

The

WOODSTOCK RUNDOWN

June 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

A couple of non running congratulations are due to Club Members. On April 30 Derek and Jeanette White celebrated their 50th wedding anniversary and Thalia graduated with a Masters of Criminology and has taken up a position as Senior Lecturer in the Faculty of Law at the University of Technology. Each is a wonderful achievement and we know there are great times ahead for all.

Kim Cayzer and family have left Sydney and taken up residence in Canberra where Stuart has been appointed. We wish all of you a very happy time in the Nation's Capital and look forward to seeing you whenever there's a race in the ACT.

Is this a record for Woodstock Runners? In the last Handicap Race, Tami and Tristan each ran a PB. Are they the first Husband and Wife to achieve such an honour? Married life must be agreeing with them. Well done!

Our injured list for the month includes the two Emanuels and Michael Cantley. Let's hope you are all back with us very soon. Remember C2S is only 8 weeks away and there are many other great runs in the next few months.

Some weeks ago one of our members became lost having "dropped off" the back of a Tuesday night group and then having a fall. It brought it home to all of us that the reason we run with a club is to have company on our training runs, especially when we are running in the dark. We should look out for each other at all times and if anyone does not know the course, they should carry a map. Our esteemed President suggested all runners could consider having ID and some money on them.

Members have had some fabulous results in many Fun Runs of late and we congratulate them all. Some have achieved outright placings, others category awards and there have been many PBs. Keep up the wonderful work and I know there'll be lots more success ahead.

Good luck to Linda Barwick who is doing her first Marathon in Mcleay River Marathon.

Congratulations to Steve Laws and his wife Julie on the birth of daughter, Jessica. I have seen the photos and all look well and very proud.

Happy running and walking to all.

Kerry

June Birthday Celebrants

***Bronwyn Hager 2nd, Max Hall 4th, Lesley Maher 8th, Julian Burbidge 10th,
Kim Cayzer 11th, Emma Pryor 24th***

Letter from the editor

Greetings Woodies ,
 Wonderful to see good results and efforts in the past few races. Daylight ends too quick lately and there has been incidents of members getting lost and tripping over in the dark while doing the pack runs. Please look out for each other during the runs, as it is not in Woodstock spirit to just leave one behind! Also an upcoming inaugural Fun run in our neighbourhood will be held, its the Cook's River Fun Run by the Strathfield council. Let us support the local community fun runs!
 Oh, I am slowly getting back running so It's good to be back on the stomping grounds!
 Train well for the upcoming City2Surf.

- Editor

"RUNNING IS THE GREATEST METAPHOR FOR LIFE, BECAUSE YOU GET OUT OF IT WHAT YOU PUT INTO IT." -OPRAH WINFREY

welcome BACK RENEWED

woody!

ALAN MANSFIELD

& NEW WOODYES!

SANDRA BOGUN

PATRICIA DOUGHTY

Erratum

Apologies for the misspelled names from the last edition:

Deirdre Stewart

Lesley Maher

Maree Lucas

Elmarie O'Regan

Stephen o Bryant

30th Anniversary Announcement

Calling all members!!

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

Send it through Woodstock email or postal address.

Thank you!

- Editor

June-July Training Program

Tuesday Runs 6pm @Woodstock, Burwood,		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
8/06/2010	Campsie 9km	10/06/10	"Mona" Fartlek	12/06/2010	Timbrell Park 8km
15/06/2010	Jak's Strathfield Run 8km	17/06/10	"Parlov" 300m x 14	26/06/2010	Bay Run 7km
22/06/2010	Burwood Park 10km	24/06/10	400m x 12 *	26/06/2010	Bay Run 7km
29/06/2010	Concord 9km	1/06/2010	Standard Pyramid	3/07/2010	Balmain Shores 7.5km

Did you know?

Brendan's result in last SMH Half -Marathon of 1.14.43 set a new NSW State Masters Record for the M30

Don't get caught up in the cold this Winter!

A hoodie being made available as a special clothing item for our 30 Year Anniversary!!

The cost & order date details are still being finalised, but the hoodie is royal blue with white trim. Embroidered on the left chest area will be the club name & logo, with "1980 - 2010" underneath.

The cost will be about \$35, & will be available to order online, or as a cash purchase at any club meeting over the next few weeks. Samples will be available for sizing purposes.

They will only be available on a pre-paid basis, and will not be carried as stock items. And get to be the next model of our apparel! Approach our Uniform Officer, Dot for more details.



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(next to Kirrawee High School) Ph: 02 95217011

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.



OneLifeCat

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<http://www.facebook.com/pages/onelifecat/104046396300519>

<http://onelifecat.wordpress.com/>

Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!



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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.**

*** last TNT of each month, drinks and/or dinner at Summer Hill Hotel after each session**



A Minute with a member

Name: Barry Crisp

What is your occupation? Retired; Office business 8 years
psycho nurse 30 years

Running age group? 50-59

Do you have family? Three brothers James, Steve, Brian

How long have you been a Woody? since 1981 (except for 1 year)

Do you run on Tuesday night/TNT/Saturday morning? Occasionally

Why do you enjoy running? The social aspect. Took up the sport when I got to slow to play soccer and cricket in 1980

What is your favourite running distance/course

/event and why? What has been your running highlight? Doing the Bangkok Marathon in 2001. Started at the Grand palace at 3 am. The run was very scenic. Chatting with fellow participants during the event. It was light by 6am. Run that last 20 minutes in Daylight. Joining Woodstock

Any low lights (injury etc)? Taking the wrong turn when leading a pack run from 8 Km and being sidelined some months when hit by a motor bike in 04

What was the last race you went in and how did you go? Sydney Marathon Clinic last 23/5/2010, 10Km 48.30 (3rd M50)

Anything funny/unusual ever happened to you while you have been out running? Running in Scotland 1986 at Loch ness in the summertime but it was so cold the watered appeared frozen that's why I didn't encounter the monster.

What other sports/hobbies are you involved in? Gym, Aerobics, Artwork, traveling, surfing, "like Phill Collins" prefer vintage movies and shows

Favourite food/beverage? Thai Food, Irish drinks be beware little green folk.

If you could have dinner with anyone who would it be and why? Sir Les Patterson use his diplomatic knowledge to employ correct politics while overseas

Where would your ideal holiday be? I enjoy Thai culture and Like bargaining and Advantage to speak Thai

Favourite run: The SMC half marathon 1987. Aim to run sub 75 min I stopped Fortunately at the Finish line in 74:56

One word that describes you: Persistence

If you are a Super hero, who will you be? Austin Powers I'm in desperate need of more "mojo"



Thanks Barry for sharing! Your photo is evidence that fitness will make you forever young! Editor

Poll

What start time do you prefer for the Handicap Events?:

7:00am

7:30am

24% (4 votes)

76% (13 votes)

Total votes: 17

☐ 7:00am

☐ 7:30am

Woodies, let your opinion be heard, please participate in this poll !

From the archives

the snip.
For Kim Cayzer, of Gladesville,

Alyssa. "It's been a long time," she said. Lieutenant Cayzer, with two-year-old son Ethan firmly in his arms, said he was "ecstatic" to see his daughter for the first time

Like many on board he was planning to attend the Anzac Day dawn service but added: "I think it might depend on how the sleep patterns on tonight"

months. "It has been a long six months with just one five-minute phone call a week and emails to see you through," she said of her husband. Leading Seaman

"Wow, is that really my daughter?" he said, as he was reunited with his family. "I had photos of them all up on my rack and that's all I have seen of



Proud new dad... Lieutenant Stuart Cayzer with wife Kim, Ethan, 2, and Alyssa, four weeks; (below left) Commander Andrew Masters kisses wife Amanda, and (below right) greets daughter Amelia, 7, and son Callum, 10. Photos: Dallas Kilborn

Kim Cayzer and family on Anzac Memorial Parade from the Sun Herald.

C2S Woodstock Teams

The Sun-Herald
CITY2SURF



The 2010, City 2 Surf entries are now open at <http://city2surf.com.au/default.asp?PageID=18225> this year is celebrating 40 years of the event!

If you want to run for one of our official club teams (last year, two of our teams won or placed and it doesn't cost any extra) follow the instructions below after starting the entry process.

1. Select 'I would like to search for an existing team'
2. Type 'Woodstock' in the 'team name' box
3. A list of teams that I have created will appear. Select the appropriate team from the list below
 - WOODSTOCK RUNNERS - MIXED - Reserved for Brendan Davies, Martin Amy and Bronwyn Hager only at this point
 - WOODSTOCK RUNNERS - MEN - It would be good if only Men aged under 40 enter. (except Martin Amy and Brendan Davies)
 - WOODSTOCK RUNNERS - WOMEN - It would be good if only Women aged under 40 enter. (except Bronwyn Hager)
 - WOODSTOCK RUNNERS - MEN VETS Only Men between 40-49 enter.
 - WOODSTOCK RUNNERS - WOMEN VETS - Only Women between 40-49 enter.
 - WOODSTOCK RUNNERS - MEN MASTERS - Only Men aged over 50 enter
 - WOODSTOCK RUNNERS - WOMEN MASTERS - Only Women aged over 50 enter

Please note, the veterans and masters 'age criteria' has changed slightly from last year - Controversial, but blame Fairfax!!

4. Complete the rest of the entry as per normal.

After you enter, it would be great if you notify Brendan, bjdavies2000@yahoo.com; 0422233463. There will also be another internal teams comp but more info on this later.

Race Results

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

SYDNEY MORNING HERALD HALF MARATHON

23/5/10 (Chip Times)

Bridget Akers	2.03.06
Martin Amy	1.19.07
Rebecca Bangura	1.59.41
Linda Barwick*	2.04.24
Kerry Bray	2.13.54 3rd W65
Peta Bray	2.09.28
Rick Collins	1.56.00
Brendan Davies	1.14.43 30th O/All
Manal Garcia*	1.35.40
Bronwyn Hager	1.35.07
Max McGown	2.06.08
Jeff Morunga	2.17.28
Brian Ogilwy	1.55.25
Emma Pryor	2.00.25
Deirdre Stewart	2.01.10
Graeme Tutt	1.55.46 (First half marathon)
Lawrence Ullio	1.55.51
Paul Whiteway	1.55.47

WOODSTOCK MIXED TEAM: 1st out of 58 -Brendan Davies, Martin Amy and Bronwyn Hager.

WOODSTOCK VETERANS TEAM: was 8th - Lawrence Ullio, Paul Whiteway and Max McGown.

WEST MET SERIES (UPJOHN PARK) 15/5/10

7.5 KM

Brendan Davies	2nd M30
Daniel Lorenzotti*	2nd Open

SYDNEY MARATHON CLINIC 23/5/10

25 KM

Martin Amy	1.33.59 4th O/All; 1st M20
Thalia Anthony	2.18.45
Brendan Davies	1.32.52 2nd O/All & 1st M30
John Dawlings	1.52.11 3rd M50
Jeff Morunga	2.40.19
Michelle Warren	2.54.45

10 KM

Helena Amaro	55.47
Manal Garcia*	43.44 1st F30
Phil Lobsey	42.49
Daniel Lorenzotti*	37.32 3rd O/All & 1st M20
Lesley Maher	53.12 2nd F50
Barry Crisp:	48.30 (3rd M50)

5 KM

Dot Siepmann: 29.17 (1st 60+)

SRI CHINMOY, COOK'S RIVER 23/5/2010

16 KM

Kerry Bray 1.41.24 1st 60+

8 KM

Peta Bray 45.33 7th Open

Elmarie O'Regan 34.31 1st Open

HEART OF THE LAKE FUN RUNS 30/5/10

10 KM

Kerry Bray 1:01.33 2nd F60

Peta Bray 55.09 PB

Brendan Davies 34.18 3rd O/All

John Dawlings 40.23 2nd M50

Elmarie O'Regan 43.00 3rd O/All

Charissa Patacsil 51.49 3rd F30

3 KM

Dot Siepmann 18.01 1st F60+

Derek White 35.41 2nd M70+ &
oldest competitor

ANSW X/C RELAYS (MIRANDA) 29/5/10

4 KM

Manal Garcia* 17.24

Dot Siepmann* 23.02

Brendan Davies* 13.28

MS RUN 6/6/10

8 KM

Brendan Davies 27.37 1st O/All

Lesley Maher 43.45

Deirdre Stewart 44.49

SYDNEY STRIDERS SERIES NORTH HEAD 5/6/10

10 KM

Linda Barwick* 50.32

Max Crossley* 57.17

Ron Daly* 67.56

Manal Garcia* 43.03

Theo Hastings 43.07

Lesley Maher* 53.03

Brian Ogilwy* 47.29

GREAT NOSH 6/6/10

15 KM

Alan Mansfield 2:00.:25

Brian Ogilwy* 1:34:31

WEST MET SERIES NORTH RYDE 5/6/10

8 KM

Daniel Lorenzotti* 2nd Open

2 KM

Daniel Lorenzotti* 2nd Open

*Not in Woodstock gear

Team RunningCat will run for Jack

Terry and Chaia will be running the C2S in honour of Jack Thomas Singer, Terry's nephew who was stillborn 2nd August 2009, for his 1st birthday. In this occasion, we are aiming to raise money for Bears Of Hope, who provide support and guidance for parents who experience the loss of their baby during pregnancy, birth or infancy. We would welcome any contribution, great or small, that you could make!

<http://city2surf2010.gofundraise.com.au/runningcat>.

Thank you, In behalf of Miranda, Shorn&Liam, Terry&Chaia



Upcoming events

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

Sat-Sun 12-13 Jun BLACKHEART EVENTS 24HR AND 12HR ADVENTURE RACE

The BlackHeart Events 24-hour Adventure Race, held within 3 hours drive of Sydney, is a challenging adventure race for male, female and mixed teams of 2. 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 offers 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. Not quite up to 24 hours? Then try the 12 hour version. Half the distance but guaranteed to be as much fun, and a fantastic introduction to longer races contact: Matt. email: enquiries@blackheartevents.com.au. Visit the <http://www.blackheartevents.com.au/> for more details.

Sat 12 Jun SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES ULOOLA FALLS - SENIOR SCRATCH CHAMPIONSHIP RACE Drive to Waterfall, taking the Railway station exit then left along McKell Avenue. Just past the Fire Station and Primary School take a small road left down to Waterfall oval. The course is undulating along a fire trail. 1KM, 2KM, 3KM, 5KM, 10KM races. All ages & abilities welcome. Trialling/casual membership available for up to 2 Saturdays for \$5 per run. 2009/10 Registered Little A's aged 11-16years FREE! Our running calendar provides excellent training for major fun runs, half marathons and marathons. Come and join the fun! contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sun 13 Jun MACLEAY RIVER MARATHON

Marathon and half-marathon. Start near Trial Bay Gaol. contact: Mary Dunkley. email: macsaw@midcoast.com.au. Visit the <http://www.coastline.com.au/> for more details.

Sun 13 Jun NORTHERN STAR BALLINA LIONS FUN-RUN-WALK

The 5th annual charity Fun-Run-Walk will start & finish at the Missingham Bridge Reserve Ballina NSW. It consists of a 5 & 10 km run & a 5 km walk certified by Athletics Australia. There are 12 separate events suitable for all ages. Winners & place getters receive a cash prize & a gold, silver or bronze medal. All who enter have a chance to win a holiday for 2 including air fares. Previous winners, drawn from the barrel have enjoyed a 7 days holiday on Lord Howe Island. contact: Ken Leo. email: ellenken@dodo.com.au. Visit the <http://www.ballinalions.com/> for more details.

Sun 13 Jun SRI CHINMOY SYDNEY SERIES RACE 4 - CENTENNIAL PARK HALF-MARATHON (21.1 KM), 7 KM & 4 KM CROSS-COUNTRY

The 4th race in the Sri Chinmoy Sydney Series for 2010. Relish the ponds, fields and groves of Centennial Park on a tailored scenic, fast loop of dirt tracks and grass. Run or walk the inner loop (4 kms), race the larger loop (7 kms) or triple the larger loop for a rare opportunity to race a cross-country Half-Marathon (21.1 kms). The best way to enjoy Centennial Park, a jewel in Sydney's crown. Parking anywhere near Robertson Rd Gates. 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. Visit the http://au.srichinmoyraces.org/events/canberrarunning/half_marathon_5_2_milers for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3599> for an entry form.

Sun 13 Jun MANLY LIFE SAVING CLUB SOFT SAND CLASSIC

Founded by Scott Wood and the Manly Council lifeguards and run since 1993, this event has now developed into one of Australia's most unique running events. Run over three distances - the 21km Classic and the 9km Cup and the 1.6k Golden Mile, the event attracts over 500 runners each year and offers runners the chance to compete in divisions for male and female competitors: The only event of its type until 2004, the Manly Beach Soft Sand Classic is run entirely on soft sand between the South Steyne and Queenscliff areas of Manly Beach. The 21km event is 14 lengths of the beach, the 9km is six lengths and the 1.6k is one length. The Manly LSC Sand Classic is an event for all attracting both the elite and extremely non-elite and we also encourage walkers. contact: Stephen Coulter. email: stephen@coulters.net. Visit the http://www.manlylsc.com.au/soft_sand_classic_2010.html for more details. Click here for an <http://regonline.activeeurope.com/Checkin.asp?EventId=856035>.

Sat 19 Jun SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES GRAYS POINT The start is at the southern end of Grays Point Road, just south of Grays Point Primary School. The course is along service trails in the Royal National Park. 1KM, 2KM, 3KM, & 5KM races. All ages & abilities welcome. Trialling/casual membership available for up to 2 Saturdays for \$5 per run. 2009/10 Registered Little A's aged 11-16years FREE! Our running calendar provides excellent training for major fun runs, half marathons and marathons. Come and join the fun! contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/>

Continuation ... Upcoming Events

Sun 20 Jun SMC ROAD RACE SERIES

30km, 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 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@sydneyathletics.org.au. Visit the <http://www.sydneyathletics.org.au/tikiwiki/tiki-index.php> for more details. Click here for an <http://www.coolrunning.com.au/users/calendar/2009/2009e080.pdf>.

Sun 20 Jun BAY TO BAY 12KM FUN RUN

Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront. Other details: Fast, flat and certified accurate 12km course bordering scenic Brisbane Water from Woy Woy to Gosford on the NSW Central Coast (1.5 hours drive north of Sydney CBD). Organised by Terrigal Trotters to raise money for Central Coast charities. Limited bus transport from Finish to Start before and after the event. Many categories and prizes. Presentation at 10:30am. Excellent feedback received from runners. contact: Barb Byrnes. email: barbyrnes@yahoo.com.au. Visit the [http://www.terrigaltrotters.com.au/Bay to Bay/Home Page.htm](http://www.terrigaltrotters.com.au/Bay%20to%20Bay/Home%20Page.htm) for more details.

Sun 20 Jun MINI-MOS

2km (Primary Inter-School Challenge), 5km (Open & Inter-School Challenge), 10km (Open). Mini-Mos 2010 is in its 28th year and better than ever. We've added a couple things to this year's event: (1) a Parent/Child Team category in the 5km run; and, (2) increased the Age Divisions to 60-69 & 70+. Enter the 10km and take the "BEAT TONY ABBOTT" challenge. More than \$7,000 in cash prizes up for grabs in the 10km. Preferred start positions on offer for the 10km. Check the event website for more information and updates from Matt Shirvington (Event Ambassador). contact: Doug Henry. email: info@mini-mos.com. Visit the <http://www.mini-mos.com/> for more details.

Sat 26 Jun SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING

SERIES/FERN TREE - SENIOR SCRATCH AND JUNIOR CLUB CHAMPIONSHIP RACE Fern Tree Reserve, Engadine is at the intersection of Fern Tree Avenue and Ridge Road. This is a challenging course largely alongside the Waterboard Pipeline. 1KM, 2KM, 3KM, 5KM, 10KM races. All ages & abilities welcome. Trialling/casual membership available for up to 2 runs for \$5 per run. 2009/10 Registered Little A's aged 11-16 years FREE! Our running calendar provides excellent training for major fun runs, half marathons and marathons. Come and join the fun! contact: Paul Coull 9520 4913. email: webmaster@sutherlandathletics.com. Visit the <http://www.sutherlandathletics.com/> for more details.

Sat 26 Jun 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: Gary Farebrother. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/AdventureSeries/TrainingDays.htm> for more details.

Sun 27 Jun WOODFORD TO GLENBROOK CLASSIC 2010

25 Km run from Woodford to Glenbrook via the Oaks fire trail followed by a fantastic array of activities, entertainment and food stalls located at the Euroka Clearing in the Glenbrook National Park. Entries are online only, no entries are accepted on the day. contact: John Ebbott. email: events@careflight.org. Visit the <http://careflight.org/> for more details.

Sun 27 Jun EQUESTRIAN ENDURO OFF ROAD DUATHLON 27 JUNE 2010

Run, mtb ride and run around this smooth, fast and fun course. Technical difficulty 1/5. Ideal for triathletes, mountain bikers, runners & adventure racers. Challenge yourself and your friends by competing in this new event. Sydney International Equestrian Centre, Horsley Park. Long & short courses. Enduro 4k run/ 25k mtb cycle/ 4k run or Sprint 2k run/ 12.5k mtb cycle/ 2k run. contact: Glenn Schwarzel. email: glenn@trinswrace.org. Visit the <http://www.trinswrace.org/> for more details. Jul 2010

Sat 3 Jul TOUGH BLOKE CHALLENGE

Maximum Adventure presents the Tough Bloke Challenge; an off road running event that is likely the

Continuation ... Upcoming Events

toughest thing you'll ever do. Open to both men and women the event will include extreme obstacles, mud, sweat, and probably tears. contact: Todd Stafford. email: todd@maxadventure.com.au. Visit the <http://www.maxadventure.com.au/toughblokechallenge/index.html> for more details.

Sat 3 Jul SYDNEY STRIDERS 10KM SERIES

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.

Sun 4 Jul 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@iinet.net.au. Visit the <http://www.berowrabushrunners.com/> for more details.

Sun 4 Jul SHOALHAVEN KING OF THE MOUNTAIN

Shoalhaven King of the Mountain is a 32km endurance event which starts at the village of Cambewarra (near Nowra NSW) travels over Mt Scanzi (700m elv) and finishes at the Kangaroo Valley Showground. The King is a demanding course run on bitumen and dirt roads, taking in beautiful bush scenery, fresh water creeks and breathtaking mountain views. A demanding race but well worth the effort. A fantastic friendly atmosphere, plenty of refreshment and support stations along the way be welcomed up the main street of Kangaroo Valley by Scottish Pipers and enjoy tea and scones after the finish. contact: Doug Jeffrey 0407 441 889. email: admin@kingofthemountainnowra.org.au. Visit the <http://www.kingofthemountainnowra.org.au/> for more details.

Sat 10 Jul 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 11 Jul SRI CHINMOY SYDNEY SERIES RACE 5 - DOLLS POINT HALF-MARATHON (21.1 KM), 10 KM & 5 KM. The 5th race in the Sri Chinmoy Sydney Series for 2010. 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. Visit the http://au.srichinmoyraces.org/sydneyraces_10 for more details. Click here for an <http://au.eventdirector.net/Register.aspx?EventID=3773>.

BEAR RACE

BY CHAIA



WWW.BITSTRIPS.COM

Members Say...

Hopefully I can improve on my breath taking performance in the SMH Half (ha ha). - anon, upon registering in City2Surf

I want to thank the Woodstockers for the support & encouragement that I've received. I did my first half-marathon on Sunday, a brilliant experience, and it was fantastic being part of the club & getting the friendly encouragement & motivation from people. Special thanks to Paul for running with me, & to the TNT group, as I think it's been those runs that gave me the confidence to step up my training & commit to the race! - Graeme Tutt on his maiden Half Marathon

He's an inspiration!! - Manal Garcia on Brendan's State age category record breaker of the SMH Half Marathon

I heart Woodstock Runners and Walkers Club - anon

SYDNEY MORNING HERALD INTERNAL TEAMS

16th May 2010

Team 1 - 1st Place

Name	Est Time	Chip Time	Difference
Brendan Davies	1:17:00	1:14:43	0:02:17
Emma Pryor	1:58:30	2:00:25	0:01:55
Peta Bray	2:11:00	2:09:28	0:01:32
Total	0:05:44		
Average	0:01:55		

Team 2 - 2nd Place

Name	Est Time	Chip Time	Difference
Martin Amy	1:17:50	1:19:07	0:01:17
Rebecca Bangura	1:55:00	1:59:41	0:04:41
Kerry Bray	2:12:00	2:13:54	0:01:54
Total	0:07:52		
Average	0:02:37		

Team 4 - 3rd Place

Name	Est Time	Chip Time	Difference
Bronwyn Hager	1:33:30	1:35:07	0:01:37
Paul Whiteway	1:50:00	1:55:47	0:05:47
Graeme Tutt	1:59:10	1:55:46	0:03:24
Brian Ogilwy	2:00:00	1:55:25	0:04:35
Total	0:15:23		
Average	0:03:51		

Team 3 - 4th Place

Name	Est Time	Chip Time	Difference
Michael Cantley	1:25:00	DNS	N/A
Max McGown	1:58:00	2:06:08	0:08:08
Deirdre Stewart	2:02:00	2:01:10	0:00:50
Total	0:08:58		
Average	0:04:29		

Team 5 - 5th Place

Name	Est Time	Chip Time	Difference
Manal Garcia	1:38:40	1:35:40	0:03:00
Rick Collins	1:49:00	1:56:00	0:07:00
Bridget Akers	1:59:00	2:03:06	0:04:06
Lawrence Ullio	2:00:00	1:55:51	0:04:09
Total	0:18:15		
Average	0:04:34		

Prizes:

1st Place:

One bottle of wine and two movie tickets for each team member.

2nd Place:

Two movie tickets for each team member

3rd Place:

A bottle of wine for each team member

LOOK YOUR WOODSTOCK BEST!!

Wearing our Woodstock tops makes it easier for your club mates to spot you in events and also raises our club profile. Other runners have commented about how good our royal blue and white tops look. The items currently available are:

***Singlets (M or F) \$45 *Caps \$20 *Short Sleeve Tops (Unisex) \$50 *Long Sleeve Tops (Unisex) \$60**

***Bra Tops (sizes 8&10 avail but others can be ordered) \$66 *Cotton T-Shirts (Unisex) \$10**

***Old Style T-Shirts (L&X/L only) \$5 *Old Style Singlets (Women's med. only) \$5**

***30th Anniversary Hoodies (watch this space) \$35**

Since shorts seem to be such an individual thing, feel free to buy your own in royal blue or as close to that as possible. For new members, the joining fee of \$40 entitles you to a basic club T-Shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs Singlet or Short Sleeve Run shirt.

Just in case some of you are not aware, for a member's performance to be eligible for our club awards you are required to wear the club uniform, unless the event rules stipulate otherwise.

Our 30th Anniversary Hoodie is in the pipeline and we expect to have samples available soon for sizing purposes. We will have these available on a prepaid basis only and they won't be carried perpetually as a stock item so place your order as soon as we give you the go-ahead.

So if you need anything you can contact me via email on: uniforms@woodstockrunners.org.au or by phone: 9637-9536 to see if the items/sizes are available. Payment can be made preferably online via RegisterNow at: <https://www.registernow.com.au/secure/register.aspx?ID=503> or I will take cash or cheque (to Woodstock Runners, please).

Yours in running.....

Dot Siepmann

Handicap Event

22/5/2010 Held around the 7km Bay Run course

Name	Estimated Time	Start Time	Finish Time	Actual Time	Finish Place	Points
Siepmann, Dot	49:00	6:57:00	7:45:35	48:35	1	13
Akers, Bridget	38:00	7:08:00	7:45:42	37:42	2	12
Takahashi, Kazuaki	28:00	7:18:00	7:45:49	27:49	3	11
Hastings, Theo	30:00	7:16:00	7:45:53	29:53	4	10
Amy, Martin	24:45	7:21:15	7:46:20	25:05	5	9
Lobsey, Phil	29:30	7:16:30	7:46:43	30:13	6	8
Morunga, Jeff		7:16:25	7:53:43	37:18	7	7
Collins, Rick	37:00	7:09:00	7:43:35	34:35	DQ	6
Iseli, Tristan	36:10	7:09:50	7:43:39	33:49	DQ	6
Whiteway, Paul	37:00	7:09:00	7:44:09	35:09	DQ	6
Tutt, Graeme	37:50	7:08:10	7:44:18	36:08	DQ	6
Dower, Tami	35:00	7:11:00	7:44:34	33:34	DQ	6
Lucas, Maree	43:30	7:02:30	7:44:44	42:14	DQ	6

In this Handicap event,

Dot Siepmann, Bridget Akers, and Kazuaki Takahashi took the first three places.

There were 3 Handicap PB's set:

Tristan Iseli 33:49 1:19 Handicap PB

Tami Dower 33:34 0:13 Handicap PB

Martin Amy 25:05 0:01 Handicap PB

The fastest male was Martin Amy (25:05)

The fastest female was Tami Dower (33:34)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 8th place.

Footy Tipping

CURRENT LADDER

☐ Show Full Ladder

Rank	(LW)	Tipster	Points
1	(2)	paulwhiteway	116
1	(1)	stretchfowler	116
1	(3)	Trialex	116
4	(5)	Go Jana Love Tamsyn	115
5	(4)	Mickcan	113
6	(6)	3553	100
7	(7)	Brendan Davies	90
8	(8)	Colin T_0	88
9	(9)	bronbrons	84
10	(10)	LukeT1	66

Total Tipsters: 10

Handicap Series 2010

Place	Name	6/02/2010 Points	22/05/2010 Points	#3 Points	#4 Points	Total (Best 3)	Count
1	Amy, Martin	22	9			31	2
2	Hastings, Theo	19	10			29	2
3	Takahashi, Kazu	16	11			27	2
4	Akers, Bridget	12	12			24	2
5	Whiteway, Paul	17	6			23	2
6	Bray, Peta	21				21	1
7	Davies, Brendan	20				20	1
8	Purss, Tony	18				18	1
9	Hager, Bronwyn	15				15	1
10	Bray, Kerry	14				14	1
=11	Cole, Barry	13				13	1
=11	Siepmann, Dot		13			13	1
13	Collins, Rick	6	6			12	2
14	Pryor, Emma	11				11	1
=15	Brown, Calli	10				10	1
=15	Iseli, Tristan	4	6			10	2
17	O'Regan, Elmarie	9				9	1
=18	Lyons, Martina ##	8				8	1
=18	Lobsey, Phil		8			8	1
=20	Rankin, Roy	7				7	1
=20	Morunga, Jeff		7			7	1
=22	Tutt, Graeme		6			6	1
=22	Dower, Tami		6			6	1
=22	Lucas, Maree		6			6	1
25	Nash, Paul	5				5	1
=26	Cantley, Michael	3				3	1
=26	Smith, Michelle	3				3	1

- Not a current member



Brendan ahead of Melinda Vernon, Female Winner 2009 to the finish



Martin racing two walkers to the finish

Woodies @ SMH-Half Marathon



Clockwise from top: Bronwyn Hager, Max McGown, Paul Whiteway&Graeme Tutt, Kerry Bray, Mani Chandran, Rebecca Bangura, Woodies@PymontCafe, Jeff Morunga, Peta Bray& Lawrence Ullilio.