and Cathedral St then move onto the River Bank, returning via the top car park River Bank Car Park. Complete either 1 lap for 4km, 2 laps for 8km or 3 laps for 12km. What a great way to get close to the spectators running back past the finish line each time. Come and join the fun and maybe pick up that last minute Mothers Day gift at one of the many speciality shops. You might also make a day of it and picnic on the river bank or pamper yourself at one of the many cafes and eateries in the Maitland city centre. contact: Paul Humphreys. email: paul@hevents.com.au. Visit the <http://maitlandriverrun.net/> for more details. Click here for an <http://au.eventdirector.net/Register.aspx?EventID=3974>.

Sat 8 May SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES

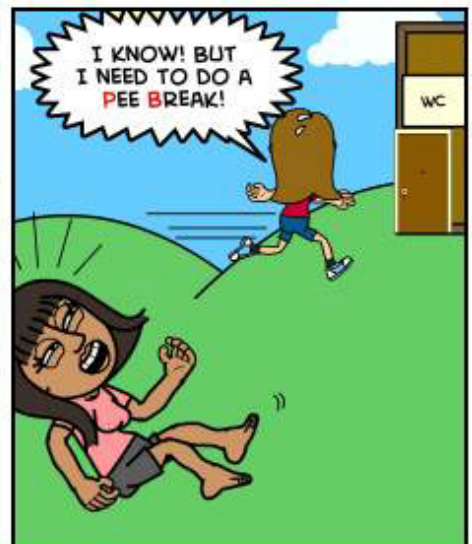
Helensburgh, south of Sydney. Meet in the car park at Helensburgh Railway Station, near the steps to the Wilsons Creek Rd overpass. Runs commence on Wilsons Creek Rd, adjacent to the Station, and extend out to Cawley Rd (closed off to traffic) within the Garrawarra State Recreation Area. A tough hilly course on mainly sealed road. 1km, 2km, 3km, 5km, 7.6km. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. Senior Scratch Championship race. contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 9 May MOTHER'S DAY CLASSIC - DOMAIN

Run or walk 4km or 8km with an expected 90,000 Australians in the Mother's Day Classic on Sunday 9 May and raise money for breast cancer research. Timing tags for the runners who want to beat their personal best or have fun and run or walk with family, friends and colleagues in Australia's largest charity event. contact: 1300 762 241. email: mdc_syd@ausrun.com.au. Visit the <http://www.mothersdayclassic.org/> for more details.

Sun 9 May MOTHER'S DAY CLASSIC - PARRAMATTA

Run or walk 4km or 8km with an expected 90,000 Australians in the Mother's Day Classic on Sunday 9 May and raise money for breast cancer research. Timing tags for the runners who want to beat their personal best or have fun and run or walk with family, friends and colleagues in Australia's largest charity event. contact: 1300 762 241. email: mdc_syd@ausrun.com.au. Visit the <http://www.mothersdayclassic.org/> for more details.

PB**BY CHAIA**

Woodstock Runners Executive Committee
Nomination Form for 2010 (nominations close 8/5/2010)

Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **President**, I,nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **President**.

Signed: (Nominee)

For the position of **Vice President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **Vice President**.

Signed: (Nominee)

For the position of **Secretary**, I, nominate

Signed: (Nominator)

I,, accept nomination for the position of **Secretary**.

Signed: (Nominee)

For the position of **Treasurer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Treasurer**.

Signed: (Nominee)

For the position of **Team's Co-ordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Team's Co-ordinator**.

Signed: (Nominee)

For the position of **Walker's Representative**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Walker's Representative**.

Signed: (Nominee)

For the position of **Social Secretary**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Social Secretary**.

Signed: (Nominee)

For the position of **Uniforms Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Uniforms Officer**.

Signed: (Nominee)

For the position of **Publicity Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Publicity Officer**.

Signed: (Nominee)

For the position of **Welfare Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Welfare Officer**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2010 (nominations close 10/5/2010)
Please place in box on Tuesdays or to hand to a Committee Member.

For the position of **Website Administrator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Website Administrator**.

Signed: (Nominee)

For the position of **Rundown Editor**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Rundown Editor**.

Signed: (Nominee)

For the position of **General Committee Member**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **General Committee Member**.

Signed: (Nominee)

From the archives



This is a copy of a certificate recently found. The really interesting part is that in the results attached, Derek recorded the same time as Bob Burford. Both of them became Woodstock years later, Derek in 1983, Bob in the 90's. Sadly Bob passed away following a training run only a few years after joining the club.

577	30:10	SMITH G
577	30:10	FAVALORO M
577	30:10	HARDING E
577	30:10	SHORT V
577	30:10	LATE ENTRY
583	30:12	BURFORD R
583	30:12	WHITE D
583	30:12	LINGWOOD J
583	30:12	GROVER N
583	30:12	MCENTYRE R
583	30:12	MCMICHAEL
583	30:12	HARVEY P
590	30:14	MORROW R
590	30:14	JESSUP J
590	30:14	JONES C
590	30:14	LINDSAY D
590	30:14	WOODWARD W
590	30:14	BURSILL G

Footy Tipping

CURRENT LADDER				<input checked="" type="checkbox"/> Show Full Ladder
Rank	(LW)	Tipster	Points	
1	(1)	3553	46	
2	(2)	paulwhiteway	44	
2	(2)	stretchfowler	44	
2	(2)	Trialex	44	
5	(5)	bronbrons	42	
6	(7)	Mickcan	37	
7	(6)	Brendan Davies	36	
8	(7)	Colin T_0	35	
8	(9)	Go Jana Love Tamsyn	35	
10	(10)	LukeT1	28	
Total Tipsters: 10 Comp's Weekly Avg: 2 My Season Avg: 7				

Woodstock Gallery



Clockwise: Phil Lobsey@Six-Foot Track; Peta Bray @ SriChinmoy, IronCove; Kerry Bray@Sri Chinmoy, Iron Cove; David Blackwell trying to beat a female to finish@Balmoral; Daughter&Mom @SriChinmoy; Kazu Takahashi finishing @Balmoral; Brendan Davies @ 6-Foot Track Marathon.