

**The**

# **WOODSTOCK RUNDOWN**

**May 2010**

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?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805



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

As we are only 3 months away from our 30th birthday, we need all members to don their thinking caps as we endeavour to come up with ideas for a celebration. I'm sure our new social secretary and assistants will provide us with something special and we ask that all members support them.

We've seen some excellent results as the Fun Run season starts in earnest with Martin Amy's PB in the Marathon in Canberra as well as Phil Lobsey's great marathon run and brilliant 50km effort. Brendan travelled to Melbourne and managed to beat the legendry Puffing Billy.

Best wishes to all suffering injuries at present. Chaia, Stretch and John Phillips have been out for some time. We hope you're all back very soon, along with those I have not heard about.

Many thanks to those who sponsored me in the Sutherland Shire Relay For Life. I was in a team from my school and ran 21.3k plus I walked 5k with friends. A Half Marathon is not an easy task on a track. However the school managed to raise around \$4000 and it's still coming in. Overall, the Sutherland Event is expecting to bring in half a million dollars.

Good luck to all running the SMH Half Marathon on Sunday and thanks to Brendan for organising the internal competition.

We welcome a number of new members and hope some of them will join us in the Fun Runs very soon.

Happy training all

***Kerry***

### **2010 - 2011 - COMMITTEE MEMBERS**

**President** - Martin Amy

**Vice President** - Barry Cole

**Secretary** - Rick Collins

**Treasurer** - Phil Lobsey

**Team's Coordinator** - Brendan Davies

**Walkers Representative** - position vacant - no nominations

**Social Secretary** - Deirdre Stuart, Leslie Maher & Marie Lucas

**Uniforms Officer** - Dot Siepmann

**Website Administrator** - Colin Townsend & Elmarie O'Regan

**Publicity Officer** - Charissa Patacsil

**Rundown Publisher** - Charissa Patacsil

**Welfare Officer** - Kerry Bray

**General Committee members** - Lawrence Ullio, Vass Vassiliou, Greg Muir, Roy Rankin

### ***May Birthday Celebrants***

***John Dawlings 3rd, Thalia Anthony 4th, Michelle Warren 16th,,  
Emanuel Finos 21th, Alex Hill 22nd, Ray Dean 31st***

## Letter from the editor

Howdy Woodies,

Number of us are looking forward on Sunday' SMH Half marathon. Look out and smile, as we might be staking out at MacQuarie Streets taking your photos.

Congratulations to everyone who have good running times and to those who are well from injuries. Good luck to the newly elected committee officers, and we do need your support to carry out the club's objectives and new plans for the year.

To those who haven't renewed their membership, you still can online or ask forms from the officers. Enjoy the runs!  
- Editor

**"SUCCESS IS THE SUM OF SMALL EFFORTS, REPEATED DAY IN AND DAY OUT."**  
- ROBERT COLLIER

### ***Running Late!!***

A Woodstock bird told us that we should forget your age increments and almost totally forgot to wish you our greetings.

Better late than never they say! So, belated  
HAPPY BRITHDAY to:

**Wayne Brissett 19/2**

**Michelle Smith 15/3**

**Graeme Tuft 30/4**

### **Welcome to the Woodstock Family!!**

**Teresa Wood  
&  
Stephen Briant!!**

#### **30th Anniversary Announcment**

Calling all members!!

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

Send it through email or to:

Thank you!

- Editor

## **May-June Training Program**

<b>Tuesday Runs</b> 6pm @Woodstock, Burwood,		<b>Thursday Night Intervals</b> 6:30pm@Campbell Oval, Ashbury.		<b>Saturday Runs</b> 7.20am at Brett Park, Drummoyne	
11/05/ 2010	Woodstock Fun Run 8km (AGM Night)	13/05/2010	3 minutes x 8	15/05/2010	Handicap Run #2, Brett Park
18/05/ 2010	Concord 9km	20/05/2010	"Mile Down" Pyramid	22/05/2010	Balmain Shores 7.5km
25/05/ 2010	Canada Bay 11km	27/05/2010	Long Hill/Short Hill Repeats	29/05/2010	Hell Hill 8km
1/06/2010	Homebush Run 10km	3/06/2010	5 minutes x 6	5/06/2010	Balmain 9km

### **Did you know?**

In terms of participant size, New York, Chicago, London, Paris, and Berlin are the 5 largest marathon event



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**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.*

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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.



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



**To Schedule an  
Appointment**



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



## **Thursday Night Track (TNT)**

***Sick of plodding along at the same pace?***

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

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

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

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

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

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

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

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

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

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

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

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

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

**What is your occupation?** I originally trained in social work and social policy. I now work as a manager in the NSW Public Service. I work at Ageing Disability and Home Care managing a team of case managers/therapists who work with people with an intellectual disability. I have also worked with homeless people, prisoners, and people with serious mental illness.

**Running age group?** 35-39

**Do you have family?** Yes a wife Ingrid - who was a very good 200m runner in her day - and our baby daughter Louisa. I have two older brothers (Thom and Lawrence) and a mother whom I am very close to. I now have three nieces - Isolde, Eleanor and Havana. Sadly my dad has been deceased for 15 years.

**How long have you been a Woody?** About 7 months. Hopefully this relationship continues well into the future.

**Do you run on Tuesday night/TNT/Saturday morning?** I run with the Woodies on Thursdays and some Saturdays. I enjoy the challenges both sessions provide me - chasing Kazu on a Saturday and being yelled by Martin on a Thursday.

**Why do you enjoy running?** My older brother, who I idolised, was keen about running about the same time I qualified for some representative cross country. As I got older I did it more to recover from the excesses of my social life. More recently I have taken running seriously because I cannot play any sports that require acceleration - I have torn my hamstring four times calcifying the muscle. Distance running is one of the only methods I have available to stay physically and mentally fit.

**What is your favourite running distance/course/event and why?** Part of me wants to please Martin, Brendan, Anthony and Phil by saying a marathon. Being true to myself I prefer the shorter distances of 5-10km. I would like to reach my goal times in these races before I seriously increase the distance.

**What has been your running highlight?** The highlight of running has been meeting wonderful people who set inspirational examples (i.e. Dot, Martin, Bronwyn, Susan M, Brendan, Kazu, Rick, John, Phil, Anthony, fast Pete, and my mate Tim aka Freespirit Fitness).

**Any lowlights (injury etc)?** The struggle that was the Balmain Fun Run 2009 was about as low as I have plunged! The hamstring and lower back is a constant worry.

**What was the last race you went in and how did you go?** SMC on the 21 February. I was aiming to go under 20 mins for the 5km. I did it in 20:19. I have four more goes this season to get it under the 20 minute mark.

**Anything funny/unusual ever happened to you while you have been out running?** Funnily no. What other sports/hobbies are you involved in? I was a handy park cricket player. I scored two centuries (118 and 102) and once took ten wickets in a match (10/86). I played soccer for 25 years solidly not spectacularly. I am a keen reader of philosophy and politics. Favourite food/beverage? I love a beer and an asado (ribs).

**If you could have dinner with anyone who would it be and why?** I would love to meet the Canadian philosopher John Ralston Saul. In lieu of his non attendance I would love to have dinner with Brian Ferry of Roxy Music or John Taylor of Duran Duran. They are welcome to invite female company.

**Where would your ideal holiday be?** I love Uruguay. I enjoy its antiquity and laid back feel. It was like Southern Italy on valium. Their passion for football was real, the people were terribly good looking, and there were fantastic retro Fiats and Renaults everywhere. If I should disappear, look for me in Montevideo.

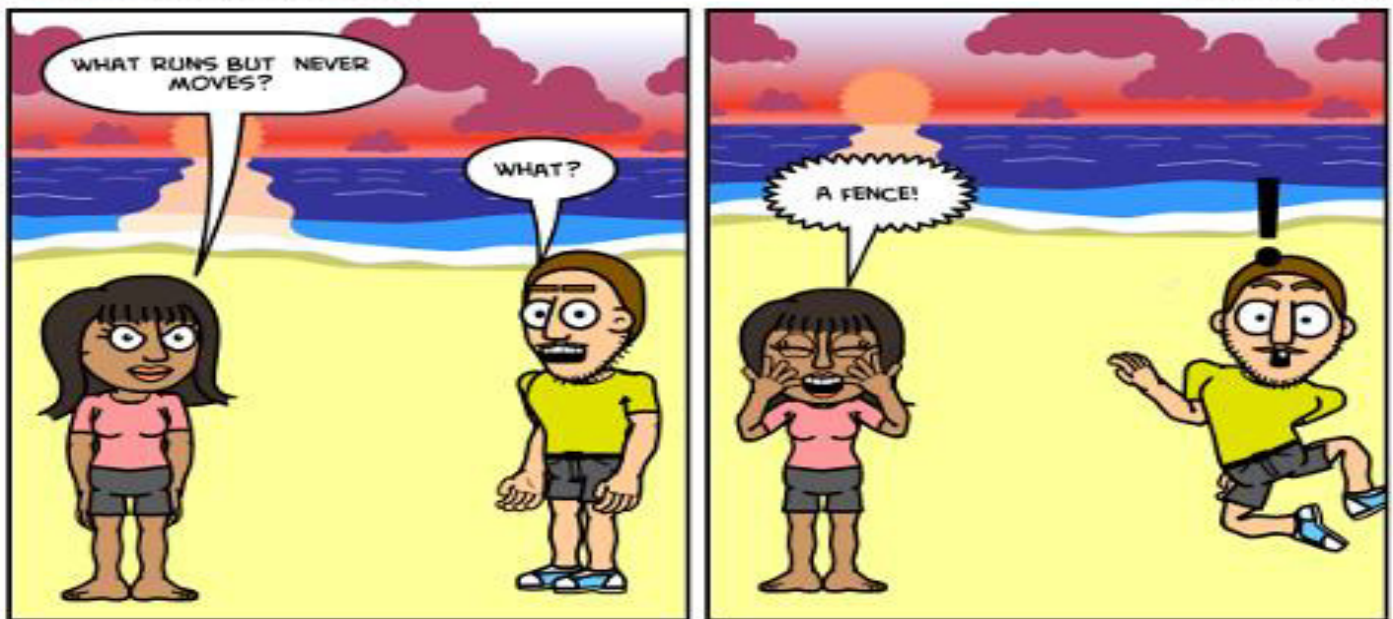
**Favourite running shoe? Why?** I recently started wearing some Mizuno Wave Rider 12's. Brilliant.

**Interesting things we may not know about you?** I collect retro football jerseys from around the world. In particular I have a special collection of Nottingham Forest tops dating back to the 70's. My dad's family were from Nottingham and as a child Nottingham Forest were winning everything in sight. The last 20 years have been lean.

*Thanks Theo for sharing! And 'twas a surprise bumping into you one night at the bay run. - Editor*

## RUNS NEVER MOVES

BY CHAIA



## Handicap Event, 22/5/2010

The 2010 Handicap Series continues this month (15/5/2010).

It starts from **7:45 am sharp** near the normal Brett Park run, with runners & walkers handicapped according to pace. The entry fee is only \$2, with the usual "lucky place" prize of a pair of movie tickets.

Entrants nominate their own time. However, to be fair to all entrants:

- **Anyone beating their time by more than one minute will be disqualified.**
- **Watches are not permitted, to prevent "staged" finishes.**

The best three events for each member count towards the 2010 Pointscore Awards. The points basis is very simple - 1 point for last, 2 points for second last, etc.

The registration list will be available on Tuesday 11/5/2010 to register your time, or you can phone me on 9680 7476 or 0413 484 053 (or SMS) with your time, or by email on [colin\\_townsend@optusnet.com.au](mailto:colin_townsend@optusnet.com.au)

It is helpful if I can get your time estimates by 8:00pm 14/5/2010 (Friday night), so that the start can proceed without too many interruptions.

I look forward to seeing you there.

Colin



## Race Results

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

### SYDNEY MARATHON CLINIC Smithfield, NSW 18/4/10 HALF MARATHON

Martin Amy	1.18.54 PB, 2nd M20, 5th O/all
Thalia Anthony	1.44.53, PB 4th M30, 5th F/Oall
Tim Cochrane	1.21.47 3rd M20, 6th O/All
Brendan Davies	1.16.54, PB, 2nd M30, 3rd O/All
Phil Lobsey	1.33.21 PB

#### 10KM

Helena Amaro	55.47 1st 10 km race she has done, 3rd F30
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John Dawlings	45.59 3rd M50
Manal Garcia*	44.57 1st F30, 2nd F/Oall
Alex Hill	42.22 3rd M20,
Daniel Lorenzotti	37.12 PB, 1st M20, 2nd O/All

#### 5KM

Theo Hastings	21.18 3rd M30, 9th OAll
Dot Siepmann	29.37 1st W60

### ANSW NOVICE X/C CHAMPIONSHIPS

#### Scarborough Park 24/4/10

##### 4KM

Linda Barwick*	20.30
Dot Siepmann*	25.45

### MACARTHUR ANZAC RUN Camden, NSW 2/5/10

#### 5 KM X/Country

Dot Siepmann	32.43 1st 50+
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### NSW ROAD CHAMPIONSHIPS Homebus, Olympic Park 1/5/10

#### 10 KM

Manal Garcia*	43.19 9th F35-39
Tomomi Yamazaki	59.47
Lorraine Spanton*	50.33 6th F55-59
Terry Vohradsky	49.00
Emanuel Finos*	44.16
Jeff Morunga*	52.40

#### 5KM Fun Run

Chaia Patacsil	25:26 3rd Open
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### GREAT TRAIN RACE AGAINST THE PUFFING BILLY Victoria 2/5/10

#### 13kms

Brendan Davies	47.35 17th Male
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Brendan beat the Puffing Billy which took 51.49.

### CANBERRA MARATHON Canberra 2/5/2010

#### 42.125 KM

Martin Amy	2.49.31 PB, 8th O/All
Phil Lobsey	3:19:34 PB

#### 50KM

Phil Lobsey	4:02:33 9th O/All, 8th M Open
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### REX FOULKES HALF MARATHON (Part of the Canberra Running Festival) 21.195 Km

Linda Barwick*	1.53.50 1st W55
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### Canberra 5KM Marathon Eve Run

#### 5Km Marathon

Theo Hastings 5km	20.44.
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### KEDUMBA PASS FUN RUN, INCORPORATING ANSW STATE MOUNTAIN CHAMPIONSHIPS 2010 KEDUMBAH WENTWOTH FALLS 11/4/10

#### Mens Open, 10km

Brendan Davies, 52:11, 5th o'all, 4th ANSW
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### MOTHERS DAY CLASSIC, PARRAMATTA 9/5/10

#### 8 KM,

Lorraine Spanton:	40.40 (2nd W50)
Lesley Maher:	41.42 (3rd W50)
Calli Brown:	41.43
Deirdre Stewart:	42.21

### MOTHERS DAY CLASSIC, DOMAIN 9/5/10

#### 8 KM,

Maree Lucas:	47.30
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### WEST MET SERIES ERMINGTON 8/5/10

#### 8 KM,

Brendan Davies*:	27.29 (2nd O/All & 1st M30)
Daniel Lorenzotti*:	30.11 (1st Open)

#### 4 KM

John Murray*:	? (2nd M40)
Yvonne Fillery*:	? (3rd W40)

*\*Not in Woodstock gear*

## Upcoming events

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

### Sat-Sun 15-16 May THE NORTH FACE 100

A 100km competitive ultra-trail running event in the Blue Mountains open to individuals. Rated by Dean Karnazes, the Ultra-Marathon Man, as "the toughest 100km (he's) ever done", this is the pinnacle of trail running events in Australia including a spectacular course, over 4,200m elevation and a cut-off time of only 30 hrs to complete the course. Belt buckles for those finishing in less than 14 hours and 20 hours! Test yourself, push your own limits and achieve something to be proud of! For those not quite ready for the total experience, the Marathon Pairs option offers teams of 2 the possibility to relay the distance at mid-course. contact: Alina McMaster. email: [info@arocsport.com.au](mailto:info@arocsport.com.au). Visit <http://www.thenorthface.com.au/100/> for more details.

### Sat 15 May SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES

Steak & Ale, Jacana Grove, East Heathcote, Sydney. Drive to the end of The Avenue where it meets Jacana Grove, East Heathcote. 1km, 2km, 3km, 5.3km, 10.5km. This is a tough course along a rocky trail in the National Park. First race at 1.50pm. You can try our club out as a trialling member for just \$5

### **Continuation ... Upcoming Events**

before joining. So come along and enjoy the fun. All forms and more details on the website. Senior Scratch Championship race. contact: Paul Coull 9520 4913. email: [webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit the <http://www.sutherlandathletics.com/> for more details.

#### **Sun 16 May THE SYDNEY MORNING HERALD HALF MARATHON**

The 19th annual SMH Half Marathon will be held on Sunday, May 16. The scenic 21.1km course will once again start at St Mary's Cathedral and finish in Hyde Park, taking in Sydney's beautiful surrounds and breathtaking views along the way. The SMH Half Marathon has always attracted the nation's best distance runners including the late Kerryn McCann who passed away from breast cancer. To pay further tribute to McCann, the Breast Cancer Network Australia (BCNA) is the SMH Half Marathon's official 2010 charity partner. Register support for BCNA - or your favourite charity - at [www.everydayhero.com.au](http://www.everydayhero.com.au). Participants last year raised over \$170,000. Show support for those affected by breast cancer by wearing pink on the day. The SMH Half Marathon has been a pre-race sell out for the last decade - so don't miss the opportunity to take part. email: [halfmarathon@smh.com.au](mailto:halfmarathon@smh.com.au). Visit the <http://halfmarathon.smh.com.au/> for more details.

**Sun 16 May WALLAROO STATE FOREST FUN RUN** contact: Deidre - 0418 962 185. email: [hall@idl.net.au](mailto:hall@idl.net.au). Visit the <http://halfmarathon.smh.com.au/> for more details.

#### **Sat 22 May KATHMANDU ADVENTURE SERIES - ROYAL NATIONAL PARK, SYDNEY**

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

#### **Sat 22 May AUSTRALIAN MOUNTAIN RUNNING CHAMPIONSHIPS (ALL AGE GROUPS FROM 15 YEARS TO 70+) (ACT)**

Mt Tennent, ACT. 12 noon Start/finish off Apollo Road, Naas, ACT. Fit runners of all ages from 15 years to 80 years are welcome. Fit orienteers, triathletes and fun runners are welcome, in addition to athletics club members. All runs are on a high quality 4WD dirt road and finish at the summit which offers spectacular views of Canberra and Namadgi National Park. After finishing participants walk or jog 6kms back down the mountain. contact: John Harding. email: [hackettrunner@hotmail.com](mailto:hackettrunner@hotmail.com). Visit <https://commerce34.pair.com/tzone/events/amra/auschamps10/> for more details.

#### **Sat 22 May SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES**

Como Interval Start. We meet in the picnic area at the end of Cremona Rd, Como. Races start on the railway bridge and proceed into Oatley. 1km, 2km, 3km, 5km, 10km. Course is undulating. 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](mailto:webmaster@sutherlandathletics.com). Visit <http://www.sutherlandathletics.com/> for more details.

#### **Sun 23 May SMC ROAD RACE SERIES**

25km, 10km, 5km and 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: [smc@sydneymarathonclinic.org.au](mailto:smc@sydneymarathonclinic.org.au). Visit <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details. Click <http://www.coolrunning.com.au/users/calendar/2009/2009e080.pdf> for an entryform.

#### **Sun 23 May SRI CHINMOY SYDNEY SERIES RACE 3 - MIRAMBEENA 16 KM, 8 KM & 2 MILES.**

The 3rd race in the Sri Chinmoy Sydney Series for 2010. Treat yourself to something special. An exquisite course for aficionados of fine running, through native bushland between Prospect Creek and Lake Gillawarna. Starting and finishing on the grassy expanse of Beatty Reserve, off Beatty Parade at the southern end of Mirambeena Regional Park. The 2 mile course is flat, while the 8 km and 16 km routes include a few bracing hills. Relax post-race on the banks of Dhurawal Bay. Parking at the end of Beatty



### **Continuation ... Upcoming Events**

Pde, off Henry Lawson Dr, Georges Hall. 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 the [http://au.srichinmoyraces.org/sydneyraces\\_10](http://au.srichinmoyraces.org/sydneyraces_10) for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3771> for an entryform.

#### **Sun 23 May THE WANDA X-TREME 6**

THE WANDA X-TREME 6 Jock Athletic and Skins bring you a unique event stemming from the ever growing soft sand racing fraternity. A 6km endurance race on grass, unsealed service trail, and through the famous Wanda Sand hills @ Cronulla & beach trail. Hills aplenty! This race has 12 categorised hills, both sand and unsealed road. But wait there's more, you also get a bonus km for no extra charge, total 7km. Last years winner Jeremy Horne rated this the toughest race he's been in. This race is for everyman and his dog, yes a dog and owner category will set off 60mins before the main race. Visit the website for more details and to enter online. New this year is the Family & Kids 2km fun run or walk and the Skins Sprint Drop-off event! And don't forget your FREE performance singlet for all entrants of the Wanda X-Treme. contact: (jock) 02 9544 3628. email: [info@jockathletic.com](mailto:info@jockathletic.com). Visit <http://www.jockathletic.com/> for more details.

#### **Sun 23 May MANLY SCENIC FUN RUN & WALK**

10km, 5km & 2km run and walks in scenic Manly NSW To raise funds for local and international charities. Multiple categories & GROUP events contact: Robert Steffens. email: [robertsteffens@yahoo.com](mailto:robertsteffens@yahoo.com). Visit the <http://www.manlyfunrun.org/> for more details. Click <http://www.manlyfunrun.org/Registration.aspx> for an entryform.

#### **Sun 23 May 2010 BLACKTOWN CITY FESTIVAL FUN RUNS**

The 2010 Blacktown City Festival Fun Runs will be held at the new Blacktown Olympic Park. A 10km and 4km course is certified accurate. Both races will start at the athletics track and will loop around the new AFL/Cricket oval for the 4km course and the 10km course will continue on to the picturesque Nurragingy Reserve, Doonside. 9.00am start for the 10km and 9.10am for the 4km. Open and category awards presented on race day. contact: Mark Gibson. Phone 02 9839 6000 bh. email: [mark.gibson@blacktown.nsw.gov.au](mailto:mark.gibson@blacktown.nsw.gov.au). Visit the <https://regonline.activeeurope.com/blacktowncityrun> for more details.

#### **Sun 30 May BONDİ BAREFOOT**

The "BONDİBarefoot" was first run in 2003 and has quickly developed into a unique Australian running event. Run over 3 distances - 10km, 4km, and the Barefoot bolt. It is run entirely on soft sand between the Northern and Southern ends of Bondi Beach and a skins-type knock out beach sprint held over 70m. The race is repeated 60 secs after the completion of the previous race. Categories - Open, U19, Over 30, Over 40, Over 50. Bondi is renowned for having one of the softest sands in the world, making running all that more challenging. Start time 9am. email: [info@bondibarefoot.com](mailto:info@bondibarefoot.com). Visit <http://www.bondibarefoot.com/> for more details.

#### **Sun 30 May BANKSTOWN HEART OF THE LAKE 3KM & 10KM RUN/WALK**

Races start and finish at the Western Districts Joggers and Harriers' Clubhouse at Lake Gillawarna- 150m west of the footbridge over Henry Lawson Drive, between Flinders Rd and Georges Cres, Georges Hall. Start Times: 10KM - 8.00am , 3KM - 8.15am. Picturesque trafficfree running course follows pathways and trails in a park and Lake setting, a balanced and "honest" 10km course with a good mix of hills and flats. The 3km course is fast and flat, with an "easy" walk/Run course for the beginner runner and family groups. Awards for 1st, 2nd & 3rd Female and Male outright and in each age category for both races. Lucky Draw for all runners/walkers. contact: Pam Green (02) 97711113. email: [westiesjoggers@gmail.com](mailto:westiesjoggers@gmail.com). Visit <http://www.westiesjoggers.com/> for more details.

#### **Sun 30 May COFFS HARBOUR SPRINT ADVENTURE RACE**

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

#### **Sun 30 May OATLEY PARK FUN RUN**

A scenic 2.5/5km fully sealed fun run/walk through the beautiful bushland setting of Oatley Park on the Georges River in southern Sydney. Organised by the JORG running club. All finishers receive a certificate. Cash prizes & trophies/medals for category placegetters. Refreshments available. Pancakes/sausage sizzle. Free bag minding. Childrens playground. Picnic grounds and bushwalks for that after run cool down with the family. Park on site or walk 1.2km from Oatley train station. Online or

## **Continuation ... Upcoming Events**

postal entries now open. contact: Jim Owens 0408 462 617. email: [info@oatleyfunrun.com](mailto:info@oatleyfunrun.com). Visit <http://www.oatleyfunrun.com/> for more details. Click [http://www.coolrunning.com.au/calendar/public\\_html/2010/2010e036.pdf](http://www.coolrunning.com.au/calendar/public_html/2010/2010e036.pdf) for an entryform.

### **June 2010**

#### **Sat 5 Jun SYDNEY STRIDERS 10KM SERIES**

10km race on an officially certified course at North Head. 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](mailto:10kmseries@sydneystriders.org.au). Visit the <http://www.sydneystriders.org.au/10k/> for more details.

#### **Sat 5 Jun SUTHERLAND DISTRICT ATHLETICS CLUB - WINTER CROSS COUNTRY & ROAD RUNNING SERIES**

Sutherland Bike Track, Sydney - Interval Start. The bike track is at the southern end of Waratah Park on Rawson Avenue, Sutherland. The course consists of multiple laps of the track which is gently undulating apart from one tough hill. 1km, 2km, 3km, 5km, 8km. First race at 1.50pm. You can try our club out as a trialling member for just \$5 before joining. So come along and enjoy the fun. All forms and more details on the website. Senior Scratch Championship race. contact: Paul Coull 9520 4913. email:

[webmaster@sutherlandathletics.com](mailto:webmaster@sutherlandathletics.com). Visit <http://www.sutherlandathletics.com/> for more details.

#### **Sat 5 Jun GRAPE ADVENTURE HUNTER VALLEY**

Team up for an Adventure in the grape area of Pokolbin in Wine Country, Hunter Valley. This unique format will cater for lovers of the outdoors with kayaking, mountain biking and off road running included in a challenging and fun format. If you are ready then take on the Big Adventure or if you are a novice then try the Fun Adventure. After the race you will celebrate on the Lake and then have the option of dining at the gala dinner held that evening. All this fun can be had with the knowledge that you will helping raise funds for, and awareness of Organ Donation in Australia. contact: Paul Humphreys. email: [paul@hevents.com.au](mailto:paul@hevents.com.au). Visit <http://grape-adventure.net/> for more details. Click <http://grape-adventure.net/default.asp?PageID=19795> for an entryform.

#### **Sun 6 Jun GREAT NOSH FOOTRACE**

Run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland. The course is 15km, mostly on bush tracks and fire trails, with some steep sections. Now in its 36th year! Start at Lindfield Oval, Tryon Road, East Lindfield, 10-00 am. Finish at Seaforth Oval, Wakehurst Parkway, Bantry Bay. Classes Male/Female, Run/Walk, and a range of age categories. Entries \$20 enter on the day, or pre-enter by 28 May for \$15. contact: Robert Spry (02) 9410-1313. email: [robert.spry@smartchat.net.au](mailto:robert.spry@smartchat.net.au). Visit <http://bennelong.nsw.orienteeing.asn.au/> for more details. Click <http://www.coolrunning.com.au/users/calendar/2010/2010e021.pdf> for an entryform.

#### **Sun 6 Jun 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 and give you a handicap. Join the club and race for weekly and yearly prizes and medals. We also have social runs every other Sunday. Check out our website for the calendar and race rules. Contact: Graham Leslie 8402 1169. contact: Graham Leslie. email: [gles@inet.net.au](mailto:gles@inet.net.au). Visit <http://www.berowrabushrunners.com/> for more details.

#### **Sun 6 Jun MS WALK AND FUN RUN**

Warm up those legs this winter and join 5000 other runners and walkers along the beautiful Sydney Harbour Foreshore for the 20th MS Walk and Fun Run. Whether you're an elite runner or a weekend walker, make sure you're part of the action - stroll or sprint, roll or run or even travel by pram! Whatever you choose, you will be helping to support thousands of Australians living with multiple sclerosis. The sheer beauty of Sydney Harbour gets forgotten by many Sydneysiders. The event will start and finish from the picturesque Hyde Park and will follow a scenic track around Sydney, through the Rocks and by the iconic Opera House. The MS Walk and Fun Run has been hosted and owned by MS Australia ACT/NSW/VIC for 20 years! To celebrate this milestone the 2010 event has an array of exciting entertainment added along the course and at the finish line as well as some special surprises on the day! Walk routes are between 5km and 16km and take in some of Sydney City's most scenic and iconic parklands, gardens and bridges. All walking courses are stroller and wheelchair friendly. Watch out for our roving entertainers along the way. Rlf you want a challenging course consider the 8km Run event which is based at Bradfield Park, Milsons Point. Run through the harbour-side streets of Milsons Point to Balls Head reserve and return. Finish with a sprint down the famous Luna Park boardwalk. Take the first step in becoming part of this iconic event and register online now at [www.mswalk.org.au](http://www.mswalk.org.au) contact: MS EVENTS. email: [events@msaustralia.org.au](mailto:events@msaustralia.org.au). Visit <http://www.mswalk.org.au/> for more details. Click <http://www.mswalk.org.au/> for an entryform.

# SMH Half-Marathon Internal Teams

Team 1	
Brendan Davies	1:17:00
Emma Pryor	1:58:30
Peta Bray	2:11:00
<b>Total</b>	<b>5:26:30</b>
Team 2	
Martin Amy	1:17:50
Rebecca Bangura	1:55:00
Kerry Bray	2:12:00
<b>Total</b>	<b>5:24:50</b>
Team 3	
Michael Cantley	1:25:00
Max McGown	1:58:00
Deirdre Stewart	2:02:00
<b>Total</b>	<b>5:25:00</b>

Team 4	
Bronwyn Hager	1:33:30
Paul Whiteway	1:50:00
Graham Tutt	1:59:10
Brian Ogilwy	2:00:00
<b>Total</b>	<b>7:22:40</b>
Team 5	
Manal Garcia	1:38:40
Rick Collins	1:49:00
Bridget Akers	1:59:00
Lawrence Ullio	2:00:00
<b>Total</b>	<b>7:26:40</b>

**Rules:** The absolute difference between the estimated time of each runner and the actual time of that runner is calculated. The differences of the team members are added to get the total. The total is divided by the number of runners in the team to get the average. The team with the lowest average is the winner. For instance, if all 4 members of a team estimate a time of 100 minutes and they run 95, 106, 97 and 90, the average difference for the team is  $(5 + 6 + 3 + 10) / 4 = 6$  minutes.

People not finishing (or starting) the run or not members of Woodstock Runners are not eligible for prizes. Their times are not counted and the times of the remaining team members are used. You do not have to be in Woodstock Uniform, although it is encouraged. If a timing chip is used in the event, this time is used rather than the 'gun' time.

## 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

# Footy Tipping

## CURRENT LADDER



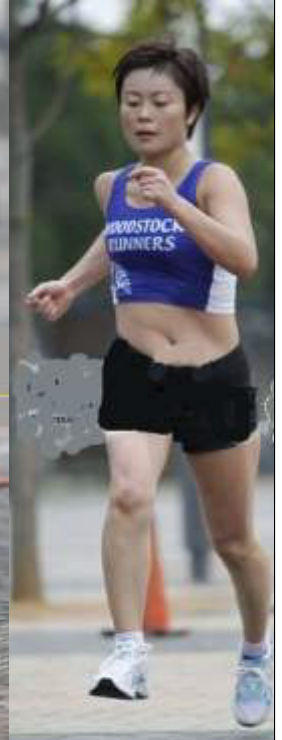
Show Full Ladder

Rank	(LW)	Tipster	Points
1	(1)	paulwhiteway	84
2	(2)	stretchfowler	80
2	(2)	Trialex	80
4	(4)	Mickcan	79
5	(6)	Go Jana Love Tamsyn	75
6	(5)	3553	74
7	(7)	Colin T_0	69
8	(8)	bronbrons	67
9	(9)	Brendan Davies	65
10	(10)	LukeT1	50

Total Tipsters: 10    Comp's Weekly Avg: 1    My Season Avg: 7



# Woodstock snaps



Clockwise from Top: Calli Brown, Lesley Maher, Deirdre Stewart & Lorraine Spanton@Mother's day Classic; Dot Siepmann@TNT; Terry Vohradsky, Tomi Yamazaki& Max Crossley @Sydney:10; Terry@Sydney:10; Tomi@Sydney:10; Chaia Patacsil@Sydney:10; and guess whose dog is the new Woody Mascot?