

The

September 2012

WOODSTOCK RUNDOWN

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The Rundown on Members: Kerry Bray

We're 32 and celebrated appropriately last weekend at the Tigers Club in Five Dock. While not exactly recognisable as runners, our birthday party was attended by rugby players, robbers, witches, waiters, red riding hoods and redheads among others. All present were appreciative of Maree's efforts in organising a great night and cooking a yummy birthday cake. Thanks Maree. Barry's lucky draw proved popular, especially by the winners and Chris Amy's Woodstock Runners bunting will be a gift we will use for years to come. Many thanks Chris and Barry.

We offer huge appreciation to Sandra for her wonderful organisation of the trip to the Mudgee Running Festival as well as to our fabulous bus driver, Joe. It was a brilliant weekend enjoyed by more than 20 members. Sandra was rewarded by a sensational 18 minute PB in her 2nd Marathon and the look on her face crossing the line certainly made the weekend for me. Well done to many others who won awards or ran PBs and thanks everyone for their great camaraderie.

Thanks also to Brendan for collecting times and forming the internal and external teams for C2S and congratulations to those who figured in winning awards. Runners were grateful to Marty for this week's TNT Time Trial, as well as to his loyal volunteers making the whole event possible.

I was disappointed to hear recently from Maureen Pollard that John was admitted to an aged care facility last month due to his early onset dementia. He has progressed from low care to high in just 6 months. I heard following our party that Max Hall has had surgery on his foot. We wish you a speedy recovery, Max. Len Foulser, aged 97, who has been in a nursing home for over 3 years now, has deteriorated in the last month.

Hiltrude has left our shores and returned to her home in Switzerland. Those of us who ran with her in the 4 months she was in Australia enjoyed her company and she herself was delighted she was able to extend her stay to take part in the C2S which was a real buzz for her. Pablo is currently holidaying in Ecuador with his Mum.

Best of luck to all competing in the Blackmore's events in a couple of weeks as well as all other runs in September. Don't forget our next trip away to the Central Coast Nov 24/25 with a Half Marathon and a 10k. Please let Sandra know if you're interested.

Happy running and walking now in Springtime.

Kerry

BIRTHDAY Wishes: September:

6th Nils Herold, 7th Murray Clarke, 8th Colin Townsend, 9th Phil Lobsey, 10th John Murray, 11th Susan Murray, 12th Dot Siepmann, 13th Martin Amy, 14th Kevin Lucas, 20th Maree Lucas, 21st Gavin Tunstall, 26th Siobhan Barry, 27th Nick Marshall

Welcome NEW MEMBERS: Greg Marsh, Melissa Hando, Gavin Tunstall, Robyn Barnes, Alex Newberry, Mark Bailey, Tilo Schroeter, Jeanne-Vida Douglas, Austin Roch

A note from your Editor:

Hello Woodies, What a month we have had, plenty of action and another full newsletter published. My apologies for taking a few extra days to get it out, I spent my weekend enjoying the amazing weather and catching up with friends rather than getting this done. A big month for birthdays, all arriving 9 months after New Year celebrations! The Woodstock birthday party was a huge success and a great time was had by all, keep your social diary free for the Xmas party which promises to be just as much fun. I hope you will agree as you read the newsletter that we have to be one of the friendliest clubs around, membership is not just about improving your running but having fun along the way and having someone else care about it when you do good. Sandra

C2S 2012 Greatest Hits by Angela Haynes



38 yes 38 Woodies and 14kms of fun started at Hyde Park in the CBD with a cruisey 6.2km out to Rosebay, a 1.6km slog that is the infamous Heartbreak Hill, 3kms of undulations through Vaucluse and concluded with a cheery 3.2km downhill to land at Bondi Beach. Sydney had a week of chills and gale force winds in the lead up but on the day we enjoyed close to perfect running conditions in what just might be our largest C2S roll call yet.

Sandra donated her entry fee to Brendan Davies Kokoda Challenge Cause so brought the banner and a smile to the finish line to mark the Woodstock territory (next to the surf club, behind the playground where I understand we have met since Jesus was a boy). Anyways, Sandra

got the first award for the day...the only race related injury (a decent knee graze) as a non runner!

Like magnets, Woodies seem to find each other. Bridget Akers and Rick Collins were eyeing each other off at the start nominating finishing times only a second apart. Age had it on the day (sorry Rick) and Bridget delivered the goods! Michael Anderson ran his debut C2S and commented "Heartbreak hill was as hard as I expected but the 4 or 5 little hills after it were where I had trouble. Good course and great atmosphere with all the bands and everything so will definitely be back hunting for a much better time next year".



The ultimate after party at Marks Park was wisely abandoned due to wind and cold – yes we would run in any conditions but when it comes to chillaxing, comfort prevails. That meant some of us missed out on Miriam and Nils Beetroot and Fetta Muffins... we will engineer that better next time! I did get some of Kathy's Muesli slice though, yummo. I had trooped over to Bondi the night before to park the Tarago and weren't the parking angels on my side, jackpot parking spot 100m from Bondi hotel! Will run the gauntlet again next year as a fine will still mean two years parking for the price of one – not to mention we jammed 10 bodies in for the trip home.

Of course we were still keen for a post race debrief and refuel and in the words of the cheeky Michael A..."I was introduced to the chronic indecisiveness of Woodstock Runners after the run We were originally having a picnic but then decided to go to the pub (PJ Gallaghers Drummoyne). We got to the pub but Bowan Island next door was calling so after 7 changes of mind we ended up there. We then decided the pub would be fun so headed to Hunters Hill Hotel. But when we got there we spend 15 minutes choosing the correct seating area. It was a great afternoon and a big thanks to all!" Echo that, special thanks to Brendan for organising the internal teams comp... bring on 2013!

Woodstock Xmas Party – SAVE THE DATE - Saturday November 17th

We have some great ideas for the Christmas Party this year and a venue has been secured. More details next month, but for now, please save the date in your Social Calendar.

See our revamped website for a larger version of this table

Woodstock Runners and Walkers 2012 City2Surf Internal Teams

1st - Team 6		Est	Chip	Diff	Ave	6th - Team 9		Est	Chip	Diff	Ave	11th - Team 11		Est	Chip	Diff	Ave
John	Dawlings	1:00:00	1:00:26	0:00:26		Michael	Anderson	1:08:00	1:06:50	0:01:10		Plakias	Evan	1:09:00	1:18:29	0:09:29	
Kerry	Bray	1:24:00	1:24:00	0:00:00		Peta	Bray	1:20:00	1:17:51	0:02:09		Lisa	Llinssen	1:20:00	1:18:01	0:01:59	
Rebecca	Bangura	1:15:00	DNS	n/a		Alan	Wigg	1:18:00	DNS	n/a		Nick	Marshall	1:18:00	1:14:52	0:03:08	
		3:39:00		0:00:26	0:00:13			3:46:00		0:03:19	0:01:39			3:47:00		0:14:36	0:04:52
2nd - Team 4						7th - Team 2						12th - Team 5					
Tym	Blackwell	0:56:00	0:55:29	0:00:31		Mick	Cantley	0:52:00	0:53:45	0:01:45		Miles	Pullen	0:58:33	0:56:34	0:01:59	
Mary	Sherman	1:35:00	DNS	n/a		Therese	Ayoub	1:55:00	DNS	n/a		Emma	Pryor	1:25:00	DNS	n/a	
Paul	Whiteway	1:11:00	1:11:00	0:00:00		Mark	Mercieca	1:10:00	DNS	n/a		Rick	Collins	1:14:59	1:23:38	0:08:39	
		3:42:00		0:00:31	0:00:15			3:57:00		0:01:45	0:01:45			3:38:32		0:10:38	0:05:19
3rd - Team 3						8th - Team 8						Top Estimator!		Kerry Bray		Spot on!	
Kazu	Takahashi	0:56:00	0:55:48	0:00:12		Frank	Hidvegi	1:05:00	1:04:52	0:00:08				Paul Whiteway		Spot on!	
Joseph	Ayoub	1:55:00	DNS	n/a		Dot	Siepmann	1:22:00	1:25:52	0:03:52		Way off Award!		Nils Herold		0:11:32	
Murray	Clarke	1:11:00	1:10:14	0:00:46		Teresa	Wood	1:17:00	1:15:24	0:01:36							
		4:02:00		0:00:58	0:00:29			3:44:00		0:05:36	0:01:52	Average Chip time of males *				1:07:42	
4th - Team 12						9th - Team 1						2011=1:12:55, 2010=1:15:22					
Kathryn	Bolitho	1:09:00	1:08:01	0:00:59		Brendan	Davies	0:49:00	0:51:30	0:02:30		Average Chip time of females *				1:19:57	
David	Miller	1:20:00	1:20:36	0:00:36		Kath	Whiteway	2:10:00	2:08:46	0:01:14		2011=1:24:30, 2010=1:20:38					
Scott	Murray	1:18:00	DNS	n/a		Sarah	Waladan	1:09:00	1:12:50	0:03:50		Average Chip time of all members *				1:13:24	
		3:47:00		0:01:35	0:00:48			4:08:00		0:07:34	0:02:31	2011=1:18:00, 2010=1:18:00, 2009=1:19:24					
5th - Team 7						10th - Team 10						Number of Did Not Starts (DNS) *				8	
Anita	Doig	1:04:00	1:03:07	0:00:53		Chaia	Patacsil	1:08:30	1:07:30	0:01:00		2011=2, 2010=1, 2009=1					
Angela	Haynes	1:23:00	1:24:34	0:01:34		Nils	Herold	1:20:00	1:31:32	0:11:32							
Miriam	Herold	1:17:00	1:15:39	0:01:21		Bridget	Akers	1:18:00	1:17:48	0:00:12							
		3:44:00		0:03:48	0:01:16			3:46:30		0:12:44	0:04:15						

* Only includes members part of this internal competition

Brendan Davies:	51.30	Sarah Waladan:	72.50
Michael Cantley:	53.45	Nick Marshall:	74.52
Tym Blackwell:	55.29	Teresa Wood:	75.24
Kazuaki Takahashi:	55.48	Miriam Herold:	75.39
Miles Pullen:	56.34	Bridget Akers:	77.48
Alex Hill:	59.55	Peta Bray:	77.51
John Dawlings:	60.26	Lisa Linssen:	78.01
Scott Mitchelmore:	60.44	Evan Plakias:	78.29
Anita Doig:	63.07	Deirdre Stewart:	79.51
Phil Lobsey:	63.31	John Murray:	79.57
Frank Hidvegi:	64.52	David Miller:	80.36
Tony Purss:	65.22	Rick Collins:	83.38
Chaia Patacsil:	67.30	Kerry Bray:	84.00
Michael Anderson:	66.50	Angela Haynes:	84.34
Kathryn Bolitho:	68.01	Dot Siepmann:	85.52
Mark Sullivan:	68.15	Nils Herold:	91.32
Marta Purinan:	70.00	Zaklina Civijovski:	95.36
Murray Clarke:	70.14	Kath Whiteway:	(walker) 2.08.46
Paul Whiteway:	71.00	Lesley Maher:	Time not known

		23/02/2012	26/04/2012	28/06/2012	30/08/2012	
Position	Last Name	TT1 Pts	TT2 Pts	TT3 Pts	TT4 Pts	Total Pts
1	Siepmann Dot	24	17	24	25	90
2	Day Fiona	21	22	22	22	87
3	Hidvegi Frank	19	19	18	21	77
4	Lucas Maree	14	24	14	23	75
5	Bogun Sandra	20	21	14	19	74
6	Muir Greg	24	24	25		73
6	Blackwell Tym	23	25		25	73
8	Haynes Angela	18	19	14	17	68
9	Lobsey Phil	21	23	23		67
10	Doig Anita	23	20	23		66
11	Bray Kerry	14	25	25		64
12	Patacsil Charissa	22	18		21	61
13	Whiteway Paul	18		20	18	56
14	Amy Martin	14	13	14	14	55
14	Ovenden John	14	13	14	14	55
16	Ayoub Joseph	16	21		16	53
17	Ullio Lawrence			22	23	45
18	Cantley Michael	20		24		44
19	Doughty Patricia	19			18	37
20	Murray Susan		22	14		36
20	Plakias Evan	17		19		36
22	Wood Teresa		15		20	35
23	Anderson Michael			17	17	34
24	Newberry Alex			16	15	31
26	Davies Brendan	25				25
28	Hager Bronwyn				24	24
28	Ruston David #				24	24
30	Bolitho Kathryn		23			23
31	Degabriele Joe				22	22
33	Purinan Marta			21		21
33	Hill Alex			21		21
35	Bangura Rebecca		20			20
35	Clements Julia			20		20
35	Tunstall Gavin				20	20
38	Barnes Robyn			19		19
38	Bailey Mark				19	19
40	Rutherford Debbie		18			18
40	Barry Siobhan			18		18
42	Wigg Alan		16			16
42	Mancuso Gaye				16	16
44	Miller David			15		15
44	Amaro Helena				15	15
46	Tutt Graeme	14				14
46	Phillips John	14				14
46	Wong Carson			14		14
46	Whiteway Kath				14	14
46	Clendenning Brendon #				14	14
46	Ayoub Therese				14	14
46	Lucas Kevin				14	14
53	Herold Miriam		13			13

- Non-Member. Not eligible for Series Awards, unless Membership received during Series.

5km Time Trial Martin Amy

So, the 4th TT was a particularly 'nippy' evening, those who came, suitably warmed themselves and took to the Campbell Oval turf to test themselves against what is a mentally the toughest race held on Thursday in Sydney.....

With a few of the Series main contenders not racing, they're now known as fair-weather racers, it was going to be an interesting evening as to how it would all pan out, in setting up for the last Series event!

So the age-adjusted winners were - Tym (Rooster) Blackwell and Dot (Disco) Siepmann, with Paul Whiteway estimating exactly that he would complete the 5km course in 25mins, even without a watch!

The updated Series table sees Dot take the overall lead, with Fiona hot on her luminous heels. So for the coveted 2012 Title, it will be a close "run" thing....

I did seek advice from Adam Spencer about the permutations of the results for the final TT, but alas, even his super-mathematical brain was at a loss as to what could happen!

Thanks muchly to Kevin, Kath and the Big O for their help on the night, in arctic conditions it has to be said!

So, all there is to say for the next one is BRING.....IT.....ON.....

Mark it in your diaries now - 1st November 2012 (Yes this is a week later, as it will be there as your final tune up for the Homebush 10km race on the Sunday)...

Woodstock Xmas Party – SAVE THE DATE - Saturday November 17th

We have some great ideas for the Christmas Party this year and a venue has been secured. More details next month, but for now, please save the date in your Social Calendar.

IAU World 100km Championships In pursuit of the Sub 7 dream

Just keep putting one foot in front of the other Brendan! Keep moving forward at any cost. It was only 15km to the finish but it could have been a thousand. I was feeling like death and looking for a hole to lie in. Hey, who turned out the lights? Oh, that's weird; it was just an overhead tunnel I was running through. What's happened to my hearing? Is it the sweat filling my ears or is something cognitively going awry? This was going from bad to terrible very quickly...

Going back 24 hours...being introduced as Team Australia; Andrew Heyden and team manager Robert Boyce, standing with the Australian Flag in the Seregno Plaza during the Opening Ceremony was a real buzz. Baton twirlers led a 20 piece marching band through the city centre, belting out energising hits like 'Eye of the Tiger' and the less energising, but equally impressive 'Smoke on the Water'. All the athletes marched behind the band and were graciously welcomed by the local residents, shoppers and store owners who looked all a little bemused by what was happening in their cities streets! We proudly marched behind Andorra, a one-man team, and in front of the larger Austrian team-the vicinity of this Northern Italian town to Austria worked favourably and they were keen to grab a team medal. The biggest cheer was of course left for the even bigger Italian led team, led by the irreplaceable and current 100K World Champion and IAU ultra runner of the year Giorgio Calcaterra. This was a guy who once ran 20 sub 2:20 marathons in a year. All the big ultra running nations had large teams; the USA, Spain, Russia, Japan and Sweden.



Go forward to the next morning at the start line and I was gripped by feelings of great anticipation and pride, running for Australia with the elite of road ultra running. Leading into the event, I felt as best prepared as I could be. I had done everything right, giving this race the due respect it deserved. I had done the long runs, 40, 50, 60+km weekly progressions with good mate and Aussie 24h representative Ewan Horsburgh. I had done the back to back long weekend runs and the long taper into the event, walking my way around foreign lands and denying myself the feast of Turkish cuisine day after day. I was fresh and ready to rip in. I had my race plan and I was looking forward to seeing what I could deliver.

My previous best at this distance had been 7:31 at the inaugural Commonwealth Ultra Distance Championships in 2009. After this, I had failed twice at the road 100K format, both times pulling the pin at 50K after setting over ambitious targets. I had learnt my lesson, I wasn't going to jeopardise the outcome I deserved by getting caught up in the moment or by not running my own race. I had crossed off all the little one percenters, and now it was time to execute.

My plan was to follow the great Don Wallace's advice and leave the running until the very end of the race; the build-up would be slow but purposeful; measured and precise. It's the only way to run these events where pacing is crucial and knowing your targets are key. The layout of the course was to my liking, five 20km laps through the streets of Seregno; with only one u-turn it was a quick, flat course. The five lap format was ideal; it was easy to break my race strategy into five parts. The first 20k was the warm up, second lap was to be the building stage, third the consolidation, fourth was the 'let the games begin' and the fifth was always going to be the mystery lap (in other words, let's see how I feel)! With Robert Boyce positioned at the 10km aid station and my ever supportive wife Nadine at the start/finish, my nutrition and hydration aid plan was in capable hands. This is how the race unfolded.

Lap 1, 0-20k: The brisk morning air made for ideal conditions. I started conservatively and had to rein in my stride length and cadence; jogging and barely raising a sweat warming up and introducing myself to some others to run with. I was trying to be as economical as possible with my leg lift and power output. I was keeping fluids and calories up while letting the bunnies go off in the distance. My average km splits were 4:08 and this was, if anything, a couple of seconds faster than I had planned but mentally I was right on top of this race.

Lap 2, 21-40k: Was very similar to the first 20km, but I began to ramp up the cadence slightly, while still feeling like a fast jog. I found some packs to run with and protected myself from the little breeze that was blowing. I was running well within myself, but this is not easy! One of the hardest things in ultras is keeping the speedometer under control. I knew during this lap that I was going to have a good day. I kept my fluids and calories up, sticking to the plan of a gel and sports drink or water every 10kms. I learnt the hard way that Italian aid stations are quite different from those in Australia, twice picking up cups I thought were water only to gulp down firstly warm tea and then mineral water! I didn't gain many places but this was not expected at this early stage. My average km splits were 4:01. I was getting a buzz out of the crowd lining the streets and loving it!

Lap 3, 41-60k: I started to pull in a few of the packs. I was running with French and American runners, and we gradually reined in some packs that were starting to pay for their quick start. I was in a really good rhythm and felt great. My feet were comfortable, my arms and shoulders relaxed and my cadence was ticking over like clockwork. Thankfully there were no signs of muscular fatigue. In the much more taxing trail ultra races my quads and calves would be beginning to complain by now. I was running as lightly as possible, just trying to kiss the ground before toe off, high on my midfoot. Each kilometre I would focus on something new; rotating between an aspect of my feet, arms, breathing, head and torso. I was listening attentively for the slapping sound of a tired footstrike. I heard them, but only from those that I was passing! Average km splits for this lap were 3:58. Things were on track!

Lap 4, 61-80k: This was easily my quickest lap. I was lulled into a false sense of security by my race execution thus far and, depending which way you look at it, I either courageously or foolhardily decided that this was the day to have a crack and go for something special. I began to stretch out, up the cadence and the effort scale. I pulled in so many of the early pacesetting bunnies; they offered no challenge at all when passed, so many of them were fading badly while I was powering on. I probably passed 10-15 guys while also seeing a lot of others pull the pin and succumb to the mental barrier that is another 30 odd kilometres with a broken down engine. At the 70km aid station Rob handed me a cup, with what at that point had been routinely water. With the day heating up, and the opportunity to grab some random liquid to drink only a hundred metres further up at the lucky dip communal aid table, I thought I'd throw this one over the head. Great idea, only that is was Coke in the cup! I could hear chortles of laughter as I ran off. Regardless, it must have still given me the affect I wanted and you know it is a good day when you start passing powerhouse nations like Japan, Spain and the USA. I suspected I must be up in the top 20 but surprised myself and caught Nadine off guard at the 80K mark by coming in seventh and finding her casually chatting to the Irish crew! I was on track for a massive run. Average km splits were 3:52 and by the end of the lap my average splits of the entire race were right on 4 minutes.

Lap 5 81-100k: BAM!! From going feeling great to someone dropping the piano on my shoulders! I could not believe how quickly I was breaking down. Without much warning, from the 82km mark, my laps started to blow out worryingly. I walked a couple of the aid and sponge stations and was beginning to be passed by runners that I had passed a little earlier on the previous lap and I knew it

was now a real possibility of losing the sub 7 goal and blowing my time right out. They do say these races are run in the last 10 kilometres, had I made my charge a little too early? At the 90k aid station, Rob Boyce this time handed me, in his wisdom, a bottle of coke and it made an immediate difference and I began running myself out of the bad patch! Back to running instead of shuffling, hitting 4:10-4:20kms again and even passing one French guy that had only a couple of kilometres earlier passed me. I was battling it out with a US runner with whom I had run a large section of the race with, I had no idea of my position but it didn't matter, the sub 7 was the only goal. In the last 2-3kms, I battled, but he put on a great surge with a km to go and I couldn't go with him. My average km splits were 4:34. I'd thrown the dice and come out slightly behind, but nothing ventured nothing gained!

Reflecting back on this race, I know the overwhelming sense is that it was a successful race. But I can't help but think that at the 80k mark I was on track for a massive negative split and the perfect of perfect races with an approx 6:45 finish time and very high finishing position. However, it was not to be, the bad patch from 82-91km probably told me either that I made my charge a little too early or put just a bit too much into the previous lap. I tend to think it was a bit of both, especially towards the end of the 60-80km lap where I was putting efforts in to chase down guys that were no longer struggling, but actually running quite within themselves. I think I may have gotten a bit greedy with the passes. Resigning myself to just ease back behind these guys that were running well and settle down the pace would probably have been the wisest choice. But in the heat of the battle, these decisions are difficult to make!



On the positive, I reached my 'A' goal of sub 7 hours and the bonus was finishing in 11th place, which seemed was destiny given this was also my bib number! Pacing wise, I was disciplined early on, something I have struggled with in the past but this race proves that in ultras, the idea is to ease into the race and aim for a negative split. Fellow Aussie Andrew Heyden went in with a few niggles but toughed it out bravely to finish in a very smart time of just over 8 hours. The winner was home town hero Giorgio, with a sub 6:30 time.

It was, as always, a great honour to represent Australia and I really did enjoy training and racing again on the road after concentrating on trail ultras so much in the last year or so. I definitely encourage all ultra runners to have a go at the road or track ultras. Road and trail are different disciplines altogether and road ultras can teach you so much about economy, rhythm and pacing that trail ultras don't really allow you to do. I really hope that we have two full teams at next year's World Champs in Korea. There is so much in our favour. It's only a short trip from Australia and it's roughly in the same time zone. I have a feeling there won't be as many of the European nations represented either, due to travel and expenses. The course is flat and fast and you can be sure of Korean efficiency with the organisation. I really believe we have the quality in our ultra running ranks to challenge for team medals. Unfortunately there are not a great deal of qualifying races and this is so often the hardest part of getting in the team, but with the race in October next year, there is plenty of time to prepare and plan a qualifier.

Lastly, I would just like to thank AURA for their support and selection in the team and in particular Rob Boyce for his efficient and smooth managing on the ground in Seregno. Thanks also to team captain Andrew Heyden for his support and of course my wife Nadine for impeccable crewing and putting up with the alarm clock going off so early in the morning for so many early morning training runs!

Running HI: Rainforest Half Marathon and fun runs By Chaia Patacsil

I have been looking and planning to visit our own Hawaiian Woodstocker, Kim, and saw cheap flights to Honolulu and thought it was a good Birthday gift for myself to travel.



After getting my US Visa sorted out, an honorary member Nita Robertson, expressed her interest to join my trip. And there is no other way to get another overseas trip without trying to search a local fun run...wait a minute, actually, the search for a Fun run, cheap flights was how the order of my plan was. I am glad that Kim was happy to host us in their humble abode. Nothing even makes it better if you go overseas and be with a local and stay away from doing the usual touristy routine. Kim's family has been very hospitable and the kids, Ethan and Alyssa help prepared our guest room. Spending 10 days in HI, half of the trip we did some walks, and sightseeing. Kim immersed me one day in her Monday bootcamp in the beach!



And on the weekend we flew 45 mins to Hilo, Big Island, where the Rainforest Volcano Half Marathon. From the airport we drove to Volcano, picked our race packs (where we did not know lunch was included in the registration - Australia races you should learn from this) that includes some muesli/protein bars and shirt. We did nothing tiring on pre-race day before but visited Volcano steams and drive and psyched ourselves through the race course - which was leafy shady and undulating. It was a very tame night despite what our room number says ;)



The island actually has higher altitude compared to Oahu and colder and less humid. The course includes a little bit of off-road gravel through the bushes. We are around 15 min drive to the race start and got there very early did our pre-race routines. I actually did register for the race to enjoy the scenery and do an easy holiday run, knowing I have recently hurt my back as well, I needed to be smart. Also, knowing the race is measured by miles, I couldn't be bothered computing my pace, ran with no watch. The race was pleasant, hilly but no big steep ones, just long undulating ones. There were enough drinking station-water and energy drinks, GU at half way. Kim finished 6th

Female, I managed to finish 10th female and managing not to get "senioried" by an inspiring US master record holder.

For me, the best highlight of the Hilo trip was the 7KM walk (after the half marathon!) to a crater, and watching the lava glow from a Volcano mouth. Before heading to the airport on our way back to Oahu, we went to check out the local shops and the Flower/fruit market. The rest of our stay in Hawaii includes picnic at the beach, walking up a hill to see the lighthouse, swam in the famous Waikiki and Ala Moana beaches, a joy ride around the Oahu Island, so small that we managed to go around it in 3 hours, caught a glimpse of the sunset, ate at a local cafe and ate Hawaiian meal - Kalua Pig and Taro Mash, ate the famous Duke's Restaurant and lots of sight seeing and shopping. We also managed to do 2 training runs, and got acquainted with the hills and headwind that trained Kim to beat her PBs after PB.



Another highlight was when Kim and the kids surprised me on my birthday a cake shaped like my fav pet, it was YUMMY. While we stayed there everyday, I noticed that anytime of the day, hot and humid, people of all colour/size and fitness level try and have a go to do their run and walk. I had an amazing time, one of the many awesome trips I had, combined with two of the things I like - Travelling and running... Oh and good friends!

A Woodstock adventure of a 'twinned' kind Martin Amy

So, after being tipped off about a suitably named running Club near Oxford – Woodstock Harriers - <http://www.woodstockharriers.com>, I made contact. Within half a day, I'd received 2 replies and one more followed soon after. Mike, Steph and Kevin all provided me with details of the sessions. So after suitable deliberation/organization I was heading to their Tuesday session which so happened to be a Hills session.

Ok, so not done one in a while I thought a meet and greet and a bit of a workout, El Prez can handle this Phew-eeeeee, the meet took a while (22km bike ride) to happen, the greet was short as I met Kevin and the others as they had already started! Flip my calves were sore as I started their - as many us and downs as you can muster in a - 12min, 5min (rec), 12min, 5min (rec), 6min session. So afterwards, well, erm, my calves were, erm, pooped and by this time the rain was falling heavier. They suitably reminded me of the less inspiring Australian Medal, despite my continuous protests that for the purposes of that conversation, I was British, needless to say their 'chat' didn't subside.... In true Woodstock fashion, they too weren't shy of a photo, with Mike and the Harriers kindly posing with me and accepting a Woodstock top. Not sure whether it'll fit Mike, but it will look good framed and in his living room, where no doubt it'll head if not wearable.



It was lovely to meet the Harriers and it'll be a definite stop of any future trip to the Old Dart. Mike, Kevin, Steph thanks for setting it up and to all those who were there, thanks muchly!! Their running grounds of Blenheim Palace are an awesome spot and I highly recommend anyone visiting to put it in their itinerary, great bunch and super welcoming! I won't talk about the ride back, because I would write some many naughty words. In summary it was wet, cold, wet and cold!

The next day I was off to Bristol to run with my *Little Sister's* running group – Long Ashton Runners - <http://www.facebook.com/pages/Long-ashton-running-club/190474340990081>

Having the previous week run with the *Luckiest Parents in the World's* running group – West Wight Road Runners - <http://wwrr.blogspot.com.au/> and another Isle of Wight Running Group – Isle of Wight Road Runners - <http://isleofwightroadrunners.net/>. Hit any of these Clubs up for a run if you're in their neck of the woods.... As of course we are now "honorary" members!

I could write more about all those runs, but Sandra kept me to a word count! (*note from Sandra, if only that were true I would pass on my secret to all*)

Woodstock Xmas Party – SAVE THE DATE - Saturday November 17th

We have some great ideas for the Christmas Party this year and a venue has been secured. More details next month, but for now, please save the date in your Social Calendar.

Woodstock take on Mudgee

Sandra Bogun

I was very excited to be once again preparing to load up Joe's bus and head away on a Woodies Weekend. I had dragged a friend out from New Zealand to do the run with me, we were meant to run Auckland together last year but he had to work (think he just knew it was going to be a hot day and got out of it personally) and he had wanted to do the Adelaide Marathon (having never heard of Mudgee) but I persuaded him a trip away with Woodstock would be way better than a week in Adelaide's vineyards!

Everyone was at Woodlands Tours in plenty of time and we left a little early (shock horror) and was right on time to pick Jeff Morunga up at the M4 Services and very shortly afterwards the food started to appear. Kerry produced her brownies which are now a real selling point of the trips and it is to be noted that from here on in if you choose to self drive you will be denied the pleasure of a perfect brownie!

Within a couple of hours we were in Lithgow for breakfast and toilet stop and someone had left the window open, man it was cold and there was no lingering outside today – there was evidence of snow and ice bought in on other cars – we were expecting it to be even colder in Mudgee – and it did not disappoint. Shortly after midday we were checking in to the The Lodge and sorting out sleeping arrangements before Joe arrive at each door with the very welcome Whoodies, just what we needed in these artic conditions. A little after 2pm and it was back on the bus and off to pick up our race packs and for our 5 and 10km competitors to get race ready. Despite the cold weather a good crowd had turned out and the 10km pack started first with the 5km runners heading off shortly after.

With a fair number of runners in both events there was plenty of action and lots of cheering and clapping to keep us supporters warmed up – that is until the long wait for the presentations started. Next year they have promised to use timing chips to help speed things up, and we all should have realised that when he said “about half an hour” he really meant 2 hours, but with Dot, Lesley, Maree, Joe and Brendan all picking up bling it was worth standing around in the bitter cold for (no really, it was ...).

First stop after the presentations was the supermarket for those forgotten essentials and a few of the Sunday runners picked up some gloves, just in case, before we stocked up on liquid refreshments. At 6.30 it was over to the restaurant for a steak or pasta dinner all served with garlic bread and there was plenty for everyone. The family room became party central while the mighty All Blacks walloped some lesser team in the first of the Bledisloe Cup games.

Sunday morning the alarm was off at 5am and the microwave sparked into life for porridge and a nice cup of coffee then back to bed for an hour, love these smaller events where you don't have to leave the house 3 hours before the start just to get there. The bus headed off at 6.30 with another runner hitching a ride so her kids could stay in bed a little longer. After the big chill of the day before we were greeted with a surprisingly warm 7 degree morning with no wind and clear skies – lovely. The usual pre race dashes to the loo and checking you have everything and trying not to think about it took up the few minutes before the race briefing and a leisurely stroll up to the road for the start, not a huge crowd so very relaxing start to the day and with no stress at all, we were off.

I started the run with 3 others who were also running their second ever marathon, all had run good times in Canberra earlier in the year and were targeting 4 ½ hours for Mudgee the same as me. “So why do you think you will run 15mins slower here” I innocently asked to be told “have you seen the hills”? Well frankly, no I had not and at that point I decided to not ask any more questions. I was having a really good start to my day and running easy but not particularly slow, I was very pleased at the 8km mark to still be up with Teresa and Nigel who I knew to be faster starters than me. The classic comment of the day came from a Lady as we left the 8km mark who asked if I knew when the next portaloos were – on hearing there were no more on track she said in a horrified voice – I'm from London, we don't pee outdoors! Teresa knew her, and it seems that she was right and made it to the finish.

From 8km it was all new territory, the half marathon course turned around there, and shortly afterward the first hill, not too bad, and then there was another one, and another .. and then came the big one! I played cat and mouse with the lady from the start line who had done 4:15 in Canberra but was expecting the hills to slow her down, I could beat her up the hills but she would pass me on the way down. I did manage to find out she was 17 years younger than me so took real pleasure everytime I passed her and in finishing 20 minutes in front of her. Crested what had to be the last hill but instead of taking the road to the right they had you run down the other side a bit, turn around and run back up again – the poor dead roo's at the bottom of the hill made sure everyone did not linger at the bottom.

Finally we seemed to be over the worst of the hills and into easier running and then, the half way mark and I got there in 2:07 which I was very pleased about. At the 25km mark I started to tire and needed the first of two toilet stops, there is not much cover in Mudjee and with people out working on the vines you really had to pick your spots. Fortunately there were only 55 taking part in the Marathon so by now fellow runners were few and far between.

The scenery and the weather were just stunning and Mudjee turns out in force with people on push bikes coming out to encourage runners, everyone in cars clapping and yelling encouragements (but not offering lifts) and the aid stations all manned by the friendliest of people. It was that atmosphere that really helps keep you going with some long stretches to be covered and with the body really starting to tire by 30km, there was still a long way to go, and I made a bargain with myself that if I broke 4 ½ hours I would never make myself run another marathon.

By 35km I started to pass people, and that really is a great feeling, especially if they are men and younger than me, I would always run with them for a little while to find out how they were doing and then gleefully run past, I am the tortoise, making steady progress against those who rush off at the start.

The last part of the run is on the same course as the half marathon so I recognised where I was a bit and with every step getting you closer to home ... I knew there was another nasty hill ... and there it was, and I will get past that bloke in the orange shorts if I keep this up .. and yes he is toast! Now we are back onto the road, just 4km to go, last drink station, I can see the pub from here – that was where the finish was last year (wish they hadn't moved it) and around the corner and one lady passed me, she confirmed that she was older than me so full respect, don't mind that one bit – there is the finish line and can you hear the Woodies screaming – and that clock says 4:27 – it is done!



The relief to cross the line and stop and not fall over and to share in the incredible high with my best mates Debbie and Nigel and the rest of the club who all know just exactly how great I felt, well it was 100 times better than if I had done it on my own. It also seems I am pretty good at lying to myself, within minutes of finishing I confirmed I will be doing the Marathon in Canberra. Thanks to Debbie who followed me to the loo (despite 2 stops on course I needed to go again right after finishing, was well hydrated this run) in case I had trouble getting up again and Peta for standing in line to get me coffee and the race organisers for giving out bacon and egg butty's to all competitors, this was a race finish I was had great pleasure in.



The wait for presentations was not so long and the weather was warmer and Woodstock really did make their mark in Mudjee with Kerry winning her age group in the half and Brendan, Frank and Kath picking up trophy's in the Marathon. It was interesting to see how many older runners took part in the marathon, there were 19 female runners aged from 25 to 53 and I came in well before the younger runner who told me about the hills, all that training must have done some good after all.

Our accommodation had been really great with letting us leave our bags in rooms and all pile back for showers before heading back to Sydney, the service was great and we will be going there next year.

It seemed to take no time at all to get back home, with good company and a few beers and song or two the time just flew – hope my fellow travellers found it as painless. Learn the words of the song – we will use it again.



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The Runner (to the tune of "The Gambler") Kathryn Bolitho (our apologies to Kenny Rogers)

On a cool winters morning on a bus bound for Mudjee
I met up with a runner; we were both to hyped up to sleep
We took turns at staring out the frost covered window
Til the boredom overtook us and she began to speak

She said; I've made my life out of reading peoples paces
And known what their PBs were by the way they held their stride
So if you don't mind me saying I can see your out of races
For a taste of your poweraid I'll give you some advice

So I handed her my bottle and she drank down my last swallow
Then she bummed a gel and swallowed that with ease
As the day got deathly quiet her face lost all expression

She said if your gonna win the race girl, you gotta learn to run it right

You gotta know when to jog it, know when to sprint it
Know when to walk along, know when to run
You never count your prize money when standing at the finish line
There will be time enough for counting when the presentations done

Every runner knows that the secret to winning
Is knowing what to enter and knowing when to run
Cause every runner is a winner and every cheat a looser
And the best that you can hope for is a warm and friendly meet

When she finished speaking she turned back towards the window
Crushed up the gel pack and faded off to sleep
Somewhere in the distance the runner she broke event
And in her final words I found motivation that I could keep

You gotta know when to jog it, know when to sprint it
Know when to walk along, know when to run
You never count your prize money when standing at the finish line
There will be time enough for counting when the presentations done



Woodstock Turned 32

A very big thank you to Maree Lucas for organising the birthday party at the end of August and for baking and decorating the WR cake, and to Barry and Marty for organising prizes and raffles.

Thank you also to everyone who came along and got into the spirit of the evenings fancy dress with the theme of either a W or R – well done John Dawlings for realising at the last minute that he was meant to be at the party and not the pub and being appropriately dressed as a Wallaby for both venues.

The Tigers Club entertainment kept trying to go home but we kept getting just one more song out of her and they finally called it quits on us a little after midnight – some headed off to carry on the fun which caused one or two issues with bouncers – I don't think anyone has ever had to do star jumps before to prove they were sober enough to come into a pub. See if you can guess who these folk are!



Results August

4 August 2012

STRIDERS SERIES / LANE COVE

10 KM

Joe Degabriele:	53.23
Lesley Maher:	53.54
Jeff Morunga:	56.52
Dot Siepmann:	59.58

5 August 2012

BAY RUN

John Dawlings:	28.14 (7th M50)
Frank Hidvegi:	30.48
Kathryn Bolitho:	31.47 (7th F40)

18-19 August 2012

MUDGEE RUNNING FESTIVAL

5 KM

Brendan Davies:	17.19 (2nd O/All & 1st M30)
Joe Ayoub:	26.16 (1st M50-59)
Therese Ayoub:	38.27
Maree Lucas:	29.39 (2nd F60)
Fiona McIntyre:	39.50
Kath Whiteway:	(PB) 41.37

10 KM

Lesley Maher:	54.19 (1st F60)
Dot Siepmann:	57.48 (2nd F60)
Debbie Rutherford:	(PB) 1.04.47

HALF MARATHON

Sarah Waladan:	1.46.00
Bridget Akers:	1.58.50
Kerry Bray:	2.12.34 (1st F60)
Peta Bray:	2.00.39

MARATHON

Brendan Davies:	2.47.11 (2nd O/All & 2nd M30)
Frank Hidvegi:	3.44.42 (2nd M40)
Kathryn Bolitho:	3.49.31 (3rd F40)
Paul Whiteway:	4.06.58
Teresa Wood:	4.19.03
Sandra Bogun:	(PB) 4.27.44
Jeff Morunga:	5.14.05
Nigel Kruk*:	4.15.36 (Honorary)
Woodie for the Weekend	

26 August 2012

PARKINSONS UNITY RUN

8 KM

John Dawlings:	32.22 (1st M50-64)
Elmarie O'Regan:	33.04 (3rd W40)
Susan Murray:	35.34 (4th W40)
Dave Miller:	41.35
Deirdre Stewart:	41.52
David Blackwell:	43.49
Dot Siepmann:	46.00 (1st W65)

4KM

David Murray*:	15.31 (1 U/16 & 7th)
Scott Murray:	17.08 (10th O/All)

1 September

INNOV 8 COASTAL CLASSIC

29.1 KMS

Brendan Davies:	2.38.31 (2nd O/All & 2nd M30)
Tym Blackwell:	3.14.04
Miles Pullen:	3.15.31

2 September

HIDDEN HALF MARATHON

John Dawlings:	1.36.37
Anita Doig:	1.40.45 (3rd W18-29 & PB)
Frank Hidvegi:	1.41.36
Michael Anderson:	PB 1.44.05
Kathryn Bolitho:	1.46.25
Teresa Wood:	PB 1.53.58
Bridget Akers:	1.59.45
Jeff Morunga:	2.09.05
Sandra Bogun:	2.33.30
Debbie Rutherford:	Debut 2.33.3

5 KM

Martin Amy:	18.49 (1st M30 & 6th O/All)
Elmarie O'Regan:	21.01 (1st W40 & 6 th F O/All)
Charissa Patacsil:	23.00 (2nd W30 & 6 th F O/All)
Angela Haynes:	PB 26.26
Dot Siepmann:	30.39 (1st W60)
Eddie McLean:	46.28 (1st M70+ & Oldest Runner)



Overseas Results August

Elmarie O'Regan

Kinsale Regatta (Ireland)
3 August (5 miles) 33.03 (3rd F O/all)

Volcano Rain Forest Run (Hawaii)

18 August Half Marathon
Charissa Patacsil 1:49:08
(5th age group, 10th F O/All)
Kim Cayzer 1:46:47
(2nd age group, 5th F O/All)

Martin Amy

Park Run – Greenwich (5km)
4th August 3rd – 1

Park Run – Leamington Spa
(5km)
11 August 2nd – 1

Park Run – Isle of Wight (5km)
28 August 2nd – 1



Woodies Weekends Away

Central Coast Half Marathon and 10km – 25 November 2 Day Trip - Cost TBC

1/2 Marathon and 10km Fun takes runners along the cycleway of Tuggerah Lake from The Entrance to Chittaway Point and return. Picturesque, flat trail. Organised by Central Coast Hash House Harriers, described as flat, fast and scenic, officially certified, 21.1km Half Marathon and 10km Fun Run". Accommodation booked at Waldorf Apartments right near the start finish line. Pelican feeding not to be missed. Special UK guests Brian and Chris Amy joining us again this year!

Plan Ahead – Dates for 2013

Orange Running Festival – Sunday 24th February

For the first time there will be a Marathon option at Orange as well as a Half, 10km and 5km event.

Canberra – Saturday 13 & Sunday 14 April

Ultra, Marathon, Half Marathon, 10km and 5km event

NEW ZEALAND – Hamner Springs (130km North of Christchurch) Sunday 5th May

Trail Half Marathon through some impressive bush – local attractions include natural thermal springs for post run recovery and the best jet boat ride in the world.

Upcoming Events from Cool Running Website - SEPTEMBER

Sun 9 Sep FORSTER RUNNING FESTIVAL

Half Marathon, 10km Run 5km Fun Run 5km Walk Kids Fun Run contact: Peter Camilleri. email: petercam@iprimus.com.au. Visit the website for more details.

Sun 9 Sep SRI CHINMOY SYDNEY 2012 SERIES RACE 7 - PROSPECT CREEK 24 KM, 12 KM & 6 KM.

Jack Ferguson Recreation Area, Gipps Rd Sporting Complex, Gipps Rd, Greystanes. One of the favourite of all Sri Chinmoy Marathon Team Sydney courses. Come and see why, as you meander through leafy glades along both sides of Prospect Creek. The 24 km offers the ideal 'longer run', or settle into your groove with 12 km or 6 km. This journey 'out west' is very rewarding and well worth the effort! Parking at the Jack Ferguson Recreation Area. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the website for more details.

Sun 9 Sep BATHURST EDGELL JOG

Bathurst Edgell Jog is the biggest fun run in country NSW. This year marks the 37th running of this popular event. Since its first running in 1976 more than 46,000 people have participated. contact: Jim Hallahan . email: james.hallahan@bigpond.com.au. Visit the website for more details.

Sun 9 Sep RYDE RIVERS FESTIVAL FUN RUNS 10KM, 5KM AND 1KM KIDS DASH

Gladesville Rotary are once again holding their Ryde Rivers Festival on 9th September 2012, incorporating the Ryde Rivers Festival Fun Runs at 8:15am (1km Kids U12 Dash) 8:30 am (10Km Run and Walk) and 8:45am 5km (Run and Walk). Start off a day of entertainment simply come for the runs alone. Under the new management of 6FT Track Marathon RD Colin Jeftha, the run is along the scenic Parramatta River on the shared path, out and back from the start at Kissing Pt. Park, Putney. Cash prizes for place getters and a huge number of lucky draw prizes, finishers medals and certificates and lots more. Enter online at a reduced price. contact: Colin. email: ryderiversfunrun@gmail.com. Visit the website for more details.

Sun 9 Sep JABULANI CHALLENGE

The Jabulani Challenge is a spectacular 43km (or 24km) bush run or trailwalk in the heart of Sydney's northern suburbs. For the serious bush runner, the 43km event offers a challenging course along the lines of the Oxfam or 6ft Track. For the more casual runners, families and school kids the 24km is a really fun event that caters for a wide range of groups, and is more along the lines of the Great Nosh Footrace. While it is "long enough to keep you honest" it is achievable for most people and is a great community event. contact: Cheryl Nolan. email: info@jabulanichallenge.com. Visit the website for more details.

Sat-Sun 15-16 Sep KATHMANDU MAX24 AND MAX12 ADVENTURE RACE

Have you got what it takes to compete in a MAX24 hour adventure race? Your team will need to work together to overcome the many natural obstacles (rivers, lakes, hills, mountains, cliffs and caves) that you find in your path. The course will cover approximately 100-120km of terrain. With the fastest times coming in at approximately 12 hours and the slowest times will be closer to 24 hours. The race requires no support crews. If you have done a couple of sprint races, rogaines or half Ironmans and are looking for the next challenge, then this is the event for you! Never done a 24 hour adventure race before? No worries we can set you up in a team of four with an experienced instructor to race and learn as you go! Not quite ready to tackle 24 hours, then how about the 12 hour option? contact: Todd. email: info@maxadventure.com.au. Visit the website for more details.

Sun 16 Sep COORNABONG FUN RUN

The annual Cooranbong Fun Run is on again this year with an outstanding day out for the entire family. There is a 10km, 3km and 1km event. The Fun Run commences at 9am at Avondale School Cooranbong. Registration can be done online (see link) or on the day from 7am at the school. There will be stalls, rides for the kids, vintage cars, helicopter rides, live music and a variety of food for everyone. contact: Bill Ward 043 4572336, school 4977 0200. email: bward@avondaleschool.nsw.edu.au. Visit the website for more details.

Sun 23 Sep 2012 BENDIGO BANK COFFS HARBOUR RUNNING FESTIVAL

Half marathon, 10km fun run, 5km run/walk and 3km run/walk. The half marathon course has changed to incorporate the Botanic Gardens. Terrific random draw prizes. Come along and enjoy one of the best fun run courses in Australia, bask in the layback hospitality and experience other great activities Coffs Harbour has to offer. Proceeds from the event will go to Life Education, Coffs Harbour Early Childhood Intervention, Coffs Coast Autism and Camp Quality all local kids charities. contact: Mick Maley. email: uncle@coffshalfmarathon.org.au. Visit the website for more details.

Sun 23 Sep HILLS 2012 ORANGE BLOSSOM FESTIVAL FUN RUN

Venue: Races start on fields 2/3 at Fred Caterson Reserve, Castle Hill. Next to main Soccer Field. Distances and Start Times: 4Km starts at 8:30 am, 8Km starts at 9am, 2Km (for under 12's only) starts at 9:45 The Course: is a mixture of grass, gravel and concrete, with a couple of hills. Cost: 2K- \$7 Online, \$10 for paper entry or on the day. 4K and 8K \$12 on line, \$15 for entry on the day. Primary School Challenge: 2K and 4K events only. A minimum of four (4) members per team. Electronic Timing: This event will be electronically timed. Please arrive at least 30 mins prior to your race to collect your race bib and timing strip. Prizes: will be awarded. Toilet facilities, Coffee and BBQ will be available on site. Water will be provided along the course. contact: Steve Whelan 0411145190. email: whelan@hillsathletics.com.au.

Woodstock Xmas Party – SAVE THE DATE - Saturday November 17th

We have some great ideas for the Christmas Party this year and a venue has been secured. More details next month, but for now, please save the date in your Social Calendar.