

The

November 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

Find and follow us on FACEBOOK



The Rundown on Members: Kerry Bray

Kay Johnson recently returned from a wonderful trip to The Balkans, which included Croatia and Slovenia. Teresa is touring India, Helsinki, Paris and catching up with family and friends in the UK. Deirdre and Dave have headed to Heron Island for an ocean swim and Lorraine is in Bali. Hope you all have a ball.

We offer our sympathy to great friends of Woodstock Runners, Nadine Davies and Matthew Haynes, in the recent loss of their Dads and we extend our best wishes to Arnold who is not travelling well.

Many thanks to Dave Miller and Michael Anderson for their valuable assistance with the website. All members should check it out on a regular basis, as you wouldn't want to miss anything. Alex has designed a new course for Tuesday's Pack Run. We appreciate your time and effort, Alex, along with Ken, Joe, Frank and Alex, who will lead the various groups. We are grateful to all who contributed to Saturday's Halloween Handicap. What a hoot! I represented the Club at a meeting organised by Burwood Council regarding a hall which is to be constructed behind Woodstock between January and June 2013. Construction should not impinge greatly on us, though car spaces will be a little less plentiful during that time.

Congratulations to all who have competed in recent races and good luck to those with races ahead. There is much happening, including the last Time Trial for the year on Thursday and Maroubra, Homebush, Smithfield and our weekend to the Central Coast runs all coming up.

Huge congratulations to Brendan who took out a recent 100k race and in a couple of weeks we wish him every success as he contests the 100 mile Great North Walk (and he won't be walking). As you read this I shall be off to New York, and along with my two daughters, Peta and Ellen, will be running the NY Marathon on Nov 4. While the young ones have been training all year, I decided to have a go just 6 wks ago. I'm hoping to finish in a faster time than Brendan will for the 100 mile. ***Editors Note: Rundown took longer to get out than anticipated so we know that Kerry, Peta and Ellen did not get to run the New York marathon as it was cancelled following the storm. I guess this just means that Kerry gets to do better training next year.***

I look forward to seeing everyone at the Christmas Party and Presentation of Awards at Woodstock on Saturday Nov 17. Thanks to Sandra and team for their organisation and also to members who nominated fellow runners awards.

Keep up the great running and walking.

Kerry

BIRTHDAY Wishes: November:

1st Carson Wong, 4th John Ovenden, 6th Tony Purss, 11th Rick Collins, 15th Lauren Stewart, 20th Alex Newberry and Dierdre Stewart, 21st Gaye Mancuso, 29th Debbie Rutherford

Welcome NEW MEMBERS:

Jamie Fitzsimons

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:

Colour Run 10 February 2013 – If you join the Woodstock Team on entry you get \$5 off the registration price.

Team Name: Woodstock Runners - Type of Team: Social - <http://thecolorrun.com/australia/sydney/>

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.



Alcohol - BYO:

If you wish to partake on an alcoholic drink on the night you are welcome to bring your own, due to licencing laws Woodstock will not be providing any alcohol on the evening.

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.

Canberra Marathon – Woodies Training Support

Well Canberra is just around the corner (13/14th April 2013), Woodstock is taking the bus and to get us all into tiptop shape and full of confidence, from January 13th up until Race Day, Long Sunday Runs are on offer for those already entered, thinking of entering and those who are just keen on stretching their legs! As in previous years the event offers a 5km, 10km, Half Marathon, Marathon and 50km Ultra Marathon, so something for all. The training Long Runs will start off at 20ishkm and then getting up to 30-35km. Here is link to event website - <http://www.runningfestival.com.au/>

The runs work in/around Woodstock, but also head to Manly, Cronulla and Parramatta. We will also be using SMC and other events (Sri Chinmoy once their calendar is up). So if keen on making this part of your weekly regime I suggest signing up for the Long Series at SMC.

A program will be issued shortly, but if anyone has existing runs that take in sights of Sydney town please send it through! The runs will start from the greatest suburb with the postcode - 2130. Just so, there isn't a meltdown of internet searches as to what suburb of that postcode, it's Summer Hill. As for the runs, if numbers permit and because it's so much more fun to run together and with people of similar talent we will hopefully have 3 different pacing groups of (Group 1) 4:30-5:00min/km, (Group 2) 5:30-6:00min/km and (Group 3) 6:30-7:00min/km. So something for all.

Most of the routes have water available and toilets, but you will need to bring your own bottle and toilet paper, just in case you just gotta go! So suggest asking your better half for a water bottle belt for Xmas. You can also ask for toilet paper, but Santa may find saturating his sleigh with cleaning material slightly odd. A sandwich bag is a must so as not to get your Poop paper wet prior to use (am guaranteeing I'll need to go at least once in the program!), this sandwich bag will also hold the map of the route that you'll have to bring along!

The purpose of getting this out there early on is that people who are keen to Run will have to have a base level of comfort with the distances and pacing. So if thinking of running along, you must at a minimum be able to complete a Half Marathon 2:20min. Apologies if this sounds a bit 'unfair' but hoping you can understand that we need to be relatively fair to all your other fellow runners. If keen, please indicate interest and what Group you would likely be best suited to. So name and Group please!

Hope program will be of use to some/many and of course be super fun! Much nicer running with others, plus it is a bit of guilt trip too! Any questions please give me a call!

El Prez T. 0404 623 257

martinamy1@gmail.com

Woodies Weekends Away

[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

Hills XC Fun Run 22 Sept 12 - Orange Blossom Festival

Angela Haynes

High Schools Teams Challenge

My sons, Jackson (15) and Harrison (12), together with two of their mates, Joey Falcomata and Andre Bezuidenhout (also 15) fielded a St Joseph's College team in the 4km XC. The boys all slept over the night before and were a bundle of joy at my 6am wake up call. Apparently 15 year olds should never have to get up that early on a Sunday! They took a minimalist approach to warming up, and when it came to getting to the start line, if I was a hare, they were definitely tortoises. Cool as cucumbers they talked through the race briefing, told me 'how hard can it be'... and off went the start gun.

The boys ran really well and won the High Schools Challenge! Nice to see their natural fitness coming through as none of them 'run' per se. Rugby, soccer, basketball and water polo are their sports of choice. Joey and Andre also had age category placings.



4km XC

Joey Falcomata	16:45 (3 rd U/17M)
Andre Bezuidenhout	17:52 (4 th U/17M)
Jackson Haynes	19:53
Harrison Haynes	25:50

My First Bling

After they awarded first place in the F30-39 category I whispered...."I think I came

in just behind that lady, OMG I might have won something". And for the first time since I took up running in 2010, I did! My 21:35 PB earned 2nd place F30-39, a medal and a photo with a big smiley orange!



More Woodies in Action

Other Woodies out enjoying a little XC action were Eddie Maclean (37:26) in the 4km and Dawlo (33:53 4th M 50-59) and Dotsky (55:24 1st F60) in the 8km. The 4km was done and dusted before the 8 even started so it was lovely to be able to race myself and then cheer Dot and Dawlo at their start and finish.

Angela and Eddie



The Course, the Event

A 4km off road, some pathway XC course with a surprise to me, but apparently notorious, hill at 3kms. The 8k érs got to enjoy it twice! Other than that, it was pleasant, shaded and well marked. Races were well organised and presentations done reasonably quickly. The only downside was that many of the results were incorrect at presentation time but were corrected before publishing a few days later. To leave on a high note, Hills Junior Athletics Club should be commended for the supportive and family friendly culture that was evident on the day.

Woodstock Uniform

Be loud and Proud of the club we all love



Have you heard the saying “**Dress for success?**” Well we can’t guarantee the uniform will make you run better but it will certainly identify you as a member of the friendliest club around and that makes for plenty of support on race day – and a home crowd can often make the difference.

So put your order in NOW for Christmas and get yourself some of stylish, hard wearing uniform and be ready for the 2013 race season – Dri fit Singlets and sleeved Shorts, Bra Tops, cotton tee shirts and Long Sleeved tops (ready for winter) are all in stock now. If you are not sure of size, ask anyone on a club night what they are wearing and order the same, try before you buy (suggest you do that before the run!).

In addition we are looking at many other items to be purchased as a pre-order in the same way the hoodies were, so if you would like to add to your Woodstock branded gear let me know if any of these items take your fancy?.

Dri-Fit Long Sleeve tops, Arm Sleeves (No running club have this yet!), compression tights, calf compression. Vote or please send me your thoughts at: chaiaket@yahoo.com (0434672273).

Chaia is now accepting pre-orders for caps, new stock will be available by Mid November! This is a new design cap from our old one, no floppy caps anymore!

You can order your uniforms via our Website! (Go to Menu -> SHOP -> Uniforms) <http://www.woodstockrunners.org.au/about-us/uniforms/>

Note: Medium Cotton shirt; Kids/toddler/baby clothing can be available when requested.

Chaia Patacsil, Acting Uniforms Officer



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.



Great Ocean Walk – done as a run

Brendan Davies

GOW = This is an initialism which stands for **G**reat **O**cean **W**alk. **The Great Ocean Walk** is an established hiking trail which starts in Apollo Bay and roughly follows the coastline to Port Campbell. So it's a walking event then? No. Like many ultramarathons (which are running events any distance greater than 42.2km), the event is named after the trail on which it is run. Other examples of this are the 6 Foot Track (ultra) Marathon and the Great North Walk 100s.

Cool? Well what about the 100s part? Well that's easy. The distance of the trail, give or take (as is the nature of trail running events) is 100km. Why is the 100 pluralised with an 's'? There are two events running concurrently on the day, a 100km solo race and a 100km relay race, where two runners run approximately 50km each to make up the distance. Since the race originated in 2009 there were two events; a 100km and a 100 miler, however the 100 miler was removed in 2010 and replaced with the relay. Phew! Now that's out of the way, let's get into my race report.

Damien Smith and I had decided to travel down together by car, it made for great conversation and a relaxing journey stopping regularly for coffee and food at the outlets along the Hume Hwy. As was the plan, we rendezvoused with Shona at Avalon Airport at 15:00 on Friday, who had sensibly decided to fly down. While Damien and I had packed over cautiously, throwing in multiple shoes, gear and way too many supplements, Shona had fit everything into one big suitcase, strategically and confidently leaving a little room in it for booty. She wasn't going to get stung again by the Jetstar 14kg luggage policy as apparently after Surf Coast Century the trophies had put her 'over the limit'. Funny policy that. Even with her, her luggage and concrete boot she would weigh under the average Australian female.

We got out of the airport and soon found our way to the coast where Shona was pointing out parts of the route of the SCC. I was enjoying listening to the retelling of the race. No other runner I know can give as much detail as Shona can. Soon we passed under the Great Ocean Road gantry and were appreciating the brilliant scenery of this lovely drive. I have driven it before with Nadine a couple of years ago, but it was nice to see it all again. We arrived at Apollo Bay and after a bit of pfaing around decided to check in our gear, then go back to our hostel before the briefing. Time was a little against us and it meant that I had not prepared my drop bags before we got to the briefing at the hotel. I was definitely looking like a rank amateur hastily spooning Hammer Perpetuem into my bottles (and on the floor) that were going in my dropbag, and chucking in an unprescribed amount of Hammer Gels into each one, along with some of the mandatory gear. Looking at Shona's dropbags, with flourescnet, easy to spot signage, told me I really should have prepared this earlier. But even the best made plans can go awry, as I counted Shona's dropbags to total 6. 6 bags don't fit into 4 checkpoints I told Shona, who had evidently been using an old map of the course when it did have 6 checkpoints to organise her bags. So at least now we both looked like rank amateurs and she went to work on her bags. Meanwhile Damo was relaxing enjoying his dinner reaping the benefits of being properly organised!

Back to the hostel, it was time to pack the race bag and lay out the gear. All the buzz was about the mud on the track and I was glad that I had packed my Inov-8 190's. I had planned to run in the new Inov-8 Trailroc 245s but the deal was sealed after seeing some photos that Race Assistant Brett Saxon had put up on Facebook (oh the benefits of social media!). Sharing the dorm with Damo, Shona and I was another runner Ruth and a Canadian backpacker who had to put up with hours of us (well mainly Shona and I) being indecisive about what pack to use. I switched from the UltrAspire Omega to the Surge, only then to settle on the Omega. Shona did the opposite and settled with the Surge. Ruth on the other hand was the epitomy of minimalist, to the point where 'shoes shmoes' was her mantra-yes she ended up running the track barefoot!

In with the earplugs and on with the eye mask, hostel experience coming in handy and thanks to Nadine for reminding me to bring them. Glad I did too as Shona was less than impressed with the Canadian girl the next morning who had quite the snore on her apparently! A brekkie of porridge, honey and coffee and I was ready for the day ahead. Dawn was lovely and still, a bit of moisture in the air but not terrible, all in all fantastic running conditions. Walking to the start line, we were picked up by Barefoot Ruth who gave us a lift to the line. A bit of pfaing around as we assembled in the park at the start line. A huge anchor marks the starting position. The coast down here is nicknamed the 'Shipwreck Coast'. I was hoping that there would be no 'shipwrecks' on the run!



The Inov-8 X-Talon 190's were the shoe of choice for both winners and the 3rd place male too!

The first section can be best described with one word - MUD! Running with Chris Wight through the first 5km up and over the first headland I said 'ahh..here's the mud', to which he just said with a smile 'this is nothing!'. And he was right, making our way on the firetrail up to the first checkpoint was really tough going. The mud was across the entire width of the firetrail and I was thankful of my shoe choice of the 190's. They were eating up the mud, making sure I could run confidently and with good rhythm. As I was running downhill in the mud, and the Talons would grip in I was thinking back to what Clarke McClymont would say in this situation "X-Talons engaged".

I had planned to run through CP1, starting with a full 2L bladder and well stocked up on Hammer Gels and Perpetuem, it was enough for me to get to the marathon distance of CP2. The guys at CP1 were still getting organised when I arrived and were a little shocked not to see me stop. Whippet escorted me up to the trail entry for the next leg with the departing words promising sweet

windy single track all the way. He didn't disappoint either, it was the most wonderful little journey around the headlands and up and over the lush rainforest covered capes. The environment was stunning, it's here I encountered the first wallaby of the day, just one of a plethora of wildlife seen throughout the day.

Going down the stairs of Parker River Inlet I spotted Brett Saxon with his camera, and found I didn't really need to smile, I was enjoying this part of the track so much it would have been written all over my face. I was loving the soft, muddy surface and the 'hippy' manoeuvring I had to employ along the windy, twisty trail. It sure beats running endless kilometres on hard pack firetrail. I found my whole body was getting a huge workout, even my arms and shoulders as I used them as levers to swing me around tight turns.



Descending into the Parker River Inlet

The section approaching Aire River was hard work on the soft sand escarpment; it was breathtakingly beautiful but damn hard work on tiring legs. I was being particularly careful to avoid the sand and run on the verge (not great trail etiquette I know) and also trying to run in the footprints. I was glad when I could see the Aire River Bridge in the distance marking the marathon distance of the race and the first CP stop of my race. The checkpoint vollies were incredibly helpful; filling my already portioned bottles of Perpetuem and bringing my drop bag to me which contained my next lot of gets and a banana. They had my bladder filled with water in no time, and I guess I was in and out of there in less than 2 minutes. The next section of the track to Johanna Beach is a hard but satisfying section which passes through diverse terrain before hitting the sand slog along the beach. The trail passed through stunning heathland where the spring wildflowers were in full bloom and this section also contained some awesome sea views. I remember passing through a section of abundant grass trees and thinking I wish I could take one home to put in my front garden!

I didn't mind the beach running; although hindered by a strong headwind, it gives the legs a chance to run at a good steady rhythm. I crossed the river at the lowest point I could find but it was still high enough to soak the Inov-8's and I found the cold water a great relief for the achilles and calves. I shuffled up the soft sand and along the little road section to be met by Mel Gamble, Brett Saxon and a few others at the next checkpoint. I popped on the reflective vest and again reloaded the Perpetuem and Hammer Gels into the front pockets of the brilliant UltrAspire pack. I started up the climb and what a deceiving long ascent it is; all runnable but with a few sneaky false summits, it seemed to go forever. Turning onto the road to Malenesia Beach, it was like being back in a comfy chair, running on the smooth dirt road past the grazing fields. The long downhills approaching the beach were hurting the quads and I was noticing that the 4 minute kms were becoming harder and harder pull out, even on the steep descents.



This leg was by far the most difficult, it was a real test and I guess this is where the rubber hits the road in this race. The undulating climbs are relentless over the headlands and through the narrow forested sections. Footing is a big problem. I came unstuck more than once on the slippery treated pine boardwalks; totally my own fault just pushing the envelope a little too far. There are some grinding little pinches and it was definitely a relief to finally reach the last checkpoints at the Gables carpark. I was a bit surprised to see Chris Wight there, in the back of my mind I was picturing his big loping legs chasing me down all the way into the Gables. While good motivation for me, in reality he pulled out very early on, obviously still feeling the effects of his recent bout of giardia as a

result of drinking some dodgy water on his recent epic Kokoda track assault. It was disappointing for him no doubt, but he showed a ton of ticker to make the start line and have a crack and I know great things are to come for this very talented trail runner. Chris mentioned I was way under the race record, but I just was focused on one thing - finishing first!

The last section was again very tricky, but at least the footing had turned to crushed gravel instead of mud and I was actually now finding the X-Talons a little unnecessary. It was a long last 20km, just ticking off the kilometres on the gradually ascending hilly section. With 5km to go I viewed the brilliance of the 12 Apostles in the dimming sunlight that the overcast day was offering and knew it was almost mission completed. Coming off the trail and onto the sealed road with a kilometre to go I was a spent force, reduced to a pretty slow jog up the last hill. I rounded the bend into the car park, avoided a near miss with a tourist bus and crossed the finish line with hands raised in the air. A mix of joy and relief!

Once into some warm clothes, I got stuck into some food and drink and watch Damon and then travel buddy and good mate Damian Smith cross the finish line in a fine 3rd place! He is having a massive year, and as far as I know the only runner doing all the grand slam events this year. Not long after in came Shona, a mighty effort to back up only weeks after the Surf Coast Century. She looked pretty smashed but got the job done in fine form too by also beating the course record. She is having one hell of a year!



With Shona, women's winner.

Back at the Port Campbell hostel, the host with the most, Tony, made sure we were all treated like running royalty and welcomed every runner back with Mars Bars and good humour. A quick shower and we went out for beer and pizza, no better way to top off a great night! We ended up eating with Mikio, the Japanese born American runner and a few others too. Back at the hostel, Tony organised a little beer collection and he ducked out and came back with a case of Victoria's finest. We all set around and had a couple into the night and recollected the day's events.

The next morning breakfast and presentations went smoothly and it was great to see all names of finishers recognised by Andy. It was surely a hard earned belt buckle! Damon Goerke and his wife Fleur offered us a lift back to Apollo Bay which we gladly accepted and we had a great time hearing about Damon's and

Fleur's many adventures. A flat battery, jumper leads and half an hour later we were on our way back to Sydney.

Results – November (*send missing results to rundown@woodstockrunners.org.au*)

6/10/2012 SYDNEY STRIDERS SERIES / HOMEBUSH

10KM

Brendan Davies	0:35:07 (4th O/All)
Jeff Morunga	0:54:25
Brian Ogilwy	0:56:22

7/10/2012 IRUN GUNSTOCK TRAIL HALF MARATHON

25 KM

Kim Cayzer	2:03:15 3RD 30-34
------------	-------------------

7/10/2012 GREENHILLS BEACH SPRING BEACH CLASSIC

8 KM

Dot Siepmann	1:04:00 Soft Sand
--------------	-------------------

10/2012 NEWCASTLE PARK RUN

5 KM

Martin Amy	time? 2nd O'male
------------	------------------

13/10/2012 GUNSTOCK TRAIL HALF MARATHON

21.1 KM

Kim Cayzer	2:52:36
------------	---------

13/10/2012 SYDNEY PARK RUN / ST PETERS

5 KM

Martin Amy	18:00 (2nd O/All)
------------	-------------------

13/10/2012 GREAT OCEAN WALK / VICTORIA

100 KM

Brendan Davies	9:16:41 1st O/All & New Course
Record	

14/10/12 Waitakere Half Marathon New Zealand

Sandra Bogun	2:10:24
--------------	---------

14/10/2012 SRI CHINMOY / IRON COVE

21.1KM

Tym Blackwell	1:26:44 PB 2 Mins
Kathryn Bolitho	1:41:43 7th U/50
John Dawlings	1:34:36 4th M50-59
Miriam Herold	1:52:48 PB
Frank Hidvegi	1:40:52
Greg Marsh	1:55:40 (2nd M60)
Miles Pullen	1:26:59 PB 3 mins ++
Gavin Tunstall	1:49:30

7KM

Martin Amy	0:25:12 (2nd U/50 & O/All)
Murray Clarke	0:31:15
Angela Haynes	0:38:00
Nils Herold	0:41:55

Peter O'Sullivan	0:28:18
------------------	---------

Dot Siepmann	0:42:10 (2nd F60)
--------------	-------------------

4 KM

Charissa Patacsil	0:18:07 (2nd Fem O/17 & O/All)
Fiona McIntyre	0:30:34

21/10/2012 SMC SERIES 1 SMITHFIELD

21.1 KM

John Dawlings	1:33:38 3rd M50 Age Cat
Frank Hidvegi	1:40:15
Kathryn Bolitho	1:42:34 3rd F40 Age Cat
Sandra Bogun	2:06:38 7th F40 Age Cat
Angela Haynes	2:07:52 3rd F30 Age Cat
David Miller	2:11:56
Sally Johnson	missed last 1km look of course

10 KM

Martin Amy	0:38:07 3rd MO'all, 2nd M30 AgeCat
Bronwyn Hager	0:42:54 1st FO'all
Miriam Herold	0:49:54 3rd F30 Agecat, PB
Barry Crisp	0:56:38 (2nd M60)
Lesley Maher	0:56:52

5 KM

Dot Siepmann	0:30:07 1st F60 Age cat
--------------	-------------------------

28/10/2012 MAROUBRA FUN RUNS

8 KM

Kazuaki Takahashi:	31.00 (2nd M50)
John Dawlings:	33.53 (7th M50)
Bridget Akers:	43.06
Lorraine Spanton:	43.39 (1st F60)
Lesley Maher:	44.15 (2nd F60)
Angela Haynes:	44.37
Emma Pryor:	47.38
John Phillips:	DNF

4 KM

Dot Siepmann:	23.48 (1st F60)
Barry Cole:	28.04 (3rd M70+)
Fiona McIntyre:	30.15

28/10/2012 7Bridges Walk 26.5km

Miriam Herold	3.46.00
Sandra Bogun	3.46.00

4/11/2012 RUN4FUN / OLYMPIC PARK HOMEBUSH

10 KM (Net Times)

John Dawlings:	44.39 (21st M50)
Frank Hidvegi:	45.13
Kathryn Bolitho:	46.18 (19th F40)
Murray Clarke:	46.55
Miriam Herold:	49.43
Paul Whiteway:	51.18
Bridget Akers:	53.12
David Miller:	54.03
Alan Wigg:	54.33
Angela Haynes:	56.02
Emma Pryor:	56.30
Dot Siepmann:	57.56 (9th F60)

Congratulations to Susan Murray – 18th in her age group at the recent triathlon World Champs



BEEP TEST RESULTS

Surname	First Name	Level	Shuttle 27-September- 2012
Tunstall	Gavin	11	3
Muir	Greg	10	7
Anderson	Michael	10	2
Hidvegi	Frank	9	7
Plakias	Evan	9	6
Patacsil	Chaia	9	2
Bolitho	Kathryn	8	3
Tapsell	Louise	7	8
Ullio	Lawrence	7	4
Barnes	Robyn	7	3
Waladan	Sarah	7	1
Herold	Miriam	6	8
Akers	Bridget	6	1
Doughty	Patricia	6	1
Ayoub	Joe	5	6
Ovenden	John	5	1
Siepmann	Dot	4	7
Lucas	Maree	4	7
Ayoub	Therese	2	3
McIntyre	Fiona	2	3

GREENHILLS BEACH SPRING BEACH CLASSIC 7/10/12 8 KM

Dot Siepmann: 64.05 (Must be 8 km pw)

Race started at Wanda Beach which was closed due to dangerous surf but that didn't stop the race which went out towards Boat Harbour and return

All 8 kms were on soft sand due to huge surf but a perfect day for a beach run with lots of sun, wind and plenty of waves.

The dicky knees did protest a bit but don't feel any worse than usual today.

No other Woodies there. Only person I recognised was Jeremy Horne who won it in less than half the time it took me..

Chaia, I'm sure you would have loved it!!!

Runs to plan ahead for:

- Sun 11 Nov MARSDENS FISHER'S GHOST FUN RUN*
The Marsdens Fishers Ghost Fun Run is a 5km and 10km event within the combined campus of UWS-Campbelltown and Campbelltown College of TAFE. Start Time is 8:00am. Registration can be done Online [see link] or on the day from 6:30am. Car Parking is available or Travel by Train to Macarthur Station and walk 5 mins. Prizes (5km & 10km) awarded to Outright Winners [Male & Female], Largest Primary School, Largest Secondary School and Fastest UWS Student / Graduate [Male & Female]. Trophies awarded to 1st, 2nd and 3rd Age Category winners and Teams. Many Barrel Draw Prizes. Walkers welcome in either event. contact: Gabby Rippol. email: gabby.rippol@campbelltown.nsw.gov.au. Visit the [website](#) for more details.
- Sun 18 Nov 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. Check out our website or Facebook page for all the details you need and to see photos of past races. Enter online now to secure your place. contact: SMC Road Race Series. email: smcroadraceseries@gmail.com. Visit the [website](#) for more details.
- Sun 25 Nov SRI CHINMOY SYDNEY 2012 SERIES RACE 9 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY*
Mackay Sportsground, near Robertson Rd gates, Centennial Park. With the Christmas party season upon us, it's as well to reward the body and spirit with what they really love best: an enlivening morning run in uplifting surrounds and the best company! Celebrate the year's achievements in the best possible way, in our favourite park in Sydney. Parking anywhere near the Robertson Rd gates. On-the-day registration opens at 6.45 am and closes at 7.55 am, with races starting from 8 am. See you there! contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).
- Sun 25 Nov CENTRAL COAST HALF MARATHON & 10KM FUN RUN*
Fantastic 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. Both courses certified. Organised by the Central Coast Hash House Harriers. contact: Christine Laing. email: christine@centralcoasthalfmarathon.com. Visit the [website](#) for more details.

balmain fun run

Promoting Fun & Fitness for our Children, Families & Community

Sunday 2nd December 2012

Start and Finish at King George Park, Manning Street, Rozelle

8.00 am for the 2 km Primary School Run / Walk

8.30 am for the 5 km Run / Walk

8.40 am for the 10 km Run



www.balmainfunrun.com



Caption Competition: What can Dot and John be saying??? Send your suggestions to Sandra: rundown@woodstockrunner.org.au



