

# *The* **WOODSTOCK RUNDOWN**

**March, 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?>

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

Wow! What a turnout! 43 people for breakfast at Cronulla on the first day of Autumn and the first wedding anniversary of Thalia and Mark. Thanks to everyone who came along. In Rick's words "the table being the longest breakfast table ever seen by a breakfast bunch of Woodies". Thanks for the emails and words of appreciation from many.

Well done to a number of members who ran between 20kms and 35kms to Cronulla. Fortunately they were offered lifts home.

Congratulations to the staff at Alley Break who accommodated us sensationally and with so much goodwill. Glen was magnificent.

The previous day we saw a great rollup for the Handicap. Well done to the winners, to those who ran PBs and commiserations to all who were disqualified (at least you can be pleased you ran faster than you anticipated). Thanks to Colin for the excellent organisation and to Kevin, Deirdre and David for the delicious barbecued breakfast.

Stretch returned from his annual trip to Tassie competing in many races over various distances on a penny farthing bike. We sure admire your skills, Stretch.

Good luck to all taking on the Six Foot Track. We wish you well, along with everyone who has their heart set on a race or particular performance coming up. We hope you achieve your goal.

Thursday Night Training (TNT) is "going off" in Brendan's words. The Club is most appreciative of the effort and enthusiasm given by Brendan each week. I'm sure results throughout the year will show the benefits derived from these sessions.

Happy running/walking to all.

**- Kerry, Welfare Officer**

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

Kerry Bray - 11th, Brian Ogilvey - 14th, Jonathan Fowler - 16th, Lee Baker - 19th,  
Paul Barnett - 23rd, Ian Whitfield - 27th, Christine Berle - 28th

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# March Training Program

Tuesday Run. Meet at 6pm @ Woodstock, Burwood			Thursday Intervals. Meet at 6:30pm @ Campbell Oval, Ashbury		Saturday Run. Meet at 7:20am @ Brett Park, Drummoyne		
10/03	Blue Mountains Express	10.5km	12/03	"Command" or "Mona" Fartlek	14/03	Hell Hill	8km
17/03	Cabarita	11km	19/03	"Hills" Session	21/03	Balmmain	9km
24/03	Kev's Kadiddlehopper	10km	26/03	400m x 12	28/03	Timbrell Park	8km
31/03	Parks Run	10km	02/04	"Doubles" Standard Pyramids	04/04	Five Dock	7km
Winter Program begins. End of Daylight Savings.							
07/04	Concord	9km	09/04	800m x 6	11/04	Bay Run	7km

## Doing the 'Dodgy'!

If you would like to make the Tuesday night run a little longer, there are a number of runners that meet at Woodstock earlier at 5:30pm to fit in a small run before the main run. This run is affectionately known as "Dawlo's Dodgy Dawdle" and is approximately 7km. Dot and Kerry also set off a little earlier too, for a 'dodgy' run of their own of approximately 5km. All are welcome

## SMH Half Marathon Team Entries

Hi Woodstock Runners,

Entries to the Sydney Morning Herald Half Marathon are now open and you can go to <http://v4.eventdirector.net/Public/Reg/Default.aspx> to register. It is \$5 cheaper to enter online so I would recommend that to all people. It is also \$20 cheaper if you register by 26th March and so I would recommend that even more strongly!

We will be entering four teams this year and there is no additional cost for this. We can have as many people as we like in a team and so it would be great if all of us registered for one of the Woodstock teams.

On the page where you fill in your name and address there is a question down the bottom, "Are you a Member of a Team?". In the team name, please put **Woodstock Runners**. In the Team Category please put:

- Brendan, Martin and Thalia in the mixed (FC) team
- All other women in the female team (FB)
- All 40 and over men in the vets team (FE)
- All under 40s men in the male team (FA).

I reckon that the mixed team is in with a good chance and the women's team (with Bronwyn, Chaia and whoever comes next) is also very strong. The men's teams might struggle - we can get a good vets team together but the competition is pretty fierce. Still, you've got to be in it to win it!

Have a good run everyone.

Regards,

**John, Teams Coordinator**

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## Woodstock Runners

### Winter Runs Program 2009

#### Tuesday Runs

Meet at 6pm at Woodstock, Burwood,  
access via Fitzroy St.

31/03/2009	Parks Run 11km
7/04/2009	Concord 9km
14/04/2009	Canada Bay 11km
21/04/2009	Homebush Run 10km
28/04/2009	Campsie 9km
5/05/2009	Burwood Park 10km
12/05/2009	Woodstock Fun Run 8km (AGM Night)
19/05/2009	Concord 9km
26/05/2009	Canada Bay 11km
2/06/2009	Homebush Run 10km
9/06/2009	Campsie 9km
16/06/2009	Jak's Strathfield Run 8km
23/06/2009	Burwood Park 10km
30/06/2009	Concord 9km
7/07/2009	Canada Bay 11km
14/07/2009	Homebush Run 10km
21/07/2009	Campsie 9km
28/07/2009	Burwood Park 10km
4/08/2009	Concord 9km
11/08/2009	Appian Way/Woodstock Fun Run 9.6km
18/08/2009	Canada Bay 11km
25/08/2009	Homebush Run 10km
1/09/2009	Campsie 9km
8/09/2009	Jak's Strathfield Run 8km
15/09/2009	Burwood Park 10km
22/09/2009	Concord 9km
29/09/2009	Canada Bay 11km

#### Thursday Night Intervals

Meet at 6:30pm at Campbell Athletics Field, part  
of Canterbury Park, Princess St, Ashbury.

2/04/2009	"Doubles" Standard Pyramid
9/04/2009	800m x 6
16/04/2009	"Mile Down" Inverted Pyramid
23/04/2009	"Parlov" 300m x 12
30/04/2009	1200m x 4
7/05/2009	"Command" or "Mona" Fartlek
14/05/2009	"Hills" Session
21/05/2009	400m x 12
28/05/2009	"Doubles" Standard Pyramid
4/06/2009	800m x 6
11/06/2009	"Mile Down" Inverted Pyramid
18/06/2009	"Parlov" 300m x 12
25/06/2009	1200m x 4
2/07/2009	"Command" or "Mona" Fartlek
9/07/2009	"Hills" Session
16/07/2009	400m x 12
23/07/2009	"Doubles" Standard Pyramid
30/07/2009	800m x 6
6/08/2009	"Mile Down" Inverted Pyramid
13/08/2009	"Parlov" 300m x 12
20/08/2009	1200m x 4
27/08/2009	"Command" or "Mona" Fartlek
3/09/2009	"Hills" Session
10/09/2009	400m x 12
17/09/2009	"Doubles" Standard Pyramid
24/09/2009	800m x 6
1/10/2009	"Mile Down" Inverted Pyramid

#### Saturday Runs

Meet at 7.20am at Brett Park, Drummoyne  
for 7.30am start.

4/04/2009	Five Dock 7km
11/04/2009	Bay Run 7km
18/04/2009	Drummoyne 9km
25/04/2009	Balmain Shores 7.5km
2/05/2009	Hell Hill 8km
9/05/2009	Balmain 9km
16/05/2009	Timbrell Park 8km
23/05/2009	Five Dock 7km
30/05/2009	<b>Handicap Event #2, 7km</b>
6/06/2009	Drummoyne 9km
13/06/2009	Balmain Shores 7.5km
20/06/2009	Hell Hill 8km
27/06/2009	Balmain 9km
4/07/2009	Timbrell Park 8km
11/07/2009	Five Dock 7km
18/07/2009	Bay Run 7km
25/07/2009	Drummoyne 9km
1/08/2009	Balmain Shores 7.5km
8/08/2009	Hell Hill 8km
15/08/2009	Balmain 9km
22/08/2009	Timbrell Park 8km
29/08/2009	<b>Handicap Event #3, 7km</b>
5/09/2009	Five Dock 7km
12/09/2009	Drummoyne 9km
19/09/2009	Balmain Shores 7.5km
26/09/2009	Hell Hill 8km
3/10/2009	Balmain 9km

NB. During the winter months (April to August), a Hills training group will operate on Tuesday nights.  
The Winter program continues until Daylight Saving begins 4/10/2009

**The Handicap events start from Brett Park (opposite the Drummoyne Rowing Club) from 7:30am.**

Online Membership Renewals:

Online Uniform Orders:

More club information is on our website at

Please submit all event results to:

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

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

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

[results@woodstockrunners.org.au](mailto:results@woodstockrunners.org.au)



# ***Welcome New Member!***

A big Woodstock welcome to our newest club member, Sarah Waladan. We look forward to seeing you at one of our training runs or at a race in the near future. We encourage all our new members to check out the Woodstock website to learn more about our club and our club training nights. Remember, Dot Siepmann is our uniform officer and she can fix you up for all your Woodstock gear. Go to <http://www.woodstockrunners.org.au/drupal2/content/uniforms> to have a look at our great range of Woodstock gear.

## ***Membership Renewals***

Hi All,

This is just a reminder about the membership fees for 2009/2010 -renewals are due by the end of this month 31/3/2009.

Full details are on the attached files, or you can go to these links to renew your membership, or order your club uniform items:

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

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

- **Colin**

## ***Thank you, Kerry!***

Thanks to Kerry Bray for organising the biggest & best ever Cronulla Breakfast Run.

Over 40 runners & walkers all started off from North Cronulla beach & later had breakfast on the beach at the café that Kerry had organized. This was a double PB for Kerry for not only organizing the biggest ever Cronulla breakfast run but for also organising the longest & biggest ever Woodstock breakfast table to cater for the runners. Over 40 runners all at the one table – what an achievement!

## ***PB's – Congratulations Chaia & Tommi***

On Sunday 23 Feb Chaia & Tommi set off from Balmain at 5am. & ran 28K to North Cronulla beach to join the other Woodstockonians for breakfast. After reaching North Cronulla just before 8am. they added another couple of K's to make up 30K's. This was by far the longest distance they had ever run. Well done Chaia & Tommy.

- **Rick**

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# Contribution Corner

This month's first contribution comes from Michelle Warren.  
This is her report of the Stromlo Running Festival that she recently attended.

The inaugural Stromlo Running Festival was held in the last weekend of February, in the Stromlo Forest Park just outside Canberra.

The area was devastated by the 2003 bushfires when large expanses of forest were destroyed and many Canberrans lost their homes, including Australia's legendary marathon champion Robert De Castella. It was Deek's idea to hold the Running Festival to commemorate the bushfires and to help promote distance running in the ACT and NSW communities. The festival was also supported by R4YL magazine who were instrumental in the organisation.

It all started on Friday night, when we drove down to registration. Putting up our tents took a bit of work as the hot dry weather had turned the ground into concrete. Then it was off for a 6km trail run around the park, led by Deek himself. A good feed and a few glasses of wine while listening to the band set us up for a good nights sleep.

Saturday was when all the hard work took place. The main event was the 10km/30km "Lightning Strike" trail run, commemorating the fact that the 2003 fires were started by lightning, which ran through private property which a local farmer had kindly opened up to us for the day. The big black bull in the field was not amused by our presence!! Other events of the day included orienteering and cross-country running. There were also talks and presentations on diverse subjects such as nutrition, posture and six foot training, and an expo which threatened to take all of our money. Another evening of food, wine and beer helped us to relax after a hard day, and we found out that Deek's running prowess does not extend to his dancing!



The final day started bright and early with a 3.5km run straight up Mt Stromlo (well, ok, more like a walk for me) much to the amusement of the local kangaroos, who hopped effortlessly past us struggling humans. The views from the Stromlo observatory were stunning, and well worth the climb. Then it was back down for breakfast, and while the more energetic took off on another trail run, others of us opted for more gentle options round the cross country circuit, using the excuse that we wanted to pack up the tents before the rain.

After the presentation ceremony we all headed off home, some to Sydney, others all the way to Melbourne. We all agreed that, although we were exhausted, we had had one of the most relaxing and enjoyable weekends ever. Everyone agreed that the festival was a huge success. Thanks to Deek, Greeny and the others, I will definitely be back next year!!

- Michelle

\*\*\*\*\*



This month's second contribution comes from Manal Garcia

## Woodies help Bushfire Relief

From member Manal Garcia "\$135 was raised for the bushfire appeal last Monday 23rd when some of us met at the Drummoyne sailing club for Lorraine, Ron, Calli's dad John & Tommy's birthdays."

**Ed's Note:** The club committee, on behalf of its members, also donated \$200 to the relief fund.



The finalists of the 2010 Miss World!  
L-R: Chaia, Lorraine, Lesley, Deirdre, Manal and Tomomi (Tommi)

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This month's third contribution comes from  
Maree Lucas

## Australia Day Run

This photo comes courtesy of Maree Lucas, taken at the recent Australia Day Run that she hosted. I'm not quite sure what is going on here?

L-R: Barry Cole, bemused looking toddler,  
Pat Mahony.



This month's last contribution comes from Mario Fiorentino

## Cronulla Breakfast Run

These photos come courtesy of Mario Fiorentino. They were taken prior to the very well attended Cronulla breakfast run. By all accounts it was a very enjoyable morning.



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## Woodstock Handicap Run

Members enjoyed lovely warm conditions for the first handicap series race for the year last Saturday.

A good time was had after the run with members and visitors sharing in a breakfast BBQ.

Thanks to Kevin Lucas for cooking.

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# Results

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

## Sydney Corporate Cup, Series 63 #1, 04/02/09

### 6km

John Murray	0:28:20
Stephen Browne	0:30:40
Michelle Warren	0:39:55

## Sydney Summer Twilight Series, Race 9, Manly, 13/02/09

### 10km

Michelle Warren	0:59:54
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## Sydney Summer Twilight Series, Race 10, Silverwater, 13/02/09

### 5km

Bronwyn Hager	0:21:30
Caroline Owen	0:26:00
Michelle Warren	0:30:10

### 10km

Martin Amy	0:37:30
Brendan Davies	0:38:52
Phil Lobsey	0:43:49
Anthony Robinson	0:44:54
Linda Barwick	0:52:38

## Sydney Corporate Cup, Series 63 #2, 18/02/09

### 6km

John Murray	0:27:20
Stephen Browne	0:31:05

## Sydney Marathon Clinic, 22/02/09

### 5km

Greg Muir	0:19:16	6th M O'all, 1st M45-54
Dot Siepmann	0:27:15	3rd F O'all, 1st F55+

### 10km

John Dawlings	0:40:12	8th M O'all, 1st M55+
Bronwyn Hager	0:44:12	3rd F O'all
Lyn Jackson	0:44:40	4th O'all, 1st F45-54
Manal Garcia	0:46:40	1st F35-44
Paul Whiteway	0:50:06	
Deirdre Stewart	0:50:27	8th F O'all, 2nd F45-54
Tomomi Yamazaki	0:52:30	2nd F35-44
Lesley Maher	1:00:43	2nd F55+

### 25km

Brendan Davies *	1:37:09	3rd O'all
Martin Amy *	1:38:13	5th O'all, 2nd M20-29
Vass Vassiliou *	2:01:09	
Anthony Robinson *	2:04:51	
Thalia Anthony *	2:08:51	4th O'all, 1st F30-39
Chaia Patacsil **	2:11:20	8th O'all, 1st F20-29
Linda Barwick **	2:23:21	2nd F50-59
Jeff Morunga **	2:30:08	
Michelle Warren **	2:53:56	
Jacques Westraad ## **	2:12:27	

### 25km Team Results

Woodstock A *	1st O'all
Woodstock B **	7th O'all

## Sydney Summer Twilight Series, Race 11, The Bay, 27/02/09

### 5km

Tomomi Yamazaki	0:25:45
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### 10km

Martin Amy	0:38:00
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## Stromlo Running Festival, 27/02 - 01/03/09

### Michelle Warren

Lightning Strike	10.5km	1:20:41
Orienteering	2.4km	0:30:08
K-Swiss X Country	4km	0:27:28
Endura Mountain Race	3.6km	0:32:42

## Orange Half Marathon, 01/03/09

### 21.1km

Brendan Davies	1:21:02	2nd O'all
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## Striders, North Head, 07/03/09

### 10km

Emanuel Finos ##	0:45:13
Manal Garcia ##	0:45:34
Lorraine Spanton ##	0:47:13
Jeff Morunga ##	0:51:08

## Belrose Fun Run, 09/03/09

### 10km

John Dawlings	0:41:41
Chaia Patacsil	0:53:05

## When members aren't just running!!

## National Penny Farthing Championships, 21/02/09

### Jonathan Fowler

Century Ride	164km	11:15:00
Biathlon (Run 400m, Ride 800m Run 400m)	4th O'all	



Tomomi Yamazaki strides out during the Sydney Twilight Series Run at "The Bay."

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**Woodstock Runners Handicap Event, 28/2/2009**  
**Held around the 7km Bay Run course**

<u>Name</u>	<u>Estimated Time</u>	<u>Start Time</u>	<u>Finish Time</u>	<u>Actual Time</u>	<u>Finish Place</u>	<u>Points</u>
Patacsil, Charissa	35:00	7:41:00	8:15:01	34:01	1	30
Amy, Martin	26:00	7:50:00	8:15:06	25:06	2	29
Waladan, Sarah	37:00	7:39:00	8:15:15	36:15	3	28
Siepen, Elle	37:00	7:39:00	8:15:18	36:18	4	27
Klein, Corinne	37:00	7:39:00	8:15:24	36:24	5	26
Nash, Paul	38:00	7:38:00	8:15:29	37:29	6	25
Yamazaki, Tomomi	38:00	7:38:00	8:15:36	37:36	7	24
Davies, Brendan	26:00	7:50:00	8:15:44	25:44	8	23
Hager, Bronwyn	30:00	7:46:00	8:15:58	29:58	9	22
Robinson, Anthony	29:45	7:46:15	8:16:05	29:50	10	21
Reed, Jen	52:00	7:24:00	8:16:06	52:06	11	20
Bray, Kerry	41:00	7:35:00	8:16:27	41:27	12	19
Stenton, Julia	52:30	7:23:30	8:16:53	53:23	13	18
Merciera, Mark	35:00	7:41:00	8:16:54	35:54	14	17
Purss, Tony	35:00	7:41:00	8:17:01	36:01	15	16
McGown, Max	40:00	7:36:00	8:17:24	41:24	16	15
Morunga, Jeff	34:00	7:42:15	8:17:31	35:16	17	14
Siepmann, Dot	42:00	7:34:00	8:18:05	44:05	18	13
White, Derek	1:04:00	7:12:00	8:19:23	1:07:23	19	12
Capel, Rick	46:00	7:30:00	8:13:09	43:09	DQ	11
Phillips, John	46:00	7:30:00	8:13:39	43:39	DQ	10
Rankin, Roy	59:15	7:16:45	8:13:55	57:10	DQ	10
Takahashi, Kazuaki	30:00	7:46:00	8:13:59	27:59	DQ	10
Owen, Caroline	39:00	7:37:00	8:14:14	37:14	DQ	10
Hill, Alex	33:00	7:43:00	8:14:29	31:29	DQ	10
Lung, Andrea	34:00	7:42:00	8:14:30	32:30	DQ	10
Ullio, Lawrence	39:20	7:36:40	8:14:34	37:54	DQ	10
Ackers, Bridget	39:00	7:37:00	8:14:42	37:42	DQ	10
Burbidge, Julian	31:00	7:45:00	8:14:46	29:46	DQ	10
Cayzer, Kim	39:00	7:37:00	8:14:54	37:54	DQ	10

In this Handicap event, Charissa Patacsil, Martin Amy, & Sarah Waladan took the first three places.

There were 4 Handicap PB's set:

Charissa Patacsil	34:36	1:46 Handicap PB
Caroline Owen	37:14	2:51 Handicap PB
Paul Nash	37:29	3:16 Handicap PB
Martin Amy	25:06	2:06 Handicap PB

The fastest male was Martin Amy (25:06)

The fastest female was Bronwyn Hager (29:58)

DQ indicates disqualified for being more than one minute under estimated time, so they get the pointscore of 10th place.

## indicates not a current financial member, but points will be given if they join before the next Handicap Event.

# Upcoming Events

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

Sat 14 Mar SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships. Lots of [discussion here](#). contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: [raceorganiser@sixfoot.com](mailto:raceorganiser@sixfoot.com). Visit the <http://www.sixfoot.com/index.php> for more details

Sat 21 Mar NSW CORPORATE GAMES - RUNNING CHAMPIONSHIP

Charity Event for Diabetes Australia-NSW - ALL profits go to charity! 5K Flat course. 10K Flat looped course There are 6 Age Classes in 5K -30 ½ 30-39 ½ 40-49 ½ 50-59 ½ 60-69 ½ 70+ There are 4 Age Classes in 10K -30 ½ 30-39 ½ 40-49 ½ 50+ contact: Diabetes Australia-NSW. email: [nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au). Visit the <http://corporategames.net.au/nsw/index.shtml> for more details. Click here for an [entryform](#).

Sun 22 Mar SYDNEY MARATHON CLINIC ROAD RACE SERIES

30km, 10km, 5km and 5km walk. At Rosford St. Reserve, Smithfield. A series of road-races which are designed to help you to train for and gauge your level of fitness for the marathon and fun-run season. Held usually on the 3rd Sunday of each month. Join a very friendly and sociable group of runners at 7.00am (long run and walks) or 7:30am (5km, 10km runs), Entry is on the day and everyone is welcome. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. contact: Luis Vazquez-Recio Mob 0414384552. email: [smc@sydneymarathonclinic.org.au](mailto:smc@sydneymarathonclinic.org.au). Visit the <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details. Click here for an [entryform](#).

Sun 22 Mar LINDFIELD ROTARY FUN RUN

A 10 km Run and 5 km Run/Walk organized by the Rotary Club of Lindfield Inc. for Sunday 22nd March 2009, Roseville Park, Clanville Road, Roseville. Start times: 5km Fun Run/Walk 8:15am, 10km Fun Run 8:30am. All proceeds go to support Rotary Projects in the community, including the Ku-Ring-Gai Youth Development Service. contact: Garry McIntosh. email: [gfm McIntosh@hotmail.com](mailto:gfm McIntosh@hotmail.com). Visit the <http://www.lindfieldrotaryfunrun.org.au/> for more details.

Sun 29 Mar THE GREAT VOLCANIC MOUNTAIN CHALLENGE 2009

A 11 km run up the 1397 metre Mount Canobolas near Orange NSW. Total climb of 520 metres with three peaks. Take the Challenge. Run from Towac Pinnacle to the summit of Mount Canobolas via the volcanic domes of Mount Towac and Young Man Canobolas Individual, Team or Family group entry. It takes in spectacular views from the volcanic range, passing through changing vegetation on little used forest roads and bush tracks. The climb for the whole route is 520m. email: [mountainchallenge@hotmail.com](mailto:mountainchallenge@hotmail.com). Visit the website for more details. email: [mountainchallenge@hotmail.com](mailto:mountainchallenge@hotmail.com). Visit the <http://sites.google.com/site/greatvolcanicsite/> for more details.

Sun 29 Mar SRI CHINMOY SYDNEY SERIES RACE 1 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY.

The opening race in the Sri Chinmoy Sydney Series for 2009. 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 double the larger loop (14 kms). The best way to enjoy the Park, and an ideal start to a public holiday. Parking anywhere near Robertson Rd Gates. Races commence at 8 am, with registration and on-the-day entries from 7 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 the <http://www.srichinmoyraces.org/au/events/sydneyraces> for more details. Click here for an [entryform](#).

Sun 29 Mar HERALD HILL TO HARBOUR CHALLENGE

The third and improved running of the Herald Hill to Harbour is tipped to be sold out quickly! A half marathon distance run has also been added to the 2009 format along with the traditional but challenging 10km course. The route runs from Dixon Park along Bar Beach, King Edward Park, Newcastle and Nobby's Beach and the entire Honeysuckle Foreshore. There is no risk of being bored as you run or walk this picturesque 10km Challenge. But don't be complacent, there is a mighty big HILL in the Herald Hill to Harbour, so get the runners out and start training for Newcastle's "newest" tradition. 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 the <http://www.heraldhilltoharbour.net/> for more details.



*Sun 29 Mar SPRINGWOOD AND BLUE MOUNTAINS ATHLETICS FUN RUN 2009*

Springwood District Athletic Club will host an inaugural road run for 2Km 5Km and 10Km on Sunday 29 March 2009 starting and finishing at Tom Hunter Park Faulconbridge. The day has been designed as a family friendly event and will kick off at 9am. The three races have been scheduled in the order of the 5km starting first followed by the 2km at 9.30 and the 10km at 10am. With the races like this it allows competitors of all ages to be able to take part in which ever race/s they wish on the day including the option to do all 3. The course/s should provide a good challenge with an assortment of hills and fast flat sections. There will be Toilet, canteen and BBQ facilities available as well on the day. contact: James Perrett. email: [jim.perrett@hotmail.com](mailto:jim.perrett@hotmail.com). Visit the <http://springwoodathletics.org/joomla/> for more details. Click here for an [entryform](#).

*Sat 4 Apr SYDNEY STRIDERS 10KM SERIES*

10km race on an officially certified course at Lane Cove National 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: [info@sydneystriders.org.au](mailto:info@sydneystriders.org.au). Visit the <http://www.sydneystriders.org.au/10k/> for more details.

*Sat 4 Apr LITHGOW KING OF THE MOUNTAIN*

The race is part of the Lithgow Show. It will be held on Saturday 4th April, the race starts at 3pm. The show is held at the Tony Luchetti Sportsground it is in Coates Avenue Lithgow, down past the swimming pool. For entry forms please contact either the Secretary (Vanetta) on (02) 6353 1775 or Heather on (02) 6352 3636, or our post box 348 Lithgow 2790. The course starts in the showground runs out the front gate goes left then across a bridge then over the road, then up to the top of the mountain around a large rock then all the way back down. When they come back into the showground they then have to go all the way around the oval to the finish line. Which all up is 4klms. contact: Heather Younger. email: [hoyounger@bigpond.com](mailto:hoyounger@bigpond.com).

*Sun 19 Apr \* CANBERRA MARATHON AND ULTRA (ACT)*

42.2km & 50km, 7am, Kids Marathon, 8am 'final 2.195km of the marathon distance'. Telopea Park School, Canberra contact: Dave Cundy. email: [cundysm@ozemail.com.au](mailto:cundysm@ozemail.com.au). Visit the [website](#) for more details.

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**Stretch Fowler (left) on top of the world during the Penny Farthing Festival in Tasmania.**

# **WOODSTOCK RUNNERS' BREAKFAST RUN / WALK**

## ***"THE BALMAIN PUSH"***

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

**Sunday 3<sup>rd</sup> May**

Meet at 7.20 am for 7.30 am start

Start at Ann Cashman Reserve, corner Beattie and Elliot Streets, Balmain

There are no toilets at Ann Cashman Reserve but you can use ours until 7.20

Plenty of free parking at the start but there are meters outside my house

Or park in the car park in Beattie Street close to Darling Street



Breakfast afterwards at 60 Beattie Street,  
Balmain  
(about 200 metres from the start)

Distances 5, 10 or 15 kilometres

Maps provided and courses marked with chalk



Cost \$3

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

## **Woodstock Runners – Membership Forms for 2009-2010**

Membership Fees for the 2009-2010 year are due by 31<sup>st</sup> March 2009. 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 31/3/2009** - Any members not rejoining by 31/3/2009 cease to be a member on that date (refer Constitution, clause 8.2).

4. **New Club Gear Order Closing 24/2/2009** – new stock of short sleeve tops, long sleeve tops, and bra tops will be ordered from Hot Designs on 24/2/2009, 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	\$45
Long Sleeve Tops	\$55
Bra Top	\$60

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

### **These orders will definitely close 24/2/2009.**

We still have stock of singlets and caps, and a few polar fleeces are 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 31/3/2009 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, and if you do not consent to your details appearing on our Member List. The Member List will not be posted on our website, and is only intended for internal Club purposes.

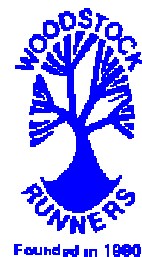
7. **Questions?** - If you have any questions about the above, please see a Committee member or myself, or contact me via email on [info@woodstockrunners.org.au](mailto:info@woodstockrunners.org.au)

Thanks,

Colin Townsend  
On behalf of the Club Committee



# Woodstock Runners Membership Form – 2009-2010



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 2009-2010 as indicated below:

## **Part A - Club Fees:**

### **Existing Members**

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 31/3/2009</b>	\$40.00	\$25.00	
Joining <b>after 1/4/2009</b>	\$50.00	\$35.00	\$ _____

**New Members** - New Member Fee includes a Club T-Shirt, or \$10 discount on Club singlet. Size: \_\_\_\_\_

	<b>Adults</b>	<b>Concession</b>	
Joining <b>before 2/8/2009</b>	\$50.00	\$35.00	
Joining <b>after 3/8/2009</b>	\$40.00	\$25.00	\$ _____

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

<b><u>Distance</u></b>	<b><u>Event</u></b>	<b><u>Date</u></b>	<b><u>Time</u></b>
10km			
City to Surf			
½ Marathon			
Marathon			

## **Part B – Club Gear**

	<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>		<b><u>Size / Qty</u></b>
Cap \$20	_____	Singlets (M/F) \$40	____ / ____	Old T-Shirts \$5	____ / ____
Short Sleeve \$45	____ / ____	Shorts – Female \$40	____ / ____	Old Singlets \$5	____ / ____
Long Sleeve \$55	____ / ____	Bra Top \$60	____ / ____	Polar Fleece \$28	____ / ____
					\$ _____
				<b><u>Total</u></b>	\$ _____

### **Please tick as appropriate:**

- ☐ I require paper copy of the “Rundown” (Club Newsletter issued monthly)
- ☐ I **do not** consent to my above contact details being included in the Club Member List

### **Please return to:**

Treasurer - Woodstock Runners Inc.  
PO Box 672  
BURWOOD NSW 1805

**Cheques should be made payable to “Woodstock Runners Inc”.**

**Woodstock Runners Executive Committee**  
**Nomination Form for 2009 (nominations close 9/5/2009)**

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

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

**Woodstock Runners Executive Committee**  
**Nomination Form for 2009(nominations close 9/5/2009)**

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

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)



**Woodstock Runners Executive Committee**  
**Nomination Form for 2009 (nominations close 9/5/2009)**

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

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)

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

Signed: ..... (Nominator)

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

Signed: ..... (Nominee)