

**The**

# **WOODSTOCK RUNDOWN**

## **July 2009**



Internet address: [www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)

Email: [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

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

Email Results and Contributions to: [rundown@woodstockrunners.org.au](mailto: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?>

Postal Address: PO Box 672, BURWOOD NSW 1805

### ***The Rundown On Members***

It's been a fabulous month for Woodstock. Congratulations to all who have competed in many events recently and we are all looking forward to the numerous runs in the next few months. Keep up the great work.

Members travelled to the Mcleay River Events, The Gold Coast, Woodford to Glenbrook, Shoalhaven King of the Mountain, plus numerous local Fun Runs with the Hunter Valley runs coming soon.

Poor Michelle took a tumble during the very rough Woodford run; broke her tooth; had 6 stitches in her lip and a possible hairline fracture of the cheekbone. Did that stop her? Never! She was back running at Woodstock 2 days later and ran the King of the Mountain the following Sunday. One tough girl!

Special mention must go to Brendan who had been selected in Australia's team for the Commonwealth 100km Championships in the United Kingdom. Authorities are hoping this distance will be included in future Commonwealth Games. Good luck in your training, Brendan. We know you are extremely well motivated and will do us all proud.

Lawrence and Steve are both very positive with their current health problems. We are all thinking of you both and we wish you the very best.

Former member, Len Foulser in his nineties, now in a nursing home, has taken to running again, though secured in a wheelchair. He recently lunged for the finish line, bringing down the wheelchair on top of him, sustaining a large cut to his head requiring many stitches. Another member from years ago, Colin Green, is living in a hostel in Blacktown, walking each day and thoroughly enjoying watching all sports on his telly.

Martin has returned from his holiday in the UK. I guess he didn't wish to remain there as Australia retains The Ashes. We hope you had a great time and we expect to see you running again very soon, Martin.

Thanks to Chaia for the previous Rundown. It was a great read and we look forward to many more.

Welcome to all members and happy running and walking to everyone.

*Kerry*

### ***This Month's Birthdays!***

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

# Letters to the editor



Hi y'all Woodies!

Never realized that being the Rundown Editor requires a bit of work! Its a cross-training for me away from running so that's good. To all who sent their personal thoughts bout the last month's newsletter, (Thalia, Rick - who think that was a cheeky comment on his profile, John D, Kerry) thanks. Interesting stuff i got in my mailbox too I want to share. Keep on running and walking!

- Chaia

The Rundown Editor

20.6.2009

Guess who I chose to be on the Member's profile this month? Its Derek White, aside from him just submitting the form I sent, I was so pleased to receive a handwritten letter from him too! - Thanks Derek.



Emanuel Finos to me  
show details Jun 21

Hi Chaia,

I noticed on " Spot and Identity this woodstock of photo" and the green cap wear by me !!and the event was SHM 1/2 Marathon in 2008. Emanuel.

Well spotted Emanuel! - Ed.

Dear Charissa,

Thank you for your letter of 18th June, and the invitation to answer the member profile for July. I have much pleasure in submitting the form you supplied and hope it is acceptable.

You will appreciate that my age causes some problems because of the difference between past and present. For example, the fact that I used to play soccer and rugby, box, and take part in motor sport and cricket, is not relevant, because I have taken part in these activities for many years but gave them up long ago. I also completed the Japan Triathlon in 1983 but no others before or since.

I do not have a good photo in my records but will try to find one; I'm pretty sure there must be one on the Club records.

Congratulations on the most enjoyable June "Rundown" and on your recent running performances.

Sincerely,  
Derek

Sorry -

I do not have

- 1.) A computer and associated equipment.
- 2.) A mobile 'phone.

- Congratulations to Tomomi on her debut marathon on the last Gold Coast Marathon!!
- Look forward to watching Dot and Kerry do the Master's Games on October!!

**Do you think your social life is boring?  
And it all revolves around running?**

Look forward to another social nights/  
dinner.

**A fundraising dinner is being planned for  
Brendan's trip to UK for the  
Commonwealth Championship games.**

An event to look foward to where you  
can invite your family and friends, let's  
help send our pride to UK!

Watch out for the date (and mark your  
calendars - on or before September 3)



Guess who this Woodstock runner is?

**OUR FINANCING OPTIONS ARE SURPRISINGLY SIMPLE.**

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**Erratum**

Apologies to the SMH Mixed team on last Rundown's edition, it's "2nd place" instead of "3rd place"

# July Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
14/07/2009	Homebush Run 10km	16/07/2009	400m x 12	18/07/2009	Bay Run 7km
21/07/2009	Campsie 9km	23/07/2009	"Doubles" Standard Pyramid	25/07/2009	Drummoyne 9km
28/07/2009	Burwood Park 10km	30/07/2009	800m x 6	1/08/2009	Balmain Shores 7.5km
4/08/2009	Concord 9km	6/08/2009	"Mile Down" Inverted Pyramid	8/08/2009	Hell Hill 8km
11/08/2009	Appian Way/ Woodstock Fun Run 9.6km	13/08/2009	"Parlov" 300m x 12	15/08/2009	Balmain 9km

## Footy Tipping

																Round 17			
Rank	Tipper	1-4	5	6	7	8	9	10	11	12	13	14	15	16		Round Score	Round Margin	Total Margin	Total Score
1	Mr D	16	5	6	6	5	2	6	6	2	4	4	4	4		8	1	253	78
2	John Murray	15	6	5	6	5	2	5	5	3	2	5	5	1		8	2	230	73
3	vass vassiliou	17	7	6	4	3	2	5	2	2	5	5	4	4		7	6	206	73
4	Bron Hager	19	5	8	8	5	3	6	7	1	4	4	4	5		7	8	178	86
5	Mighty Rabbit	16	6	4	6	5	3	7	5	2	4	5	3	4		6	12	208	76
6	Alex Hill	15	6	6	7	5	2	7	7	2	5	5	4	4		5	12	204	80
7	Colin Townsend	14	5	5	5	5	3	7	7	1	3	5	3	4		1	14	228	68
8	Stretch	17	4	5	7	3	2	3	3	2	2	5	0	1		1	14	230	55
9	Luke Townsend	15	4	5	3	3	1	3	3	2	2	5	0	1		1	14	295	48



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## City to Surf Internal Teams



Hi all,

As you have all entered the City 2 Surf by now (and the respective Woodstock teams J), it is time to now put your estimated finishing time forward for the club's Internal Teams competition. For those of you that are new, this is a friendly competition where some great prizes (movie fix, wine!) can be won and doesn't cost anything to enter.

To be part of this competition, please forward me your estimated finishing time (h:mm:ss) for the race. Remember it is 14km and the time will be your Chip Time, not your gun time so it is from the time you cross the starting mat to the time you cross the finishing mat. This is open to all members running and you don't need to run in Woodstock uniform to be a part of this!

You can email me, give it to me on Tuesday/Thursday night or if you are a Saturday runner, just pass it on to el presidente senior Rankin and he will pass it on to me hopefully.

Thanks heaps,

**Brendan**  
**Woodstock Runners Teams Coordinator**

## City to Surf Official Teams

To those who have not registered yet and entering under the club's colors, please choose the appropriate team.

- **BA Men Open** – Any man runner aged Under 40 to enter. (except Martin Amy and Brendan Davies). [Team name: Woodstock Men](#)
- **BB Women Open** – Any female runner aged Under 40 (except Bronwyn Hager) [Team name: Woodstock Women](#)
- **BC Mixed (Men and Women)** *Brendan Davies, Martin Amy and Bronwyn Hager* to enter. I have to make a call here. I think we have a good chance of winning/placing this category if we put our quickest runners in the club in this category (I am aware that Kazu could also be in this group but he would give the vets a big chance of placing) [Team Name: Woodstock Mixed](#)
- **GA Veterans** – Any Man (Aged 40 to 54) [Team name: Woodstock Men Vets](#)
- **GB Veterans** – Women (Aged 40 to 54) [Team name: Woodstock Women Vets](#)
- **GC Veterans** – Men (Aged 55 and Over) [Team name: Woodstock Men Masters](#)
- **GD Veterans** – Women (Aged 55 and Over) [Team name: Woodstock Women Masters](#)

## Bridge to Bridge Run

In conjunction with Ryde Aquatic Festival Gladesville Rotary has, once again, offered Woodstock \$400 to assist on the day and this was accepted at our AGM.

**When:** Sunday 13 September 2009

**Where:** Kissing Point Park, Putney

**Contact** Barry Cole: Tuesdays or Saturdays, phone on 9874 3148

As this is our only fund raiser, please consider keeping the date free and come along to help and/or participate.

Proceeds will go to Ryde Hospital and High School bursaries. For more information, go to [www.rydeaquaticfestival.com](http://www.rydeaquaticfestival.com)



**To Schedule an Appointment**



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

# Woodstock's

## RUNNERS AND WALKERS 29TH BIRTHDAY PARTY



**When:** 14th August 6PM

**Where:** To be announced

Please save the date!!



### Thursday Night Training (TNT)

*Want to improve your City 2 Surf Time?*

*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!!**

Everyone is welcome, regardless of your ability level. We have had men and women runners aged from 15 to 80 participate, with many different running paces. The sessions are easily modified to cater for the spread of abilities. There is now no cost for members! Cold drinks are supplied. Any visitors are welcome to try us out. Friends and family are most welcome too.

Sessions range from hill repeats, fartlek training, pyramid and standard intervals. Variety is the key to enjoyment!

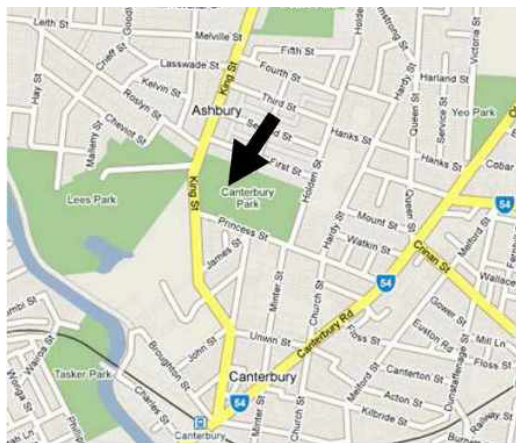
**Location details are:** Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury. Car park access is of Andrews Ave.

**Session starts at 6:30pm** and generally 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](mailto:bjdavies2000@yahoo.com)

*"The best interval training in Canterbury one can get on a Thursday night"* – Runners World



# More than a race – the Three Peaks Challenge

## Part 3 – Mt Wellington

This is the third and final report on my 3 Peaks experience. It picks up after our 2<sup>nd</sup> run leg around Mt Freycinet.

After returning to the 'Apollonius' an absolute spent force, I disrobed, towelled down (I was so over showering in that coffin sized bathroom!) and ordered the pasta and meatballs from the head waiter, Skipper Julian.

I did like dinner time, not only was it a time to restock the depleted energy levels, but the other fringe benefit was that the oven heated up the cabin, making the usual 5 degree temperatures bearable at a balmy 10 degrees! The Freycinet run was as hard a run as anything I have crazily attempted and all I was thinking of was sleep! It was 4 o'clock in the morning and my body clock was saying SLEEP...NOW!!! So I complied!

I rose feeling quite refreshed at 8 o'clock in the morning to experience the most wonderful morning. The yacht was skipping across the water, thanks to a favourable tail wind of about 8 knots, and we were making up good ground on our rivals. The spirits of the crew directly correlate with the weather conditions, and everyone had an optimistic tone in their voice about reaching Hobart in pretty smart time.



The beautiful Maria Island. Just make sure you pronounce it right or you sound like a goose!

The skipper decided to take the underside (apologies to any sailors for my blatant disregard for the sailing vocabulary) of Maria Island. Hint to rookies...the island is pronounced Ma-rye-a, not the obvious way, but hey, we all know these Tasmanians are a strange breed! This meant we were very close to the coast line and had a lovely view of the jagged rocks and cliff faces. But as we were going at a speed that would have made Eric the Eel look like Ian Thorpe, we were never in any danger. This dawdle continued on for a couple of hours before the winds picked up slightly as we approached Tasman Island, which if you look on a map, is the point where we turn into the Derwent River which eventually leads to our destination –Constitution Dock in Hobart.



The organ pipes of Cape Pillar, just before Tasman Island

Dusk was approaching and as the night sky came closer, the most spectacular views of the coastline emerged. The 'organ pipes' of Cape Pillar are stark, rugged yet beautifully organised, and Tasman Island offers up some of the most sheer cliff faces in Australia. With the waves pounding against the cliffs, the symphony of sounds and the scenery result in a stimuli overload! This was the Southern Ocean, and our Skipper, Julian, was being particularly attentive to the wind and navigation as many a yacht has come undone around this point; through lack of experience and drifting into the rocks!

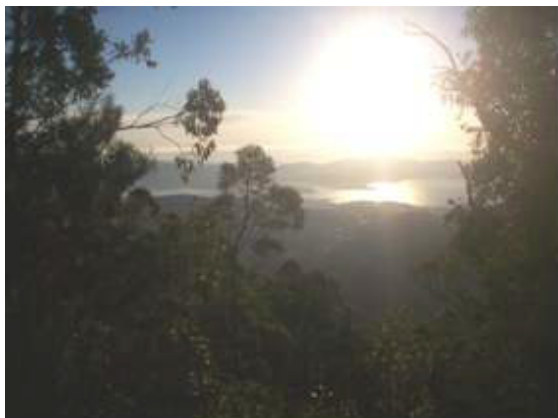
The water was very choppy around this section and the yacht was being thrown around in all sorts of angles.

However, the wind slowly died down as we entered the forebodingly named 'Storm Bay' (the start of the Derwent River) and I decided to try and get a little sleep as at that point as we were looking like we could reach Hobart within 5 hours if the wind stayed true. However, we were soon to experience the most tedious, frustratingly boring part of the entire voyage!

As we sailed through Storm Bay, approaching the Derwent, the wind died, and I mean completely died. Due to the tide going out, at some points I thought we were actually going backwards! I woke up a couple of times to ask about our progress, and each time the ETA got further away, not closer!! What was going on? I went onto the deck and spent an hour or so just helping crew kill the time. I could see the frustration in their faces. Obviously the boats ahead weren't stuck in this stationary state and their runners had already started on their last run leg up Mt Wellington. We were looking at an early morning run at best at this stage, so at least it wasn't another night run again!

Strangely enough though, the crew all thought that the winds had picked up a bit but we weren't travelling any faster over the water. When it became obvious that something was awry, the torches were ordered from below and a thorough check of the sides of the boat led to a discovery we least suspected...a couple of buoys and ropes were wound around our keel! We all laughed at our misfortune in between words that cannot be repeated here! Once we hauled the ropes up we discovered 2 crayfish pots (and they weigh a lot). It seems we had picked up some poor lobster fisherman's pots and dragged them for God knows how far! At least we all had an excuse now to give for our slow progress!

Once we detached our crustacean hitchhiker friends, we immediately felt the difference and the yacht was moving once again in the right direction towards Hobart. We reach Constitution dock around 5am and John and I set off on our last run leg up Mt Wellington. The run leg was the shortest of the event (32km) but boy was it tough! Instead of following the road which meanders and winds around the mountain, we took the 'short cup' up the side! Steep and tough are two words that come to mind, a lot of it unrunnable and I was actually beginning to fade a bit as John power walked it up. To top it off, it was bitterly cold, with a wind which was straight from Antarctica slicing right through me, even in my thermals, skins and balaclava. John, once again, was quite comfortable in his shorts and t-shirt, but had to 'rug up' with gloves. Soft these Tasmanians!



← The climb up Mt Wellington offered up some remarkable views of Hobart!

\*\*\*\*\*

Having a breather half way up the mountain! →



Once up the top, we took a couple of happy snaps and started the decent down back to sea level. This was a welcomed way to finish the event, and John and I had time to reflect on our journey and we gave each other a couple of high fives. As we reached Constitution Dock, we saw the finish banner with our teammates waiting there for us (all showered and in clean clothes, I could hardly recognise them!) with a beer in their hand. No time is too early to have a beer if you are a sailor! John and I crossed the finish line and it was over-an epic journey that took the best part of 5 days.

The result in the end? We came 3<sup>rd</sup> in our category. But that didn't matter. I had made many new friends, experienced life aboard a yacht, and had one of the best adventures of my life. This is one event I will recommend to anyone and if I ever get the opportunity again, I will be there quicker than you can say 'hoist the fractional'!

**Brendan Davies**

PS The brekkie, shower and drinks (rum of course!) at the pub after the race to was pretty great too!!



The entire team at the finish line.

#### **14/06/09 MS RUN**

8 km

John Dawlings	33.00 2nd M50
Lesley Maher	43.41
Dot Siepmann	46.41 1st W60+
Deirdre Stewart	40.53
Michelle Warren	58.00

#### **21/06/09 Sri Chinmoy Cooks River**

4KM

Thalia Anthony	21:31 7th 17-over
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8Km

Mark O'Donnell	39:06
Kerry Bray	4 3:54 1st 55-over

#### **20/06/2009 Kathmandu Adventure Race**

Run/bike/kayak

Lachlan Dansie/Brendan Davies	2:58:44 3O'all/3rd
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Male Category

Tami Dower/Tristan Iseli	4:21:02
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#### **21/06/09 Sydney Marathon Clinic, Smithfield**

5KM

Dorothy Siepmann	1st 55+ 27:07.08 - PB
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10 KM

Martin Amy	41:45.21 6th O'all 3rd 20-29
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Bronwyn Hager	41:46.05 7th O'all 1st Female, 1st 20-29 PB
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Emanuel Finos	44:34.49 6th M30-39
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Manal Garcia #	45:19.18- 3rd Female, 1st 30-39 PB
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Whiteway Paul	47:47.37 3rd M50-59 PB
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Warren Michelle	1:05'53.18 10th F30-39
-----------------	------------------------

30KM

Davies Brendan	2:00'10.11 6th O'all/4th M30-39
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Robinson Anthony	2:20'45.81 PB
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#### **21/06/09 Bay to bay - WoyWoy to Gosford, Central Coast**

John Dawlings	47:32 5th 50-59 - PB
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Deirdre Stewart	59:39 PB
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Charissa Patacsil	1:01:26
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Lesley Maher	1:06:29 6th 50-59
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## **Race Results**

**Members - Please email all results to**  
[rundown@woodstockrunners.org.au](mailto:rundown@woodstockrunners.org.au)

#### **28/06/09 Careflight Woodford to Glenbrook**

25 KM

Anthony Robinson	1:55:15
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Philip Lobsey#	1:57:08
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Emmanuel Chandran	2:21:00
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Michelle Warren	2:46:21
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#### **28/7/2009 Kembla Jogger's Half Maathon**

21.1 KM

Fumi Takahashi	2:21:17
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#### **4/7/2009 Sydney Striders Series, Homebush**

10KM

Emanuel Finos #	43.24
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Lesley Maher #	53.05 1st F55-59
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Dot Siepmann	54.14
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#### **5/7/2009 Shoal Haven King of the Mountain**

32Km

Davies Brendan	2.11.12 5th O'all
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Robinson Anthony	2.42.43
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Warren Michelle	3.55.16
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#### **5/7/2009 Gold Coast Marathon**

42.125 KM

Rick Collins	4:03:31
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Tomomi Yamazaki	4:05:01 Debut
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21.1 KM

Manal Garcia	1:37:03 PB
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Dierdre Stewart	1:47:13 PB
-----------------	------------

Lorraine Spanton	1.43.55 6th 55-59
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10KM

Brian Ogilwy	52.56 5th 65-69
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# Minute with a member

Name: Derek H.R. White

What is your occupation? Retired Master Mariner and hydrographer-cartographer.

Running age group? 80-85

Do you have family? Wife & 3 daughters (all ex. Woodstock Runners), 2 grandchildren.

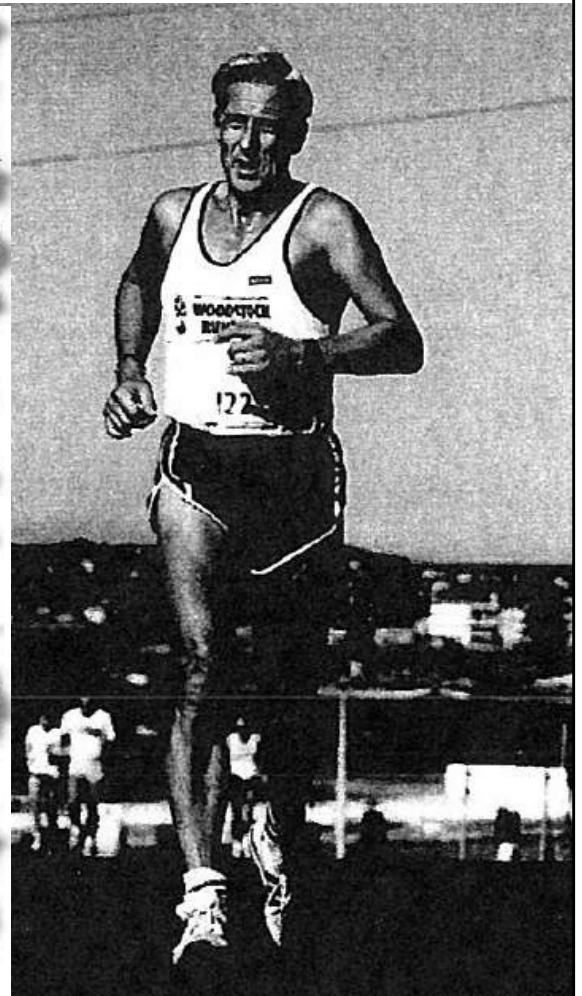
How long have you been a Woody? 26 years

Do you run on Tuesday night/TNT/Saturday morning? Regularly Tuesday, Occasional TNT&Sat.

Why do you enjoy running? Health, change of scene, friendships, competition since 1934.

What is your favourite running distance/course/event and why? In years past, half-marathon, 25k., marathon (33), steeplechase, cross-country, 5 & 10k. Now only the last two. \*Blackheath NSW.

What has been your running highlight? Going under 4mins. a k. in 1988 Sutherland to Surf - 11k. in 43m.22s. at age 60.



Any lowlights (injury etc)? Sciatic collapse early 1970s.

What was the last race you went in and how did you go? Heart of The Lake 10k. very muddy, very slow.

Anything funny/unusual ever happened to you while you have been out running? Rescued a possum in Burwood and a tortoise in Canterbury. The possum bit me!

What other sports/hobbies are you involved in? Golf; nautical, aeronautical, railway and motor and general History; Music; Heraldry; Carpentry; Trophy design & construction; Graphic art; Scale-models; Writing non-fiction.

Favourite food/beverage? Seafood, rum, apples.

If you could have dinner with anyone who would it be and why? H.M. Queen Elizabeth II  
Lively conversation with a delightful contemporary.

Where would your ideal holiday be? When young, cycling all over Britain or New Zealand, now, a return to Austria & U.K.

Interesting things we may not know about you? In 1959 I was the first migrant in my family since 1856, when three brothers and their widowed mother arrived Melbourne. I first came to Australia as a 17 year old Deck Apprentice in a merchant ship in 1946. I am in constant touch with my Australian born cousins, - the descendants of those three brothers.

I thought of retyping the piece handed to me, however, I do appreciate the authenticity of the handwritten profile, so what you see is Derek's own handwriting. Thanks Derek for sharing, you are one of the remarkable veterans in the club I use as an example to inspire younger people who think fitness is impossible for them. - editor

# Upcoming events

All events courtesy of: [www.coolrunning.com.au/calendar](http://www.coolrunning.com.au/calendar)

## Thu 9 Jul THE DOMAIN CORPORATE RUNNING SERIES

Every Thursday from 2nd July to 13th Aug, 12.45pm in the Domain Sydney (Sth East) A running Series to suit beginners to Elite Distance: approx 3km, Win Prizes from high five and barefoot Inc, Earn points for overall Series winners, The more races you run the more chances you have contact: Nicolette Kenny. email: [nikfilms@hotmail.com](mailto:nikfilms@hotmail.com). Visit [www.andersonevents.com.au](http://www.andersonevents.com.au) for more details.

## Sun 12 Jul SRI CHINMOY SYDNEY SERIES RACE 4-DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM.

The 4th race in the Sri Chinmoy Sydney Series for 2009. Choose one of the classic distances of Half-Marathon, 10 km or 5 km. The course is through Cook Park, adjoining the beautiful Botany Bay and includes spectacular views from Captain Cook Bridge over the mouth of the Georges River. Start and finish is in the historic Peter Depena Reserve. Parking at the end of Russell Ave or Sanoni Ave, Dolls Point. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: [sydney@srichinmoyraces.org](mailto:sydney@srichinmoyraces.org). Visit [www.srichinmoyraces.org/au/events/sydneyraces](http://www.srichinmoyraces.org/au/events/sydneyraces).

## Thu 16 Jul THE DOMAIN CORPORATE RUNNING SERIES

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## Sat-Sun 18-19 Jul LAWLER PARTNERS WINERY RUNNING FESTIVAL - HUNTER VALLEY

After a massively successful third year, with over 1700 competitors, the Lawler Partners Winery Running Festival has been given the thumbs up by athletes and National Athletics officials after being given official Certification of the accuracy of the Marathon, Half Marathon, 10km and 6.25 courses. The event also includes the final leg of the Kids Marathon - Hunter Valley. The event has a unique character that is difficult for city based events to match. This includes quiet rural roadways, cycle tracks and outstanding scenery. It's not everyday that you get to race in such a unique environment with the event running through part of the famous Hunter Valley Gardens and past some of Australia's best loved wineries. contact: Paul Humphreys. email: [admin@hevents.net](mailto:admin@hevents.net). Visit the website for more details. contact: H Events. email: [paul@hevents.net](mailto:paul@hevents.net). Visit [www.huntervalleymarathon.com](http://www.huntervalleymarathon.com) for more details.

## Sat 18 Jul ADVENTURE RACING TRAINING DAY - NARRABEEN

### 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, it's known as the "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](mailto:todd@maxadventure.com.au). Visit the [www.maxadventure.com.au/AdventureSeries/TrainingDays.htm](http://www.maxadventure.com.au/AdventureSeries/TrainingDays.htm) for more details.

## Thu 23 Jul THE DOMAIN CORPORATE RUNNING SERIES

Every Thursday from 2nd July to 13th Aug, 12.45pm in the Domain Sydney (Sth East) A running Series to suit beginners to Elite Distance: approx 3km, Win Prizes from high five and barefoot Inc, Earn points for overall Series winners, The more races you run the more chances you have contact: Nicolette Kenny. email: [nikfilms@hotmail.com](mailto:nikfilms@hotmail.com). Visit [www.andersonevents.com.au](http://www.andersonevents.com.au) for more details.

## Sun 26 Jul WESTLINK M7 CITIES MARATHON

The 4th annual Westlink M7 Cities Marathon will be held on Sunday 26 July 2008 from Ash Road, Prestons to Blacktown Olympic Park (7.00am start). The undulating AA Certified Course is conducted along the shared pathway, adjacent to the M7 Motorway. A \$50,000.00 prize pool is on offer, one of the richest in Australia. There are 2 support events in 2009: the Kids Marathon(2.195km) (8am start) and the Inaugural Westlink M7 Cities Half Marathon Relay (2 runners)(7am start), conducted on the same course as the Marathon with the changeover point at Westlink M7 Headquarters, 20.9km from the race start. Entries for all these events will open in February 2009! contact: Mark Gibson. email: [mark.gibson@blacktown.nsw.gov.au](mailto:mark.gibson@blacktown.nsw.gov.au). Visit

### **Sun 26 Jul SUTHERLAND TO SURF FUN RUN**

The Brooks-Fitness First Sutherland2Surf is held in July each year, the major community participatory event in the Shire, and recognised as the lead up race for the City to Surf. It brings more than 7,000 competitors to race, wheel or walk 11kms from Sutherland Entertainment Centre to Wanda Beach. It also includes the Tradies/Caltex Pro-Sprint category, comprising the first 100 fastest seeded competitors, which attracts top class runners from the Australian Institute of Sport, with prize money to the first four male and female competitors. Past winners have gone on to be major place getters in the high profile Sun-Herald City to Surf. contact: Mick Brannock - mob 0407 249 052. email: [clubhouse@wandasurfclub.com](mailto:clubhouse@wandasurfclub.com). Visit [www.sutherland2surf.com.au](http://www.sutherland2surf.com.au) for more details.

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### **Aug 2009**

#### **Sat 1 Aug KATHMANDU ADVENTURE SERIES - CENTRAL COAST**

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: [gary@maxadventure.com.au](mailto:gary@maxadventure.com.au). Visit the [www.maxadventure.com.au](http://www.maxadventure.com.au) for more details.

#### **Sun 2 Aug BAY RUN**

Distance: 7km. Event Time: 8.00am. Location of race: Near Leichhardt Rowing Club, next to Le Montage. The Bay Run is around Iron Cove, one of Sydney's favourite running tracks. Whether you're a serious runner, a walker, just beginning a fitness program, or simply enjoy being outdoors, there's an event for you! Enter a team if you have three friends who can keep up. Or bring along your dog and take on the fun challenge of "Fastest Dog in the Inner West". Primary school children can also get involved by entering the 2km "Primary School Challenge". Electronic timing and road closures bring accuracy and safety to this well-organised and enjoyable event. Great lead up to the City to Surf and Blackmores Running Festival. Coffee and BBQ breakfast available. Pre-register online at our website and save! Registration on the day is available. contact: Alison Fredericks. email: [enquiries@bayrun.com.au](mailto:enquiries@bayrun.com.au). Visit the [www.bayrun.com.au](http://www.bayrun.com.au) for more details.

#### **Sun 2 Aug JABULANI CHALLENGE**

The Jabulani Challenge is a 26km or 42km trailwalk (or run) through the Ku-ring-gai Chase and Garigal National Parks. It is a charity event with a great community atmosphere. Participants range from serious trail runners to social walkers and even a few school teams. Starting in North Wahroonga the trail descends to Bobbin Head before heading south-east up Cowan Creek where it winds up to Kitchener Road which crosses over Mona Vale road into the Garigal National Park. From there the trail descends to Roseville Bridge where participants cross the bridge and head back up to the finish at Lindfield Oval. The event raises funds for African children in need, it's a great cause and a great event so please join us. As a bonus, all entry fees are tax deductible. contact: Graeme Elgie. email: [gelgie@bigpond.net.au](mailto:gelgie@bigpond.net.au). Visit the [www.jambulanichallenge.com](http://www.jambulanichallenge.com) for more details.

#### **Sun 2 Aug JAMAICA BLUE FUN RUN PINK**

The first ever Jamaica Blue Fun Run Pink will occur on 2 August 2009 at Centennial Park. A female only fun run which focuses on Challenge, Participation and Fun. It is expected that over 3000 women will enjoy the first ever Fun Run Pink event with distances of 2.5km, 5km and 10km on a fun cross country course. contact: t3 Events. email: [info@t3events.com.au](mailto:info@t3events.com.au). Visit the [www.funrunpink.com.au](http://www.funrunpink.com.au) for more details.

#### **Sun 2 Aug BEROWRA BUSH RUNNERS 10KM HANDICAP ROAD RUN**

Berowra Bush Runners (BBR) hold a 10km handicap ROAD RUN the first Sunday of every month. Starts 7:15am. Warrina St Oval carpark, Berowra. You can join us no charge. We will record your time and give you a handicap. Free breakfast afterwards. If you want to race for weekly and annual prizes and medals then join the club for \$20 p.a. and join the Berowra RSL (\$5). Check [www.berowrabushrunner.com](http://www.berowrabushrunner.com) for more information and our calendar of social runs with a combination of road and bush running. contact: Graham Leslie 9456 2002. Visit the website for more details.

#### Thu 6 Aug THE DOMAIN CORPORATE RUNNING SERIES

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#### Sun 9 Aug SUN HERALD SYDNEY CITY TO SURF

14km. Starts 9:00am from corner Park and College Streets, Sydney. Entry form in Sun Herald Newspaper every Sunday from June 2008 or online. Note that you cannot enter on the day. Approx 62,000 field limit. Contact: phone 1800-555-514. email: [city2surf@fairfax.com.au](mailto:city2surf@fairfax.com.au). Visit the <http://city2surf.sunherald.com.au> for more details.

#### Find the Woodie!

This photo is sent in the recent C2S email on the "**City2Surf - 8 Weeks to Go**" just like when Thalia had her photo "**City2Surf - 6 Weeks to Go**" do you think C2S organizers should pay royalties to our club?



## Woodstock in Races



Clockwise: Anthony and Brendan@ShoaLHaven KOM; Tami and Tristan @ Kathmandu Adventure Race, Terry, Chaia, Lesley, Deirdre @ B2B, Manal, Danielle, Rick, Dierdre, Lorraine, Brian@ GCM; TNTers-Michelle, Tim, Brendan, Anthony, Chaia @ KOM