

The

October 2012

WOODSTOCK RUNDOWN

Internet: www.woodstockrunners.org.au

Email: info@woodstockrunners.org.au

Results / Contributions to: rundown@woodstockrunners.org.au

Postal Address: **PO Box 672, BURWOOD NSW 1805**

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The Rundown on Members: Kerry Bray

"If it wasn't for Woodstock there is absolutely no way on earth I could have even contemplated doing this". "The whole Woodstock group were there cheering me on at the finish line and I had no energy to even acknowledge them". These are a couple of quotes from Debbie on finishing her first Half Marathon. I feel this epitomises our great Club in the support it gives to all of us and has done so over a period of 32 years. Our record membership at present confirms we are doing things right and trust we can continue to inspire all members including those who have joined us recently.

Thank you is in order to Angela who opened her home for members to enjoy a Pasta Party the evening prior to the Blackmores' events. With many great performances the following day, the tucker was spot on. Sarah and Bridget organised breakfast at Rossinis on the Sunday after our events. What a brilliant place with good staff and fabulous views on a glorious day. Thanks guys. It gave us time then to cheer on our gallant Marathoners. Our banner clocked up a few kilometres that day thanks to Martin and Sandra.

I believe Bridget completed Tough Mudder a week ago. I do hope we see some photos and we are all keen to hear about it. Good on you, Bridget.

Sadly Len Foulser, a former member and oldest in our Club, passed away a fortnight ago, aged 97. He and his wife, Jean, were always willingly to put up their hands to help out in any way. Len did not take up running until he retired at 60 and went on to win many State, National and World Masters medals from 400m to the Marathon. He completed his very first Marathon aged 72. He was a beautiful man and a thorough gentleman. Woodstock was represented at both Len's and Lloyd's funerals in the last few weeks.

Our Christmas party and Presentation of Awards is not too far away. Make sure you have entered Saturday November 17 in your diary. Thanks to Sandra, Angela and Maree for their organisation. The following weekend is our bus trip to the Central Coast. Sandra is awaiting your deposit to secure a seat on the bus.

I shall be forwarding the next Rundown on Members from New York City. Yes, I'm off there again and will attempt to run the Marathon on 7 weeks training. I have yet to locate a 7 week Marathon Training Program, but if I finish I might patent mine. Seriously I'm there to support my 2 daughters, Peta and Ellen. Anything I do will be a sidelight. Happy running and walking to all.

Kerry

BIRTHDAY Wishes: October:

11th Helene Scarf, 12th Anita Doig, 17th Tony Lloyd, 18th Calli Brown, 27th Ross Keys

Welcome NEW MEMBERS: David Rushton, Raul Unas



Congratulations

Two of our newer members, Siobhan Barry and Carson Wong got married on Saturday 29th September, just a few weeks after completing their first marathon, crossing the line together and both recording 4.06.00. A couple of fine results all round.



A note from your Editor:

The months really are racing by and it will be Christmas before we know it. I have had a non-running few weeks with the body suffering general fatigue after the marathon and a half marathon two weeks later – how do the rest of you keep backing up time and time again from these long distances? I was still able to get the running gear on and make the start line, but the body just refused to take part after I got there. I am pleased to say a couple of weeks surfing the sofa have done wonders and I am back on track. At the end of this newsletter you will find the awards nomination form, please get your nominations in as soon as possible and I looking forward to the Xmas party in November so we can talk running, running and ... for a change .. running – over a glass of wine ☺

Quote of the Month: I'll do it Tomorrow was Yesterdays excusedo it Today

Woodstock Teams

If you ever enter a fun run and there is an option to enter a team, always have a look and see if Woodstock have been set up – if not drop us a line and we will sort it out. If a password is ever required for the team entry we always use wait for it ... woodstock

Team Events coming up:

Maroubra Fun Run: 28th October – TEAMS: Woodstock Runners 4k Run and Woodstock Runners 8k Run

To Hell and Back - Evan Plakias



About a month ago I took part in an extreme physical and mental challenge run by Original Bootcamp called Hell Week. Hell Week is a weeklong boot camp based on the training conducted by the Navy SEALs elite Underwater Demolition team.

Three instructors, each former leading military experts, put myself and 35 other men and women through the paces in what I would

describe as the ultimate test of physical endurance, mental tenacity and true teamwork.

We started at 5:30am at Coogee Beach and finished at 7am each day for 6 days. The last day was held at the sand dunes in Kurnell (for those of you who have never tried the sand dunes, give it a go sometime. It's the best hill work you'll ever do).

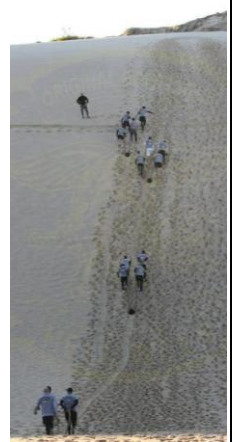
Challenges included both water and land. One day we had to jog 8 km up steep hills (and I mean *steep* hills) and stairs while carrying a heavy back pack 2, 3, 4 times.... I lost count. No resting was allowed. You keep up or you fail. Amazing what you can achieve when you have too, and with a little encouragement from your instructors (I use the term encouragement lightly).



Another day we were thrown into the ocean. It was cold that morning. I remember saying to myself, "I wish I had more body fat" while my teeth were chattering. Crazy stuff! It was a real test of strength and mental stamina.

One and a half hours might not seem long but it was 'full on' with very little rest periods. If anyone quit, the team suffered. Some did quit. I made it through to the end. A Woodie never quits. I thought I'd throw that in ☺

I learnt something valuable that week. I learnt that I'm tougher than I think. Next time I'm running and I'm met with a steep hill and my breathing becomes hard and laboured, my legs are burning and I just want to quit, all I have to do is remember the week I went to Hell and Back.



Evan it sounds like you have what it takes to do some Ultra running – will we see you in the Marathon next year?

Woodstock Prizegiving and Xmas Party – Saturday November 17th

Where:

Woodstock House, Church Street, Burwood (where the Tuesday group run from). Parking in Fitzroy or Church Street or a short walk from Burwood Train Station.

When:

Saturday November 17th from 5pm

How Much:

\$35 Adults, \$10 Children 5-16, Under 5's no charge

What do you get:

Prizegiving, Spit Roast Dinner with salads, rolls and dessert to follow (Vegetarian option available), non alcoholic drinks, tea and coffee. Music and Dancing to follow. Evening concludes at 11.30 as premises must be vacated by midnight. We will have a Cash Bar also.



How do you book and pay:

Via the Woodstock website or contact Sandra 0435 305 463 or Maree 0418 164 179 if this option does not suit you and we will help where we can.

Are children welcome:

Yes of course, but please be aware you are responsible for supervising your children and Woodstock will not take responsibility for them. As seen on a coffee shop blackboard recently – unsupervised children will be given an Espresso and a Kitten!

Schedule:

4:00 Set up Rooms
5:00 Welcome drinks and mingle
5:30 Prizegiving – first round
6:30 Dinner is served
7:30 Prizegiving – second round
8:30 Dessert and party on
11:30 Wrap up



Please do not just turn up on the night, we must have your booking and payment a week before the event to finalise catering.

Help Needed:

- Glasses: Wine / Beer glasses – anyone know where we can source these for the night?
- Microphone / Sound system – need some tunes for later in the evening
- Muscle: Setting up tables and chairs at the bar area at the start of the evening 4-5pm, please let Sandra and Maree know if you can help.
- More Muscle: Putting everything back where we found it at the end of the night – if you are still there you are helping 😊

If you can help with sourcing any of these items for loan on the night (or help with setting up the venue) please contact Sandra 0435 305 463 or Maree 0418 164 179

A Funny Thing Happened on the Way to Bundeena!

Brendan Davies

My race in today's Coastal Classic had more twists than a bag of pretzels. The way my race played out was just bizaar, still can't quite get my head around it all. I don't often write race reports about low key events but a day so strange deserves a lengthy report so stick it out as it's worth it!

I've been battling a hamstring strain in my right leg for about 2 weeks now since the Mudgee Marathon. It was more a niggle that would flare up after any activity. In my efforts to even get close to my marathon goal this year I returned to speed training early this week, while I probably should have been in recovery mode. Anyway, on my last 400m rep with the Ewan and the Spilling Squad, I was brought to a sudden halt by the said hamstring. It was a tear, not a really bad one but definitely left me pretty sore. So anyway, all week it's been R.I.C.E and just doing everything I could to get to the start line today. I went for a short 2km run yesterday (Friday) to test it out; it was better but the hamstring was numb and restricted my natural gait and any speed was out of the question. Thought then I could probably get through the 30k today as long as I didn't push too hard. I wanted to run as [barefootinc](#) have been great to me and gave me a complimentary spot in the race. I wanted to support them by wearing their great products, particularly the INOV-8 shoes. It's also a very beautiful run and I like getting back to Bundeena where I once lived and catching up with my mate Lachlan.



With Shona and Max DeLacy from barefootinc

Anyway, to the running. The start is a staggered start with runners going off in pairs in 5 second intervals. I went off with [No Roads](#) and barefootinc team mate Shona Stephenson who was backing up after last weekend's Oxfam victory and looking for her second consecutive Coastal Classic title. I thought that if I could keep up with Shona all day I'd be guaranteed an entertaining run so that was one plan. I cruised the first hill, a few guys had gone out too hard and were really suffering half way up but I maintained a steady and cautious pace. Last year I went out too hard and paid for it a bit later in the race at the headlands. At the top of the first hill at the Squeeze



INOV-8 was a popular shoe choice!

Way there is some lovely wide trail to stretch the legs out on except I couldn't, my hammy was restricting my stride length and power in the push off so I was doing an easy pace run but was still up there in the top 10 or so. Vlad Shatrov, Sam Walker, Dani Andres and a few others were beginning to disappear out of sight fast.

Entering the Palm Jungle I was trying to be as careful as I could be to nurse the leg through this section; it's tough with ferns covering the narrow, tree root covered trail and vines hanging down ready to behead the unsuspecting runner. But the inevitable happened and I stumbled on a rock with my right leg which means that the next stride the right leg takes has to be a giant stride to catch up with the left leg. This stretched my hammy beyond what it was ready for and I was in a lot of discomfort. The thought of turning around and going back entered my mind but I soldiered on. I was thankful the section through here was dry. I've never seen it so dry, usually it's a bog.

I had slowed up quite a bit and a few guys passed me. Coming out of the Jungle and onto the tricky grasslands towards Burning Palms beach was very hard work. The track is super difficult, with the grass covering the track and hiding any hidden nasty obstacles and trenches. I struggled to keep to the track and was guessing which way the track went at some points. This led to a potentially very dangerous 'fall' that I took. I say 'fall'

as I didn't actually fall over, it was more like a free fall! I got off track, and before I knew it I had run off the side of a rock face down a small gully. I had already tried to correct myself so while I was falling I was facing the wall. I had that dreaded feeling while falling of 'when am I going to hit the bottom?' The fall was about 2.5 metres, and thankfully a few branches slowed down the fall's momentum.. I was very lucky to land on my feet and only come away with a few scratched and bruised ego.

After getting myself back up the rock face I saw about 6 runners had passed me while I was down that gully, including Lachlan and Shona. Once up I was running gingerly and was glad to hit the climb at Burning Palms. I was pushing Shona up the steps here but she didn't need my help so I forged on ahead. A few guys were walking but I was pleased to be running up. Coming down onto South Era beach, I was taking the descent very cautiously. Along the beach I was able to increase the cadence a bit and was feeling much more comfortable. I was definitely still racing. In the back of my mind I thought any time near my 2:27 from last year would be great.

I got a little off track entering Little Garie, but I wasn't the only one. Probably could have been a bit more marking tape around some of these key points. Around here I caught James Kuegler, another barefootinc runner whom I had first met at the Coastal Classic last year and also competed against at the Commonwealth Championships last year. A great bloke and a top trail runner; was a little surprised to see him back off the leading guys. Running along the pebbly section right on the coastline approaching Garie is one of my favourite sections and I was getting a nice rhythm going here. I hit the long beach run and headed straight to the wave zone where the hardest sand is. I could see the next pack up ahead and could tell that my pace was quicker and I was looking forward to passing a few of them in the next couple of kilometres and get myself back into the top 10.



Crossing the creek at Wattamolla

Up the headland at Garie North Head, the trail gets lost among the heathland and I found myself off track; probably not concentrating enough. Before I knew it I was on the cliff face staring down at the roaring Tasman Sea 20 metres below! I had found a great lookout but not the Coastal Track. I cut inland to find the trail but this didn't do anything except cost me more time and scratches as the heath was basically impenetrable. Eventually I swallowed my pride and backtracked all the way to where I went wrong originally. Probably cost me around 5 minutes. When I reached the track proper there was Shona again. With my race basically over I decided to run with Shona for the rest of the journey and enjoy her company.

It was amazing how comfortably Shona was going, we were running at a very easy, conversational pace. She didn't need to push at all, that's how dominant she was. It indicates how fit she is and also the lack of depth in the women's field to push her to the next level. I'm sure the leading men wouldn't have been able to talk very much! Evidentially, good mate Damien Smith must've been one of many that passed me on my little detour and he came into our sights. Shona and Damo have a very friendly rivalry happening, and Shona was yelling 'we're coming to get you Damo'. Damo had a great TNF100 this year, finishing 13th but this race was to be where Shona would get one back on him. He kept up for a while before dropping back off our pace.

Onto the metal walkways, Shona was stretching out and enjoying the gentle descent. I couldn't keep up, being restricted by my leg but knew that I would catch up to her on the ascents. I traded places with a few guys, yo-yoing with them between Curracurrong and Curracurrang. Shona and I ran into Wattamolla together where I filled my bottle and grabbed some GUs; Shona ran right through. I saw Sally from barefootinc who is always encouraging; even though I wasn't going to be competitive she is always there with a smile. Not once since being sponsored by barefootinc have I ever felt any pressure to perform.

The next section is great running along the top of the cliffs and down to Little Marley beach, affording brilliant views of the coast and ocean. I don't think we caught anyone but we were having a great time. Leaving Little Marley, my race suddenly took a very unexpected twist. Coming up to a T junction just before Marley, we saw a sign on the trail to the right (coast side) saying 'Wrong Way' with a cross on it and ribbons tied up to shrub going up to the trail to the North. Instead of the North East bearing we had been taking, it seemed the ribbons wanted us to head inland. Just as we were beginning to run up (the wrong trail) a whole heap of guys were running down, including Lachlan and Kuegs (who must've repassed me when I took my detour) and were yelling that it was the wrong way. I didn't know exactly what was going on it happened so quickly but Shona and I were fortunate we didn't head up the 'garden path' either. Had I not have taken my earlier detour off course, I surely would have also run up this wrong way. Even though logic dictates to keep to the coast, in the heat of battle and exhaustion it would have been an easy mistake to make even though I know this track pretty well.



Post race battle scars!

This was very reminiscent of the stolen course markings at TNF100 this year, although unlike there where someone had taken the markings away altogether, here someone had deliberately removed markings and replaced them in a different spot. My situation was a little different though, in TNF100 I was running in second spot and knew the correct way and it was guys behind me that went down the wrong trail. Suddenly now I knew a lot of the guys had come back to me in the field. I ran with a couple of these guys along Marley Beach. They were rightly 'very dirty' about it to put it politely and deservedly so. The extra effort they had put in on their detour could be seen on their faces. Running with these guys over Marley and up over the next headland climb had put me ahead of Shona and I was feeling very comfortable running at this pace. The hamstring had settled down a lot.

The Balconies section on the cliff top is spectacular and it reminded me of the times I used to run out this way when I lived at Bundeena. As I passed a photographer I asked him how many were in front to which he answered 'you're it!'. Bloody hell, I was in a real ethical dilemma now. There was no way I deserved to be here in front but I didn't really know what to do except just run my own race. The longer the race went on the better I felt and hit the Jibbon Beach Loop at Bundeena full of running.

The temperature was quite hot, but I ran straight through the last drink station knowing that I only had about 4km to go.

The run through Jibbon Point and along the beach was probably some of my fastest kms all day and hit The Lambeth Walk on the road knowing that I would cross the line first; albeit totally undeserving. After I had finished a few of the front runners like Dani Andres were already there; apparently they ran the wrong trail all the way to the road and had hitched a ride into Bundeena. Soon after a lot of the other runners began to finish, those that took the wrong trail and backtracked and those that didn't. There was a lot of talk at the finish what would happen with the results. I didn't care; I knew I didn't deserve it so was more than happy to accept any decision race director Garry would make. Talking to Sam Walker after the race, he had been in the lead at the time over Vlad, with Dani Andres probably in third, with the rest of the guys a little further back.

Post race, I caught up with a lot of trail running friends and had a beer with Shona and husband Mikey, Lachlan, Kugs and a few others while waiting for presentations. It was here when the final twist to this tale was revealed! Matt Webster, who had started a lot further back in the stagger than I did at Otford, had actually run the course much quicker and had taken the victory and my time was actually equal second with Martin Pengilly. I had forgotten about this scenario potentially occurring but quickly remembered that last year the same thing had occurred with Terrence Bell and I. It was quite a relief now knowing that at least I wasn't at the top of the leaderboard anymore. I was able to spread the INOV-8 love and gave the shoe voucher I won for coming second in my category to Lachlan who had run a great race before going awry. Shona did an awesome job winning her second consecutive Coastal Classic in a course PB time and also gave her voucher to her husband Mikey who now has no more excuses not to take up trail running!



Relaxing with James Kuegler

You would think that the day's dramas would end here, but alas the trend continued. When I had gotten back to my car at Otford my car wouldn't start as I had left my lights on. I had jumper leads and after trying on Lachlan's car for a while to no avail, we flagged down a 'beefier' looking car and got mine going. Finally the day was over and was on my way home. It certainly won't be a race I'll forget in a hurry! Thanks to Max and Sally at barefootinc for sponsoring a great race and all at Max Adventure, particularly Garry Fairbrother for putting on a great event. Despite the sabotaging and some rightly annoyed runners, Garry remained calm and sympathetic.

Wild Running – getting off the road - Sandra



Woodstock runners are very easily influenced when it comes to a running challenge. All it took was Miriam posting a link to the Running Wild website to get ten Woodies signed up, to be fair, Brendan and Gavin had done so already but the rest of us were just easily influenced.

After signing up for the 17km run I made the mistake of looking at the elevation profile - it looked like an ECG of someone having a heart attack, and when Brendan described the course as a "suffer fest" I think a few of us wondered just what we had let ourselves in for. Miriam and Nils kindly picked up Fiona, Chaia and I from Ashfield at 5.30am and we arrived very early, almost before the organisers, but we all liked to be well prepared. It was cooler in the mountains but a beautiful clear day and such a privilege to just be out in the national park. We didn't

have to wait long before the coffee van was open for business and with a seat in the sun it was a perfect start to the day.

Brendan and Gavin arrived in good time and, predictably, Angela, Lorraine and Rick jogged in to the registration area just in time to pick up their bibs and get a group shot taken before it was off to the start line and the race briefing. The short version was - follow the Green arrows, stop at the Red crosses and if you see Pink ribbon you are on the right track. None of us listened to the long version. A very low key



start and it was on the road and straight down, across a causeway and then straight up the other side, which had five of us walking abreast and effectively keeping everyone else behind us (to be fair we were all practically last at this stage). Once the hill leveled out we all found our own pace and all runners were soon spread out. What a pleasure it was to be running through the trees and hearing the birds singing and, when you were not looking at your feet, coming across the most amazing mountain views.

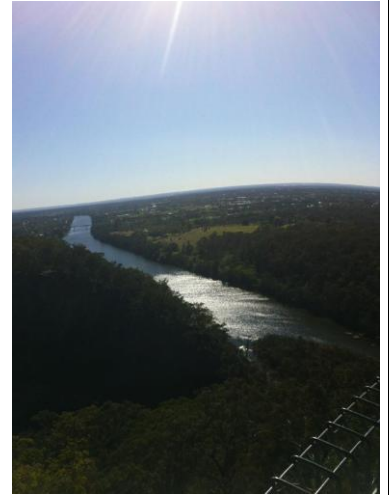
Running was on many different surfaces, starting with a short road section we also ran on dirt fire trail, steps (up and down), narrow tracks and open fields - passing campers just emerging with big jackets on to get their fires going, and yes there were hills. The third really big climb took us up to the Mount Portal lookout and what a stunning view, the

Marshall kept reminding everyone it was a race, but we all took time to stop and smell the roses up here (apparently including Brendan who won the race in 1hr 9min).

The finish was back up the steep road, along a short dirt track and then up a last lot of stairs with the finish line only visible as you got to it, no sprint for the clock here. We all finished with one over riding sensation of achievement in an unfamiliar running environment but just how friendly and fun it had been, and how it did not seem like 2 hours of effort the same as a road race would – and how we all wanted to do it again.

Woodstock were well represented on the day with Brendan winning the race and everyone else evenly spaced out right up to Angela and Rick, who on the back of good Blackmores runs had really taken their time to smell the roses, catch up on gossip and post photographs on facebook in between occasionally doing a spot of running and chatting to the sweeper.

Trail running can be very technical and highly demanding, but there are many runs out there like this one, they are not overly technically challenging, they are more effort than a road race of the same length but they are very doable by us all – and the worst thing that happens is you take it easy and enjoy some of the great outdoors.



A minute with a member – Miriam Herold

What is your occupation? Portfolio Manager

Running age group? F 30-39

Do you have family? Apart from my husband Nils I have a Chihuahua named Chimichanga and one sister. Neither Chimi nor my sister like running but Nils does.

How long have you been a Woody? About 10 months

Do you run on Tuesday night/TNT/Saturday morning? TNT regularly, Tuesdays and Saturdays occasionally.

Why do you enjoy running? It is easy to do anywhere - all you need is your running clothes and shoes.

What is your favourite running distance, course, event and why? I like all distances from the 5k to the marathon but my favourite is probably the half marathon.

What has been your running highlights? The Great Ocean Road half marathon was a pretty spectacular course.

Any lowlights (injury etc)? Straining my hip flexor 23km into the Canberra marathon wasn't much fun.
What was the last race you went in and how did you go? The 16.5k Mt Portal trail run in Blue Mountains was my last race and my first experience at trail running. It was fantastic - friendly runners, amazing scenery and I snuck in under 2 hours. I have definitely been converted to trail running now.

Anything funny/unusual ever happened to you while you have been out running? Once when Nils and I were visiting his family in Belgium in the winter we were out running in the countryside amongst farms and it started snowing, then we got home freezing cold and the water heater had broken so we had to have cold showers.

What other sports/hobbies are you involved in? I like ocean swimming and I am learning to sew.

Favourite food/beverage? I love Japanese food and champagne.

If you could have dinner with anyone who would it be and why? My husband Nils - he is a chef and cooks fantastic food!

Where would your ideal holiday be? Somewhere where I can enter a great race and then have a fun holiday. So far we've had race holidays in Noosa and the Great Ocean Road incorporating the half marathons. I would love to run a big city marathon like Tokyo or New York and then have a holiday there.

Interesting things we may not know about you? I ran with the Olympic torch for the Sydney Olympics in 2000 - Interesting Miriam, did you know Kerry Bray did also?



A minute with a member – Nils Herold

What is your occupation? Chef

Running age group? M 30-39

Do you have family? In Sydney I have my wife Miriam and our Chihuahua chimichanga, I am from Belgium so most of my family is over there

How long have you been a Woody? 5months

Do you run on Tuesday night/TNT/Saturday morning? I run Tuesdays and TNT depending on work

Why do you enjoy running? I can do it in my own time and anywhere which is pretty good since my job has crazy hours sometimes

What is your favourite running distance, course, event and why? Favourite distance is half marathon favourite course so far would be great ocean road the views are spectacular along the course

What has been your running highlights? Training with Can too for the smh half marathon last year and finishing 10 min faster than the time I aimed for

Any lowlights (injury etc)? I haven't been running long enough to have any

What was the last race you went in and how did you go? Glenbrook 16 km trail run I didn't come last and enjoyed the trail running a lot (pic above is Nils finishing this event)

Anything funny/unusual ever happened to you while you have been out running? No

What other sports/hobbies are you involved in? Does watching the swans count?

Favourite food/beverage? Japanese, French / red wine

If you could have dinner with anyone who would it be and why? Pierre Gagnaire I would love to pick his brain he's one of the greatest chefs around

Where would your ideal holiday be? a good mix of culture /food and beach and if there are nice spots for running that would be a plus

Interesting things we may not know about you? I had heart surgery as a 5 year old child



Buckling under the pressure - Debbie Rutherford

That wise guy Confucius said: "It does not matter how slowly you go, so long as you do not stop". Yeah, I bet Confucius never ran a half marathon in his damn life! Talk to the hand, brother. I mean, what kind of name is Confucius anyway?

Most of you know I have never been a runner, so a few years ago when Sandra first suggested I consider a half marathon I just laughed in her face. At that point I was barely able to run 5km fun runs and the only reason I went to them was for the free pancakes. But Sandra likes a challenge so she spent the following 2 yrs bullying me until I finally said "maybe" just to shut her up. Unfortunately for me, she misinterpreted this as a Yes, and announced it to the rest of the Woodies when I was not there to object. From here suddenly everyone started sending me training plans and tips/advice, and being so flippen supportive and encouraging that I had no choice but to get serious and start training. I picked the Westies Hidden Half and signed myself up, and then went into panic mode.



I had already signed up to various bootcamp session's so was only able to fit in TNT and one long run a week at the most. Towards the end I even had to drop TNT to fit things in. I enjoyed the long runs up until around the 15km distance, but from there onwards I hated them. When you run at a snail pace like me, and find running difficult, long runs are torturous. Especially when I started having to do them after work alone and in the cold and dark. I went out to the Hidden half course to do some training runs on the hills and to prepare myself psychologically...in hind-site, it made it worse as I knew what was involved and felt extremely unprepared.

The week before the race I felt sick with nerves. I didn't feel remotely ready for it and tried to talk myself into it being 'just another training run' but you can't fool yourself that easily! Don't even get me started on the morning of the race, despite my wonderful Woodies friends giving many pep talks and words of encouragement, I thought I was going to spew or burst into tears (or both) at the start line...I have never been so petrified in my life!

The gun went and we were off. I was hoping that once I started running the nerves would disappear and I could relax into it. Unfortunately this wasn't the case, the nerves stayed with me the whole 21km. My only aim was to finish the entire run without stopping, except at water stations even if that meant coming last. So I set off very slowly right from the start and I kept repeating that silly Confucius bloke's mantra to myself.

There was a few sections I did enjoy, the fact that it was a looped course meant that I regularly ran past several Woodies who were running their own race and with that came lots of high fives and big smiles and claps of encouragement which gave me a huge buzz and got me through the next section, you guys are the bomb!

I had a massive brick wall to push through around the 11km marker, even though this was the flat section all I could think about was that second lap of hills and how I didn't think I had the energy to do it. The second lap was just as hard as I expected it to be, I just focused on getting through each hill in front of me and nothing else. I am 100% sure that by the last couple I was running so slowly up those hills that I was going backwards! Sandra was absolutely awesome, she backed up after the Mudgee Marathon 2 weeks before and ran beside me every step of the way (to make sure I didn't cheat!) and her encouragement got me through those last few hills.

It was a huge relief to get up the last hill but I didn't account for the fact that the last 5km would be so hard even though it was flat. Around 19 km's I had to dig deeper than I've ever had to before as I was utterly exhausted by this point. I was now focusing on one step at a time and praying that I could keep going. I am pretty sure I was shuffling by now, I recall feeling very wobbly on my feet and feeling like I was going to trip over on every step. About 100mtrs out from the finish chute I saw Frank who was yelling at me to keep going with a massive grin on his face and I can't tell you what a wonderful sight he was, if it wasn't for him I don't know how I would have got through that last 100mtrs, not even the stick Sandra was carrying was working any more. Coming into the finish chute I was so trashed I didn't think I could make the last 20mtrs, but there was a sea of blue and white Woodies all lined up along the finish line cheering and it gives me goosebumps to this day thinking of that. I was so wrecked I don't think I even acknowledged them at the time but it was the most amazing feeling ever to see them, and I felt sooooo grateful and honoured to belong to such an amazing supportive club. Crossing the finish line I was ecstatic...I'd made it, and I never, ever had to do it again! The second I crossed my legs gave way, no way were they going one step further, and I ended up on my bum on the ground which was embarrassing!



Post race recovery with coffee and scones with Jam and Cream, its very civilised at Westies

How I got to the start line of my first Marathon (or a shameless plug for my Chiro)

Sandra Bogun

"You really should just give up running, you are just not built right for it". The worst words a runner can ever hear - and I was hearing it from a third health professional who had been consulted about the pain I was in from running - they all agreed I should just stop. Now if you went back a few years I would have said "right you are then" and gone back to drinking and smoking and generally enjoying life but by now I was bitten by the Woodstock bug. To give you a bit of background, apart from running to bar for last orders, I had been a firm non exerciser all of my life until at the tender age of 35 I got challenged to run a half marathon, they caught me at a weak moment (I was very drunk) and before I knew it I have a four month plan in my hand and was struggling to get around the 1km track for the first time. I am nothing if not stubborn and four months later I completed my first every run - and promptly gave up running for six years before another challenge saw me complete another half marathon. This time I kept up running, a few kms here and there, primarily to keep fit for scuba diving, but I completed no more formal runs - until I met Woodstock.

I came to the club to find some motivation to get me exercising so I could lose a few kilo's and before I knew what was happening I was partaking in regular training runs and fun runs and had signed up for the Blackmores Half Marathon in 2010, which I completed in 2hrs 4min, taking a massive 18 minutes off my last time and for the first time ever I really experienced a runners high. I turned up for training the next Tuesday and started the run feeling great, but by the end of the run I was hobbling and so started my visits to the doctor, osteopath and physio. I continued to training, tried compression socks, underwent loads of treatments including acupuncture - and I walked down stairs sideways, holding on to the handrail and I was in pain all the time. Despite all this I continued to run, like I said I had been bitten by the bug and all I wanted to do was run more, but I couldn't afford to keep up these treatments. All these health professionals had different suggestions around exercise or expensive orthotics (that may help, who spends \$600 on a may help) but ultimately the only thing they agreed on was, I was just not built right to run. Considering I had just been talked into considering running a Marathon this was not what I wanted to hear, but I knew there was no way I could do something like that when running half the distance hurt so much.

In desperation I decided to give Spine Associates a go, I did not trust Chiropractors, mostly because Kerry was the only person I had ever heard saying a nice thing about them, but Spine Associates were offering a discount to Woodstock members and (sorry Toby but it is essential to the story line) I had seen Toby in a running singlet and figured that alone would make the treatment worthwhile. The first consultation was very re-assuring in many ways, I didn't have to tell Toby where it hurt, he could just tell by how I was standing, and he found every sort point I knew of, and I few I did not and after an hour with him he said - your biggest problem is you have flat feet (now why didn't anyone else notice that) and I can get you running again pain free. A big statement, but it was what I wanted to hear, so I bought the cheap off the shelf arch supports and went back. The next thing that gave me confidence these guys might be different was that I did not get told there would be an extensive rehab plan involving hundreds of follow-on appointments, rather I was given things to do at home and email support to keep me going and appointments were when I felt I needed them, not the other way around. The Third thing I really liked was they did not believe in cracking bones or any other "surprise" treatments and Toby is a runner - he knows the last thing you want to hear is to not run, and so far he has never said that.

Now I don't want to say miracles were worked, but with cheap inserts, doing my exercises, concentrating on my running style and going back for follow up sessions to sort out any issues I did in fact get to run pain free - the sessions was where I felt the pain, but I always walked out of the session feeling better than when I had walked in. Since then I have managed two Marathons and I am running pain free (apparently I am just not trying hard enough) and while I would not go as far as to say I trust Chiro's, I would say I trust these guys. So, if everyone else is telling you to stop running, you might want to consider giving these guys a try.

Do you want speed & to be injury free? Focus on your low back.

Coming into the running off-season allows us to look back on the year that was and assess what we did right or wrong and how we can improve things for next year. Some of the typical questions that we ask is: how can I go faster and how can I stay injury free.



In the following article we will talk about low back pain and how it is linked to excessive fatigue of the quadriceps (muscle at the front of the thigh). These muscles are important during the loading response phase of gait and their primary action is to accept the weight of the body. As a result weak quadriceps can cause injuries in the low back, hip & knee.

A recent article found that persons with a history of low back pain have greater quadriceps inhibition. What does this mean? Muscle inhibition describes the failure to completely activate all motor units in a muscle, resulting in reduced power & an increase in unwanted movement. In the context of running this means slower running speeds and increased risk of injury. The study found a relationship between recurring low back problems & lower limb function in active populations.

Another study found that recreationally active persons that experienced fatigue/pain in the low back had a more forward leaned trunk posture and the quadriceps muscle became more inhibited (weak), despite the fact that the quadriceps did not experience local muscle fatigue.

So in persons with recurrent episodes of low back pain, their quadriceps deteriorates in function during & following aerobic exercise (running). This reduction was not observed in healthy control subjects without a history of low back pain. This reduction may arise from poor strength and endurance in the muscles surrounding the spine, which is common in persons with recurrent low back pain.

In summary:

1. Low back pain may mean that you have poor strength & endurance in the muscles around the spine.
2. Reoccurring low back pain leads to a weakening of the quadriceps muscles.
3. Low back pain causing inhibited quadriceps can lead to a shorter stride length & slower running speeds.
4. Low back pain causing inhibited quadriceps increases your risk of injury in the low back, hip & knee.

What can you do:

1. Get a thorough assessment & treatment of your low back. This allows you to know the cause of pain & the tissue in lesion.
2. Poor posture may be present before pain. A strong focus on your low back function & posture may be injury preventative.
3. Strengthen your core & butt muscles to limit the occurrence of low back pain. Lunges with a twist & deadlifts are two great functional exercises.
4. An endurance exercise for your core that incorporates twisting is more running specific. Ensure you maintain the curve in your low back.

References:

1. Hart J, Weltman A, Ingersoll C. Quadriceps activation following aerobic exercise in persons with low back pain and healthy controls. *Clinical Biomechanics* 2010; 25: 847-851
2. Hart J, Fritz J, Kerrigan D, Ingersoll C. Jogging kinematics following lumbar paraspinal muscle fatigue. *Athletic Training* 2009; 44: 475-481

A: 145/2-18 Buchanan Street Balmain 2041

E: info@spineassociates.com.au

W: spineassociates.com.au

P: 02 8065 5896

Woodies Weekends Away

Central Coast Half Marathon and 10km – 25 November Overnight Trip - Cost \$110

This run 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".

Bus leaving Sydney 10am on Saturday returning Sunday afternoon. 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!

NOTE: There are just five places left on this trip – if you are interested contact Sandra 0435305463 or email sandra.bogun@yahoo.com.au now

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. Sandra is going and looking for some folk to take with her, a house has been booked for a week – families welcome



Woodland Tours p/l - ACC 34363
Joseph @ Therese - 0419 373 326
Email: woodlands_tours@hotmail.com.au
Sydney, Hunter Valley, Canberra, Blue Mountains/Jenolan caves, Charter/Hire, Golfing Weekends, Function Transfers, Custom trips, etc.
Other enquiries welcome
Competitive rates.

Woodstock Website

A special thank you and acknowledgement of some serious hard work over the years needs to go out to Colin Townsend who has been the force behind the Woodstock Website for many many years and has done an amazing job keeping everything going. It is a big job for one person and Colin has given up a great deal of his time and energy to the website.

At the AGM we called for interested parties who might be able to help out with the admin on the website and thank you to everyone who put their hands up. If you have not been to our new site recently I suggest you go there and take a look. We now owe thanks also to Dave Miller, Michael Anderson and Chaia Patacsil who have done a serious amount of work over the last few months assisting Colin and the website is looking pretty sharp.

If you would like to help out (and know Word Press) or have any suggestions about the website we would love to hear from you.

Thank you Team for all your efforts in keeping Woodstock out there.

Final Handicap of the Year – Saturday 27 October – Its Halloween!

Every woodie seems to have enjoyed themselves at our dress-up Birthday Party and the committee (well Angela) thought of doing another dress-up! and there is no other way to do it on one of our runs!!

On our last Handicap for the year around the Bay Run as the date is appropriately scheduled, come and dress up in your Halloween costume! Best effort on the costume would be awarded aside from the usual awards given on that day. Please send your nominated time to Martin Amy: martinamy1@gmail.com (0404 623 257). Family and friends welcome. Oh! and do not forget your \$2

Name	1	2	3	Total
Purss Tony	24	10	15	49
Patacsil Chaia	26	20		46
Takahashi Kazuaki	23	23		46
Day Fiona	17	20	7	44
Plakias Evan	25	9	9	43
Bolitho Kathryn	7	16	16	39
Mitchellmore, Scott	19	19		38
Miller David	22	13		35
Haynes Angela	8	19	7	34
Scarf Helen	21	11		32

McGown Max	4	15	12	31
Wigg Allan	13	17		30
Phillips John	12	7	9	28
Hidvegi, Frank	17	10		27
Ullio, Lawrence	18	9		27
Townsend, Colin	24			24
Akers Bridget	9	14		23
Bray, Kerry	22			22
Newton Brian	15	7		22
Brown, Calli	21			21
Du Plessis, Ashleigh	21			21
Blackwell Tym	20			20

Final Time Trial – Thursday November 1st – Campbell Oval 6.30pm



All estimated times to martinamy1@gmail.com

All times must be submitted before the night, we are happy for you to put a time in and not turn up but you

cannot enter on the night.

\$2 entry for members, \$5 for non members (payable before you run)

Anyone able to help out please let Martin know

Crocodile Farm Hotel for debrief afterwards

		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



Must BEAT Kath

Woodstock Runners

Summer Program October 2012 to April 2013

Tuesday Runs

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

Thursday Night Intervals

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

Saturday Runs

(meet at 7.20am at Brett Park, Drummoyne, 7:30am
start)

2/10/2012	Homebush Run 10km	4/10/2012	Telford Fartlek	6/10/2012	Hell Hill 8km
9/10/2012	Putney Punt 12km	11/10/2012	Standard "Distance" Pyramid	13/10/2012	Balmain 9km
16/10/2012	Bayview 10km	18/10/2012	3mins x 6	20/10/2012	Timbrell Park 8km
23/10/2012	Strathfield Stride 10km	25/10/2012	Long Hill / Short Hill Repeats	27/10/2012	<u>Handicap Run #4 (Halloween)</u>
30/10/2012	Pack Run	1/11/2012	5km TT #4	3/11/2012	Drummoyne 9km
6/11/2012	Cooks River Canter 10km	8/11/2012	Straights & Bends	10/11/2012	Five Dock 7km
13/11/2012	Blue Mountains Express 10.5km	15/11/2012	"Mona" Fartlek	17/11/2012	Balmain Shores 7.5km
20/11/2012	Cabarita 11km	22/11/2012	"Parlov" 300m x 14	24/11/2012	Woolwich/Hunters Hill 9/14km
27/11/2012	Kev's Kadiddlehopper 10km	29/11/2012	Beep Test & 400m rep's *	1/12/2012	Hell Hill 8km
4/12/2012	Parks Run 10km	6/12/2012	Standard "Time" Pyramid	8/12/2012	Balmain 9km
11/12/2012	Putney Punt 12km	13/12/2012	3mins x 6	15/12/2012	Timbrell Park 8km
18/12/2012	Bayview 10km	20/12/2012	"Mile Down" Pyramid	22/12/2012	Bay Run 7km
25/12/2012	Tuesday - Christmas Day Run - Bay Run from Brett Park, Drummoyne, 7.30am start				
26/12/2012	Wednesday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options				
		27/12/2012	TBA	29/12/2012	Drummoyne 9km
1/01/2013	Strathfield Stride 10km	3/01/2013	TBA	5/01/2013	Five Dock 7km
8/01/2013	Cooks River Canter 10km	10/01/2013	"Telford" Fartlek	12/01/2013	Balmain Shores 7.5km
15/01/2013	Blue Mountains Express 10.5km	17/01/2013	Standard "Distance" Pyramid	19/01/2013	Woolwich/Hunters Hill 9/14km
22/01/2013	Cabarita 11km	24/01/2013	Long Hill / Short Hill Repeats	26/01/2013	Hell Hill 8km
29/01/2013	Kev's Kadiddlehopper 10km	31/01/2013	Beep Test & 400m rep's *	2/02/2013	Balmain 9km
5/02/2013	Parks Run 10km	7/02/2013	Long Hill / Short Hill Repeats	9/02/2013	Timbrell Park 8km
12/02/2013	Putney Punt 12km	14/02/2013	Straights & Bends	16/02/2013	<u>Handicap Run #1</u>
19/02/2013	Bayview 10km	21/02/2013	"Mona" Fartlek	23/02/2013	Drummoyne 9km
26/02/2013	Strathfield Stride 10km	28/02/2013	5km TT #1	2/03/2013	Five Dock 7km
5/03/2013	Pack Run	7/03/2013	Standard "Time" Pyramid	9/03/2013	Balmain Shores 7.5km
12/03/2013	Cooks River Canter 10km	14/03/2013	3mins x 6	16/03/2013	Woolwich/Hunters Hill 9/14km
19/03/2013	Blue Mountains Express 10.5km	21/03/2013	"Mile Down" Pyramid	23/03/2013	Hell Hill 8km
26/03/2013	Cabarita 11km	28/03/2013	Beep Test & 400m rep's *	30/03/2013	Balmain 9km
2/04/2013	Kev's Kadiddlehopper 10km	4/04/2013	"Telford" Fartlek	6/04/2013	Timbrell Park 8km

Summer program continues until Daylight Saving ends (7/4/2013)

The Handicap Runs start from 7:30am on the Henley Marine Drive side of Brett Park, Drummoyne (opposite the Drummoyne Swimming Pool)

* The last TNT session of each month includes drinks and/or dinner at Crocodile Farm Hotel, Liverpool Road, Ashfield at 8pm to chat running and rubbish

Further Club information is on our website at

www.woodstockrunners.org.au

Please submit all event results to:

rundown@woodstockrunners.org.au

Results – Chaia has compiled the latest results and some that were missing from earlier publications – Thanks Chaia for being so dedicated

30/9/12

Running Wild – Mt Portal 17km Trail Run

Brendan Davies	1:09:48 (first overall and course record)
Gavin Tunstall	1:38:57 (58/105)
Fiona Day	1:40:40 (9/43)
Charissa Patacsil	1:47:55 (16/43)
Miriam Herold	1:58:24 24 (24/43)
Lorraine Spanton	2:00:25 (27/43)
Sandra Bogun	2:10:34 (37/43)
Nils Herold	2:27:57 (103/105)
Rick Collins	2:35:52 (105/105)
Angela Haynes	2:35:52 (43/43)

29/9/12

LAP THE LAKE / PENRITH LAKES

Brendan Davies: 1.15.32 (2nd O/All)

23/9/2012

ORANGE BLOSSOM FESTIVAL RUNS

4 KM

Angela Haynes:	21.35 (2nd F30)
Harrison Haynes*:	25.50
Jackson Haynes*:	19.53
Eddie McLean:	37.26

8 KM

John Dawlings:	33.53 (4th M50)
Dot Siepmann:	55.24 (1st F60)

16/9/2012 SYDNEY RUNNING FESTIVAL

Blackmores Marathon

Siobhan Barry	4:06:49
(Debut)	
Miles Pullen	3:16:19
Tym Blackwell	3:24:03
Frank Hidvegi	3:44:05
Glenn Lucas	3:29:22
Jeff Morunga	5:15:40
Carson Wong	4:06:49 (Debut)
Teresa Wood	4:10:17

Half-Marathon

Sally Johnson	2:19:15
Marta Purinan	1:53:47
Mark Bailey	1:38:43
Rick Collins	2:19:49
Bridget Akers	1:57:45
Michael Anderson	1:40:30
Kathryn Bolitho	1:41:04
Kerry Bray	2:13:10 (2nd F65)
Peta Bray	2:02:54
Angela Haynes	2:04:06 (PB)
Nils Herold	2:27:57
Sarah Waladan	1:45:44
Paul Whiteway	1:50:23
Brendan Davies	1:19:53

(pacer)

Telegraph Bridge Run 9 Km

Miriam Herold	55:02
Dot Siepmann	56:32
Kathryn Whiteway	1:26:44
Evan Plakias	48:00

12/9/12 SRI CHINMOY / PROSPECT CREEK

24 KM

Brendan Davies	1:28:02 (1st U50 & O/All)
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12 KM

Deirdre Stewart	1:06:18 (6th U/50)
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11/8/12 HALF-MARATHON JOINT

PEARL/HICKAM

Half-Marathon

Kim Cayzer	1:43:14	6th F O/A
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9/9/12 RYDE RIVERS FESTIVAL RUNS

10 KM

John Dawlings	42:11 (4th M50)	9/9/12
Anita Doig	46:31 (2nd F20)	
Lisa Linssen	55:38	
Lesley Maher	56:22 (1st F60+)	
Brian Newton	42:16 (3rd M40)	
Charissa Patacsil	47:42 (3rd F30)	
Tony Purss	46:46	
Dot Siepmann	1:03:24 (3rd F60+)	

5 KM

Elmarie O'Regan	21:11 (2nd Fem O/All)
Eddie McLean	32:01 (3rd M60+)

4/8/2012 SYDNEY STRIDERS SERIES / LANE COVE

10 KM

Joe Degabriele	53:23
Lesley Maher	53:54
Jeff Morunga	56:52
Dot Siepmann	59:58

29/7/2012 SRI CHINMOY /

CENTENNIAL PARK

Half-Marathon

Tym Blackwell	1:29:40
Miles Pullen	1:32:27
John Dawlings	1:37:51 (3rd M50)
Peta Bray	2:13:03

15/7/2012 COCONUT CHASE,

HAWAII

8Km

Kim Cayzer	7:53 3rd F 30-39 5th F O/A (22:32 5km)
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14-15/7/2012 KOKODA CHALLENGE / GOLD COAST HINTERLAND

96 Kms

Winning team: "No Roads Expeditions":
11:43:00
Brendan Davies, Clarke McClymont, Andy Lee, Ewan Horsburgh

14/7/2012 ANSW SHORT COURSE

CROSS COUNTRY / RYDALMERE

5 KM

Dot Siepmann	32:04 (1st W65)
Eddie McLean	38:47 (10th M70+)

8/7/12 SYDNEY HARBOUR

10 KM

Dot Siepmann	59:16 (3rd F60)
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8/7/2012 SRI CHINMOY / DOLLS POINT

Half-Marathon

Tym Blackwell	1:29:12
Miles Pullen	1:30:34
Sandra Bogun	2:07:21
Kerry Bray	2:12:35 (1st F60)
Peta Bray	2:03:20
Frank Hidvegi	1:41:52

10KM

Martin Amy	37:18 (1st U/50)
Evan Plakias	47:07
Michael Anderson	46:21 (2:30 PB)
Anita Doig	43:41 (5th U/50)
Angela Haynes	57:59

Elmarie O'Regan	42:01 (4th U/50)
Charissa Patacsil	48:20

7/7/12

STRIDERS SERIES /

HOME BUSH

10 KM

Brendan Davies	34:36 (3rd O/All)
Lesley Maher	54:04
Jeff Morunga	58:34

ANSW ROAD RELAYS / OURIMBAH

2 KM

Dot Siepmann	00:11:24
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4 KM

Anita Doig	16:23
John Murray	16:31
Dot Siepmann	24:34

04/07/2012 FREEDOM RUN,

HAWAII

10km

Kim Cayzer	48:25 1st F 30-34 7TH F O/A
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30/6/12 WEST MET SERIES / PROSPECT

2 KM

Dot Siepmann	00:11:31
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8 KM

Dot Siepmann	50:55 (1st F60)
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24/6/2012

KONA HALF MARA

THON , HAWAII

Half-Marathon

Kim Cayzer	1:42:12 1st F 30-34 8th F O/A
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24/6/2012 COOKS RIVER FUN RUN

10 KM

Martin Amy	37:51 (1st M30-39 7th O/All)
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Kathryn Bolitho	47:46
Michael Cantley	7:22 (2nd M18-29 5th O/All)

John Dawlings	41:31 (1st M55+)
Frank Hidvegi	45:11
Phil Lobsey	43:55
Evan Plakias	46:46

Dot Siepmann	58:29 (1st W55+)
Sarah Waladan	48:19 (1st F30-39)

5 KM

Fiona McIntyre	36:19
Scott Murray	22:00
Susan Murray	22:25 (1st F40-54 & 5th Fem)

Marta Purinan	22:13 (3rd F18-29)
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24/6/2012 WOODFORD TO

GLENBROOK

25 KM

Rebecca Bangura	2:44:56
Sandra Bogun	2:45:08
Rick Collins	2:44:51
Brendan Davies	1:29:54 (1 st M30-39, 5th O/All)
Angela Haynes	2:53:30
Sally Johnson	2:45:36
Charissa Patacsil	2:11:18
Lorraine Spanton	2:44:50 (1st F60)

**23/6/2012 ANSW C/C
CHAMPIONSHIPS / NOWRA**

6 KM
Dot Siepmann 38:31 (2nd W65)

17/6/2012 SYDNEY MARATHON**CLINIC**

30 KM
Sandra Bogun 3:08:56
Frank Hidvegi 2:32:58
Jeff Morunga 3:26:13

10 KM
John Dawlings 43:08 (5th M50)
Dave Miller 53:07
Dot Siepmann 60:05 (2nd F60)

5 KM
Fiona McIntyre 36:53

17/6/2012 BAY TO BAY /**GOSFORD**

Half-Marathon
Bridget Akers 1:56:25
Angela Haynes 2:10:17
Tami Iseli 1:47:55 PB
Sarah Waladan 1:47:27
12 KM
Lesley Maher 1:06:31
Deirdre Stewart 1:07:05

**10/06/2012 MACLEAY RIVER
MARATHON- SOUTH WEST ROCKS**

Marathon
Brendan Davies 2:40:35 Winner
Frank Hidvegi 3:35:30 (PB)
Paul Whiteway 4:04:00 (debut)
Jeff Morunga 5:10:03 (54th Marathon)

Half-Marathon
Rebecca Bangura 1:58:54 PB
Chaia Patacsil 1:43:02 PB
Kathryn Bolitho 1:41:29 PB
Sandra Bogun 1:59:08 PB
Peta Bray 2:01:13 PB
Sally Johnson 2:11:22
Kerry Bray 2:11:55
Joe Ayoub 2:18:15

10 KM
Debbie Rutherford 1:07:04 PB
Fiona McIntyre 1:17:35

10/6/2012 SRI CHINMOY / IRON**COVE**

7 KM
Elmarie O'Regan 28:46 (1st U/50 & O/All Fem)
Dot Siepmann 43:06 (2nd F60)
14 KM
John Dawlings 01:00:26 (3rd M50)

3/6/2012 GLOW WORM TRAIL MARATHON

Marathon
Brendan Davies 3:58:22 (3rd O/All)

Half-Marathon
Tym Blackwell 2:09:28

3/6/2012 GREAT NOSH

15 KM
Martin Amy 01:06:33
Tami Iseli 1:51:22

3/6/2012 MS RUN

8 KM
Angela Haynes 47:16
Fiona McIntyre 01:08:04
Debbie Rutherford 54:51
Dot Siepmann 49:45 (2nd F60)

2/6/2012 SYDNEY STRIDERS SERIES /**NORTH HEAD**

10KM
Lesley Maher 54:58

29/4/2012 SUNSHINE COAST X/C

6 KM
Angela Haynes 37:06

15/04/2012 PARIS MARATHON

Marathon
Chris Lawrence 3:20:51

5/2/2012 Womens Tri Fitness

5km
Kim Cayzer 23:34 3rd O/A

Other Runs to Look Forward To

14 October – Pancakes - SRI CHINMOY - IRON COVE

HALF-MARATHON, 7 KM & 4 KM RUNS. Leichhardt Park, end of Glover St, Lilyfield.

21 October – Start of the new season - SMC ROAD RACE

Come and run the new SMC course. Each month (Oct to July) there is a half marathon, 10km and 5km. The 5km can cost well under \$7 per race. For that you will get an accurately measured course, KM markers, drinks stations, electronic timing, lucky draw prizes, cash prizes, post race drinks, snacks and a presentation. All abilities and ages are welcomed.. Enter online now to secure your place. contact: SMC Road Race Series. email: smcroadraceseries@gmail.com. Visit the [website](#) for more details.

28 October – Woodstock Team Event - MAROUBRA FUN RUN & OKTOBERFEST

4k out-and-back loop from the South Maroubra Surf Life Saving Club. 8k runners do two laps. Wheelers start at 9:25am. All runners start together at 9:30 am. Walkers start at 9:33am. Please come early - allow enough time to collect your race bib number and timing tag. The Fun Run & Oktoberfest is always one of Maroubra's biggest and best annual family and community days. People come from near and far. Some run, some walk and some wheel around the course. Some will be super-fit, some will still be working on their fitness, and some will prefer to skip the Fun Run opportunity and just enjoy Oktoberfest. But EVERYONE will have a good time. email: info@maroubrafunrun.com. Visit the [website](#) for more details. Click here for an [entryform](#).

Annual Award Nomination Form 2012



The Club Committee invites nominations from members for our annual awards. You are welcome to nominate members in as many categories as you like, but do not feel obliged to nominate for every category. After discussing the merits of each nomination against the award criteria, Committee members will determine the award winners via a 3, 2, 1 voting process.

NB. All awards are for the period 17/10/2011 to 30/09/2012, & all references to "running/runner(s)" are taken to include "walking/walker(s)".

The complete 2012 results - <http://www.woodstockrunners.org.au/wp-content/uploads/2012/09/YTD-2011-2012.pdf>

Submission of Nominations:

All nomination may be submitted by any of the following means **by Thursday 10/10/2012:**

- Drop in the Award Nominations Box, available on Tuesday nights.
- Post to PO Box 672, Burwood NSW 1805
- Email to secretary@woodstockrunners.org.au
- Hand to any Committee member

List of Award Categories

1. Rookie of the Year

"The person who joined Woodstock Runners during the year as a relative newcomer to running and/or competing in road runs, and has made the most outstanding progress."

Eligible Members (joined 18/10/2011 to 16/10/2012)

Brett Anderson	Henry Anderson
Michael Anderson	Jane Artup
Mark Bailey	Robyn Barnes
Siobhan Barry	Tym Blackwell
Kathryn Bolitho	Zaklina Civijovski
Murray Clarke	Julia Clements
Jeanne-Vida Douglas	Melissa Hando
Miriam Herold	Nils Herold
Frank Hidvegi	Sally Johnson
Pablo Lara ayala	Chris Lawrence
Michelle Livingston	Tony Lloyd
Greg Marsh	Scott Mitchellmore
Alex Newberry	Evan Plakias
Miles Pullen	Marta Purinan
Austin Rich	Mark Rodgers
David Ruston	Helene Scarf
Hilary Schneider	Tilo Schroeter
Mark Sullivan	Gavin Tunstall
Raul Unas	Kathryn Whiteway
Alan Wigg	Carson Wong
Tenille Yeoh	

Nomination(s):

2. Long Distance Trophy

To qualify for this award, members must complete 3 events of 21.1 kms or over. The award will be made to the member who has most consistently improved their performance in events of 21.1 kms or over during the course of the year.

Eligible Members to 31/8/2012 (having completed 3 qualifying events:

Bridget Akers	Michael Anderson
Joe Ayoub	Rebecca Bangura
Tym Blackwell	Sandra Bogun
Kathryn Bolitho	Kerry Bray
Peta Bray	Kim Cayzer
Rick Collins	Brendan Davies
Angela Haynes	Miriam Herold
Nils Herold	Frank Hidvegi
Sally Johnson	Chris Lawrence
Jeff Morunga	Chaia Patacsil
Emma Pryor	Miles Pullen
Sarah Waladan	Teresa Wood

Details of performances are on the website

NB: Other members may still qualify for this award, the eligible members will be updated based on results appearing in The Rundown.

Nomination(s):

3. Most Improved Runner of the Year (Male and Female)

"The persons that you consider have shown the greatest improvement in their running over the past 9- 12 months. ie improvement in times (refer Fun Run Book)."

Nomination(s):

Male: _____

Female: _____

4. Most Outstanding Individual Road Running Performance of the Year (Male and Female)

"This award is for a single performance of note."

Nomination(s):

Male: _____

Performance: _____

Female: _____

Performance: _____

5. Club Champion (Male and Female)

"The runners who have competed regularly, and consistently produced the fastest results in road races and met with much success throughout the 12 months."

Nomination(s):

Male: _____

Female: _____

6. Runner of the Year

"A highly valued member of the Club who inspires others by regular attendance at training, willingness to participate in teams, loyalty to the Club, always willing to offer assistance, support and encouragement to fellow runners, and gives 100% of themselves when participating in competitive road runs."

Nomination(s):

7. Champion Person Award

"That person who has done outstanding work for the Club throughout the year, with no thought of reward."

Nomination(s):

8. Most Outstanding Team Road Running Performance

The most outstanding performance in a team event."

Please select your nomination(s).

Is that all the Teams? Wow, not many this year?!

☐ A. Maroubra Fun Run

2nd Open Team - John Dawlings

Charissa Patacsil, Kazuaki Takahashi

☐ B. City to Surf

Veteran Women (40 to 49) - 3rd Team

Kathryn Bollitho, Teresa Wood, Peta Bray

Other:

☐ _____
