

The



WOODSTOCK RUNDOWN

January 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



Founded in 1980

Happy New Year!

The Rundown On Members

I trust all members enjoyed their Christmas and all its trimmings. Are we all feeling somewhat guilty and anxious to run off those extra kilojoules?

Thanks to John Phillips as the stand-in Cordial Captain on both Christmas and Boxing days. He did an excellent job and even provided us with Chrissie cake each day. You have some competition now, Barry.

We appreciated the "Darling-Hyde Distance" course and maps provided by Derek for the Boxing Day Run. The cooler weather and a little rain made for excellent conditions on the morning. Unfortunately Derek succumbed to an injury late in his walk but was ably assisted by some caring strangers who picked up his car so that he could drive himself home. We hope your leg improves very rapidly, Derek.

Checking out the tides along with any clashing of Fun Runs etc, I have come up with March 7 for the Cronulla Breakfast Run. At this stage it is tentative as I would like to hear from anyone who sees the date unsuitable. Please let me know asap.

I'm sure all of us can look back on 2009 as a most successful year for Woodstock. We welcomed many new members and have the highest membership ever, with lots of very enthusiastic runners. I personally would like to thank all who supported me, especially Dot. Let us all look forward to 2010 as the best ever year for the Club as we celebrate 30 years of Woodstock Runners.

Our esteemed Rundown Editor, Chaia, and Terry will be heading to The Philippines. We hope you have a wonderful time, along with all others who may be holidaying.

Happy New Year to everyone and let's hope we all meet our running goals in 2010.

Kerry

January Birthday Celebrants

Joseph Ayoub - 1st, Brendan Davies - 3rd, Paul Whiteway - 6th, Lawrence Ullio, Tristan Iseli - 7th, Louise Hawkins - 8th, Mark Mercieca - 17th, Ken Murray - 22nd, John Phillips, 23rd Anthony Robinson - 24th, Terry Vohradsky - 24th

Letter from the editor

Dear Woodstockians!

I wasn't at the Christmas day or Boxing day run, however I am glad number of us burned the holiday calories and joining the organized runs. Good on ya Woodie!

2009 has been a very fruitful for most of our members. And good to see new faces. It is not so great for some due to injuries. Good year for those who had their Pbs and their debuts in running races.

As the calendar goes 2010, I wish all of you to fast recovery to those who are injured and sick, and we are looking forward to see each other next year on training runs and races. I've heard number of us are training for Triathlon... Maybe next year, Woodstock would bring out new Tria-stars!

Wherever and how you are celebrating the NYE may it be jolly and safe! See you soon when we get back from the hollies. I am bringing my running shoes of course! Happy new Year! - editor

Marathon Training

Interested and or planning to do a Marathon on 2010? Number of Marathon's are coming up and number of us are keen in organizing Marathon training/longer runs for the group.



Number of us will be doing 6 Foot Track, Canberra, Mcleay River, Gold Coast, and New York Marathon. Looking forward to our debutants!

Email: Martin Amy, Rick Collins, Brendan Davies more information.

Watch the Woodies on their fins!

Last year we have David Mathers and Rick Collins shed off their Woodstock singlets and wore their fins to compete in the Manly Coles Classic Open ocean swim.

I've heard Rick will be doing it again. I wonder who else would swim with the sharks err.. I mean compete in this event?

Should you want to cheer or join, it will be on February 7, 2009 at Manly Beach.



January Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
15/12/2009	Bayview 10km	17/12/2009	"Command" or "Mona" Fartlek	19/12/2009	Drummoyne 9km
22/12/2009	Strathfield Stride 10km	24/12/2009	"Hills" Session	26/12/2009	Rodd Point Run Rodd Point, 6.30am start
29/12/2009	Cooks River Canter 10km	31/12/2009	400m x 12	2/01/2010	Balmain Shores 7.5km

Did you know?

Greatest distance walked with a milk bottle balanced on the head 130.3Km Ashrita Furman (USA)

Greatest distance on pogo stick: 37.18Km Ashrita Furman (USA)



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<http://www.mrtfitness.com/>



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Woodstock Runners Australia Day Run, 26/1/2010

Various distances, with a breakfast available afterwards at the home of Kevin & Maree Lucas (address below)

Date: Tuesday 26th January, 2010

Time: 6.30am - 15k run
6.45am - 5-8km walk
7.00am - 7-10km run

Place: 7 Mortley Avenue, Haberfield

Cost: only \$2 for members, \$3 for non-members.

Enter through the side gate, bring cossies for a swim.

RSVP: 23/1/2010

Email: klu42116@bigpond.net.au

Phone: 9798 6912 (H)



<<-- Woodstock Santa?

It's **Lesley Maher** disguised as Mrs Claus during the Santa Run held in Sydney CBD for the Children's Hospital.



<<-- Who? Where?

It's **Chaia Patacsil, & Kerry Bray** @ SriChinmoy series at Centennial Park

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?

Then TNT is for you!!!

New programs next year!!

Everyone is welcome, regardless of your 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 (even some of Brendan's famous homebrew comes out in Summer!)

Visitors including family and friends are welcome to try us out. Sessions range from hill repeats, fartlek training, pyramids, sprints and standard intervals. Variety is the key to enjoyment!

Location details are: Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is of 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-or-a-10 with a member

Name: Ross Keys

What is your occupation? Once upon a time I was a public servant (IT System Administrator)- Retired for four years, one month and twenty days - and loving it!! I do occasional volunteer clerical style work for Union Aid Abroad - APHEDA (Australian People for Health, Education and Development Abroad). It is the overseas aid agency of the Australian Council of Trade Unions and, while I'm far from being a "lefty" as this might imply, I like the way this agency trains people to look after themselves rather than just pour money into "needy" areas.

Running age group? Over sixties

Do you have family? Two kids of my own living in Fremantle and Mount Gambier - anyone would think they don't want to be near me. Three step children - only one living in Sydney (anyone would think they don't want to be near me) and I share my life with Christine who, surprisingly enough, and unlike our kids, still lives with me.

Three of our four grandchildren live here in Sydney (Carlingford) so that's a plus eh! But their Mum is threatening to leave us the grandkids and go join her brothers and sisters. Before that happens Christine and I will escape first.

How long have you been a Woody? Since about 1986

Do you run on Tuesday night/TNT/Saturday morning? That's been a bit of a problem lately. Until about ten years ago I was both Tuesday and Saturday; then I moved to Padstow and stayed with the Tuesday nights. Retirement brought regular Tuesday golf - and after eighteen holes running becomes a task for this 64 year old. Don't get me wrong - I'm still running but mostly in my own time. Saturday mornings I swim with Christine and a mate or two at the local pool. My nick name at the pool is "Stone" because I swim like one!! TNT nights I'm found at the local Bowlo selling raffle tickets for our social golf club.

Why do you enjoy running? Because, try as much as I do, I can't swim well. Truly but, I find running pleasurable in company because we are people from all walks of life sharing a common interest. I've always enjoyed the way Woodies relax and talk in the pack. I find running pleasurable alone because it's my time to mull over issues that are in my "unsolved" basket at the back of my brain. I find that I solve a lot of problems while running and, this'll sound silly, in the shower too.

What is your favourite running distance/course/event and why? Not that I could do the distance today but I've never not enjoyed a half marathon.

What has been your running highlight? First and foremost is, as a member of the Blacktown Athletic Club, I won the Metropolitan 1500 meter B Grade Championship on the Sylvania synthetic track back in the early eighties. A stinking hot day and the fact that the would be best competitors had long since gone home because of the heat, in no way diluted my elation at winning that event. As I strode up the final straight with all of the Blacktown team-mates screaming from the stand - well! Maybe both of them - thanks Mum and Dad. Anyway; that was huge.

Breaking sixty minutes in the City2Surf was a challenge and felt great when accomplished. I only did it once and then only by a few seconds but times have never been that important to me. Knowing I'll not break sixty again the City2Surf has been well down my list of priorities for many years. If I enter it these days I'm just as likely to stop at the Golden Sheaf Hotel at Rose Bay for a schooner before completing the run. By the time I get to Bondi the Woodies have usually abandoned the meeting place.



Continued on next page

Continuation ... A minute-or-10 with a member

Any lowlights (injury etc)? I no longer run at night as I have no faith in my night vision. I've wound up flat on my face a couple of times - too many (always while running) falling over tree roots etc. in the dark. After the last occasion I spent the night in a Sutherland hospital with a broken nose and several contusions, not to mention my spectacles which were not worth recovering. My worst fall was while running near Queens Park one Tuesday night (15 July 2003) with Kerry B and Marie L. I did a lot of rotor cuff damage to my left shoulder that night and my running confidence, and golf, have never been the same.

What was the last race you went in and how did you go? I really don't know. When I was really running well in the early 1980s I completed five or six marathons, all between 3:15 and 3:28.

Anything funny/unusual ever happened to you while you have been out running? Two things spring to mind. I was running with Julie, a colleague and Billy's Bushy out of our St Leonards Office one day when we approached an elderly lady hosing the nature strip next to her footpath. As we jumped the hose and continued running towards Chatswood she yelled after us "You should have left home earlier!!"

Gees we laughed. And while on the elderly, after completing one of the Saturday runs one of the Woodies who finished with me asked what time we did. "Dunno Mate" I replied "wasn't wearing a stop watch" Overhearing this the then club president, John Dawlings stated "Ross doesn't need a stop watch - he needs a calendar". I love the camaraderie in running but with friends like that who needs etc.

What other sports/hobbies are you involved in? I have a rule that, unless I'm carrying heaps of stuff I will not drive anywhere less than three kms away; so I cycle and walk a lot. I love golf but play it very badly.

Favourite food/beverage? I make the best meat loaf - well! Second best. My Mum made the best and I love eating "in". My favourite restaurant is the Orefix at Padstow, a local Greek restaurant which serves the best Lamb Kleftiko.

Beverage: Wine wise I like the reds; particularly Cab. Sav. Or, given the choice, another bottle of Cab Sav.

If you could have dinner with anyone who would it be and why? Benjamin Netanyahu, the Israeli Prime Minister together with Hamas leader Khaled Meshal can come to my place anytime so we, and you're all welcome to come too, can share a meat loaf and show them both how good it is to live in peace.

Where would your ideal holiday be? In 1996 I spent nearly three months in the Middle East communicating with many people of so many different attitudes from aggrieved Palestinians to Orthodox Jews. Though a very moving experience it never abated my concerns for the Peoples of that region. We are so lucky to be here in Australia. For a relaxing holiday these days I look to the Outback. There is nothing so moving as the awesome Majesty of places like Uluru, the Olgas, King's Canyon, MacDonald.

Ranges and Katherine Gorge. When you stand alone in any of those regions on a windless day the silence is deafening.

In summary, for a relaxing holiday for me, there's no place like Oz; however to try to understand how others live I'll go somewhere off the tourist map. I'm contemplating East Timor. A very need country, trying to encourage tourism, it has an annual mountain bike race, "Le Tour de Timor" which, over five days, looks a bit arduous for this old fella, but.....

If you were given super powers, what would it be? I have always dreamed of flying, like, just come out the front door, flap my arms, get above the power lines and head for the Georges River and turn East for the coast. Beautiful!! I hope to be reborn after Man evolves sufficiently to fly (imagine the fuel bills we'd save too!!!)



Ross @ Ikea Marathon 1984

Continued on the next page

Continuation ...A minute-or-10 from a member

Interesting things we may not know about you? While I maintain pride in my Irish heritage, there is a lot of Aboriginality in my family. I have always maintained a keen interest in things indigenous and the Dream Time. In my study I have two Aboriginal paintings. One is of the Wanjina. This is a great rain spirit which emanated from the Kimberleys before our time. The Wanjina is painted with no mouth because, it is such a powerful spirit, it is said that if he had a mouth so much water (rain) would gush from it that the land would be flooded and we'd fail to exist. It is said that the Wanjina emerged, and will return, from the clouds. The occasional similarities between the Dream Time and the world's many religions are not lost on me.

What else? I love real Cricket (no one day stuff for me) and am at the SCG every day of a test match and most NSW (go the Blues) Sheffield Shield matches.

Finally, my motto (which I stole from a local high school) is "Guard the Good".

Thank you Ross for Sharing! I wish I get to speed up my Marathon times like what you had!! - Ed.

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

Woodstock Mileage for 2009

Name	Distance(km)	Name	Distance(km)	Name	Distance(km)
Dot Siepmann	605	Michelle Warren	155	Paul Barnett	20
Roy Rankin	600.5	Max Hall	151	Stella Baer	17
Brendan Davies	586	Chaia Patacsil	139	Christine Cullen	16
Paul Whiteway	565	Derek White	137	Tim Cochrane	15
Kerry Bray	489	Mark Mercieca	127	Corinne Klein	14
Maree Lucas	473.5	Phil Lobsey	109	Jenny Reed	14
Jon Patrick	458.5	Tristan Iseli	108.5	Theo Hastings	14
Bronwyn Hager	431	Rick Capel	107	Arnu	11
Alex Hill	424	Thalia Anthony	104	Megan Hager	11
Barry Cole	378	Michael Cantley	99	Arnie	10
John Dawlings	371	Sonja Kukec	93	Marlene Cole	10
Vass Vassiliou	369	Tony Burbigde	92	Danielle Van Zuylen	9
Kim Cayzer	361	Linda Barwick	87	Angela Benvenuti	7
Martin Amy	355	Emmanuel Chandran	85	Caroline Owen	7
Anthony Robinson	346	Deirdre Stewart	84	Christine Berle	7
StretchFowler	346	Mark Odonnell	79.5	David Blackwell	7
Emanuel Finos	344	Belinda Essex	75	John Brown	7
Kazuaki Takahashi	336.5	Lorraine Spanton	72	Julia Stenton	7
Ray Dean	317	Jacques Westraad	64	Larissa Tichon	7
Greg Muir	314	Jenny Crane	58	Peta Bray	7
Max McGown	292.5	Andrea Lung	57	Terry Vohradsky	7
Rick Collins	291.5	Fumi Takahashi	51	Alecia Fiorentino	6
BridgetAkers	270.5	Nick Mitchell	51	Joseph Ayoub	6
Tomi Yamazaki	265	Nick Spasevski	47	Ross Keys	6
Jenny Vassiliou	259	Sarah Waladan	46	Therese Ayoub	6
Tony Purss	250.5	Annika Humphreys	41	Barry Crisp	5
Julian Birbigde	219	Luana Ferrara	41		
Jeff Morunga	202.5	Lesley Maher	39		
Susan Murray	202	Nicholas Marshall	37		
Kirsty Elwell	195	Calli Brown	35		
Emma Pryor	189.5	Colin Bailey	35		
Colin Townsend	188	Steve Laws	32.5		
John Phillips	185	Willem Vervoort	32		
Paul Nash	172	Brian Ogilwy	29		
Lawrence Ullio	170.5	Bronwyn Suley	26		
Max Crossley	170	Elle Siepen	26		
Tami Dower	169.5	Lucy Johnston	24		
John Ovenden	169	Daniel Lovenzetti	21		

Walkers

Name	Distance(km)
Ken Murray	197
Kay Johnson	169
Kevin Lucas	158
Beverley Edwards	128
Eddie McLean	95
Pat Mahony	92
Glenda Zarate	44

Race Results

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

Sydney Marathon Clinic

Rosford Reserve, Smithfield, NSW

Net Time Gun Time

21.1KM

Michael Cantley	1:25:14	1:25:17	8th Oall, 1stM20-29
Phil Lobsey	1:35:31	1:35:37	
Emmanuel Finos	1:39:16	1:39:19	6thM40-49
Vass Vassiliou	1:39:39	1:39:41	4th M50-59
Paul Whiteway	1:45:58	1:46:04	10th 50-59
Jeff Morunga	2:22:54	2:23:04	

10 KM

Bronwyn Hager	44:17	44:21	2ndFOall, 2ndM20-29
Manal Garcia	45:56	46:01	4thFOall, 1stF 30-39

5KM

Dorothy Siepmann	25:50	25:54	8thFOall, 1st F60-69
Michelle Warren	33:16		2nd F30-39

Tour de Mountain

25km, Canberra, ACT 20/12/2009

Brendan Davies 1:49:22 4th OAll

Jelly Race

By Chaianthenet



Cronulla Breakfast-Run



When: Sunday March 7

7.15am for 7.30am start

(Walkers leave at 7.15am)

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

DISTANCES 6k – 15k approx

MAPS PROVIDED

Bring cozzies for a surf at beautiful North
Cronulla!



Last year some did a long run from lane-cove, innerwest to Cronulla in preparation as part of a training run for the Canberra Marathon. More details will be provided soon!



From Left: Smoke fest at Woodstock Christmas Party; The Woodstock at Christmas party

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

Fri 1 Jan BEYOND THE BLACK STUMP - A FAT ASS RUN

16km, 33km starts 7am from Berowra (northern Sydney). A great way to recover from the holidays. A difficult run on fire trail and technical single-file bush tracks. Lots of up and down. Great views but very hard work. No Fees, No Awards, No Aid, No Wimps ! Beginners NOT encouraged. contact: Kevin Tiller by phone 0419-244-406. email: kevin@coolrunning.com.au. Visit [http://www.coolrunning.com.au/fatass/hq/index.php?title=Beyond The Black Stump](http://www.coolrunning.com.au/fatass/hq/index.php?title=Beyond%20The%20Black%20Stump) for more details.

Fri 1 Jan SYDNEY SUMMER TWILIGHT SERIES - RACE 7 HABERFIELD, 7PM

Race 7 - New Year's Yab Nur - Friday, 1 January 2010 7.00pm - start/finish at Richard Murden Reserve, Haberfield. 10km runners out-and-back to Drummoyne Rowers, Henley Marine Drive Drummoyne; 5km runners out-and-back to Henley Marine Drive near Princess Avenue, Rodd Point. This is an accurate course so come along for your first time trial of 2010! Plenty of parking, kiddies' playground, toilets and picnic area. Some refreshments provided. Host: sook54 (please let me know via the forum thread if you want to co-host). This is the 7th in an informal 5 and 10K time trial series in the Sydney Metro area over the Summer. Races are held in the twilight so that runners can race after work. All standards welcome. No entry fee: events are not officially sanctioned, and runners share the paths with the general public. contact: Leave a message on the forum thread. Visit [http://www.coolrunning.com.au/runningguide/wiki/index.php/Sydney Summer Twilight Series](http://www.coolrunning.com.au/runningguide/wiki/index.php/Sydney_Summer_Twilight_Series) for more details.

Wed 6 Jan SYDNEY SUMMER SERIES #14

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Primrose Park, Young Street, Cremorne contact: Michele Dawson ph. 9706 3091 or Ross Barr (Series Co-ordinator) on (02) 9489-4154. email: ross.barr@rossbarr.com.au. Visit <http://www.sydneysummeries.com.au/for> more details.

Sat-Sat 9-16 Jan 30TH THREDBO NATIONAL RUNNING WEEK contact: Brian Lenton. email: lenton@homemail.com.au. Visit <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for an entry form

Sat 9 Jan LUDWIG RABINA'S CRACKENBACK CHALLENGE

2kms, 600m elevation gain, 3:00pm, Start at rear of valley terminal contact: Brian Lenton. email: lenton@homemail.com.com. Visit <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for an entry form.

Sat 9 Jan 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 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 <http://www.maxadventure.com.au/AdventureSeries/TrainingDays.htm> for more details.

Sat-Sun 9-10 Jan NARRABEEN ALLNIGHTER

Two races - 12 Hour and 100km. Held overnight on a Bike Path around Narrabeen Lagoon. The events have IAU labelling, and use a 5km, certified, multilap course. The 100km is a qualifying race for Australian selection. contact: Ron Schwebel. email: rschwebel@bigpond.com. Visit the <http://www.aura.asn.au/NarrabeenAllNighter.html> for more details. Click <https://www.registernow.com.au/secure/Register.aspx?ID=2289> for an entry form.

Continuation ... Upcoming Events

Sun 10 Jan TAREE FESTIVAL TRIATHLON

500/20/5 on a mostly flat course through picturesque Cundletown and Dumaresq Island. This is a TA sanctioned event. Entry fees - Individual(TA): \$50; Individual(Non-TA): \$56; Teams: \$90 Includes one-day licence). Entries close 5pm Friday 8th January 2010. Late entries will incur a \$15 late fee. Race start 7.00, check-in from 5.45am followed by race briefing. contact: Richard Sewell - Race Director. email: richard.tracey1@bigpond.com. Visit the <http://www.forstertriclub.com.au/> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e083.pdf> for an entry form.

Wed 13 Jan SYDNEY SUMMER SERIES #15 (DEVLINS CREEK)

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Ray Park (east), Plympton Road, Epping contact: Michael Burton ph.9314 3893 or Ross Barr (Series Co-ordinator) on (02) 9660 6939 (home) or mobile 0438 22 00 16. email: rossbarr46@gmail.com. Visit <http://www.sydneysummerseries.com.au/> for more details.

Sat 16 Jan KOSCIUSZKO CLASSIC

5kms, 11:00am, Rawson's Pass. contact: Brian Lenton. email: lenton@homemail.com.au. Visit <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e077.pdf> for an entry form

Sat 16 Jan KATHMANDU ADVENTURE SERIES - BLUE MOUNTAINS

Have a real adventure this weekend! Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking simple navigation (you can read a street directory?), mountain biking 15-25km (mostly fire trail nothing too technical), kayaking 2-4km (we provide boats, paddles and lifejackets) and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: todd@maxadventure.com.au. Visit <http://www.maxadventure.com.au/> for more details.

Sun 17 Jan 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@sydneymarathonclinic.org.au. Visit <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e080.pdf> for an entry form.

Sun 17 Jan KATHMANDU ADVENTURE SERIES - BLUE MOUNTAINS

Have a real adventure this weekend! Enter a Kathmandu Adventure race and see what everyone is talking about! Imagine an off-road triathlon with simple navigation and short multiple stages with a few obstacles to add a little spice. So grab a team mate and race together undertaking simple navigation (you can read a street directory?), mountain biking 15-25km (mostly fire trail nothing too technical), kayaking 2-4km (we provide boats, paddles and lifejackets) and trail running 5-10km. Team categories are male, female and mixed teams of two. Adventure racing is a thinking sport requiring teams to work together to complete the secret course in the shortest time possible. contact: Gary Farebrother, ph 0403-820-282. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/AdventureSeries/default.htm> for more details.

Wed 20 Jan SYDNEY SUMMER SERIES #16 (BREAKFAST POINT)

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer

Continuation ... Upcoming Events

evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Cabarita Park, Cabarita Road, Cabarita contact: Matt Peters ph. 9879 5089 or Ross Barr (Series Co-ordinator) on (02) 9660 6939 (home) or mobile 0438 22 00 16. email: rossbarr46@gmail.com. Visit <http://www.sydneysummerseries.com.au/> for more details.

Tue 26 Jan MENAI MARKETPLACE COMMUNITY FUN RUN

Distance: 8.2km & 3.2km. Australia Day 2010 Event Time: 8am, marshalling starts at 7am. Location of race: Menai Park, Menai. U/12, U/16, open, over 40 & over 50 age groups in both runs. Map of runs & entry form is on the web site. Barrel Draw Prizes. contact: Steven Clarke 0417 008 217 or 9774 7152w. email: funrun05@yahoo.com.au. Visit http://www.illawongathletics.org/illawong_senior_athletics/ Summer for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e084.pdf> for an entryform.

Tue 26 Jan PENRITH CITY COUNCIL AUSTRALIA DAY FUN RUN

Penrith City Council's Australia Day Fun Run at Sydney International Regatta Centre. 5km and 10km run around Sydney International Regatta Centre Competition Lake. All Ages. Race starts at 7.30am. Pre-register via the website. Registration on the day 6.30am. contact: Meredith Banks. email: mbanks@penrithcity.nsw.gov.au. Visit the <http://www.penrithcity.nsw.gov.au/> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e087.pdf> for an entryform.

Wed 27 Jan SYDNEY SUMMER SERIES #17 (MANLY DAM)

Varying distances, 45 minute time limit. The Sydney Summers Series is an exciting program of after-work running events for those who would like a navigational challenge in the cool of Sydney's summer evenings. The events are 45-minute duration, attracting walkers and joggers through to champion runners. Starts anytime between 4:45pm and 6:45pm from Bantry Reserve, Reserve Street, Seaforth contact: Terry Bluett ph. 9948 6945 or Ross Barr (Series Co-ordinator) on (02) 9660 6939 (home) or mobile 0438 22 00 16. email: rossbarr46@gmail.com. Visit <http://www.sydneysummerseries.com.au/> for more details.

Sun 31 Jan SANITARIUM WEET-BIX KIDS TRYATHLON: SYDNEY OLYMPIC PARK, SYDNEY

If you are 7 to 15 years of age and want to have fun with your friends and challenge yourself to be your best register today. It doesn't matter what you think your sporting ability is! Swim, ride and run your way through Australia's largest Kids Tryathlon and be cheered on by Australia's sporting champion heros. When you cross the finish line you will be rewarded with a special medallion and a certificate. contact: Sanitarium Weet-Bix Kids TRYathlon. email: tryathlon@sanitarium.com.au. Visit <http://tryathlon.weetbix.com.au/Home/> for more details.

Woodstock Summer Fashion

Going topless, without the Woodie tops? Who are these Woodstock Fashion models?

