

The

February 2013

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

Welcome to 2013 and we're sure it will be a great Woodstock Runners' year.

2012 closed with the announcement of the Australian Ultra Runner of the Year – Brendan Davies. Congratulations Brendan from all of us.

What a fabulous Australia Day for Woodstock with a great morning at Maree and Kevin's. We are most appreciative of your hospitality once again and loved the delicious breakfast.

Thanks to Toby, our very own chiropractor, for his enlightening demonstration and words of advice to us all at Campbell Field a few weeks ago. Let's hope we all paid heed and results will eventuate. Our gratitude to Martin, assisted by Frank, for his research and planning of the Sunday long runs in preparation for Canberra. While running recently on Tuesday's Parks Run, we came across Joy and Ian Hood, former members who said hi to everyone. Pat Mahony is firmly entrenched in life in all its forms on the Central Coast. She is walking, volunteering, growing her own vegies and is very happy. Jean Foulser is missing Len but coping reasonably well on her own. She wishes everyone good running this year.

Just loved Fiona Day's comment one warm Tuesday evening. Following an absence of some years from Tuesday runs, she remarked "one thing I missed about running at Woodstock on Tuesday nights was sweating". While we're having plenty of that recently, it is timely to remind everyone of keeping hydrated before, during and following our exercise.

Places are filling for our weekend at the Orange Running Festival. See details in this Rundown. We thank Sandra for her efforts in organising the trip and Joe for the bus. See details as well for the Cronulla Breakfast Run to be held on St Patrick's Day, March 17. Numbers are limited to 20, so first in first served and you must wear some green along with your Woodstock gear.

Good luck to all competing in various events over the next month. As well as running, we have triathlons and ocean swims. I wish everyone PBs during the year along with lots of enjoyable runs.

Kerry

Belated Birthday wished to Lawrence Ullio for January 7th

BIRTHDAY Wishes: February: Marta Purinan 2; Fiona Day 5; Michael Cantley 8; Tami Iseli 8; Sarah Waladan 12; Danny Burgess 14; Kathryn Bolitho 16; Beverley Edwards 16; Greg Marsh 19; Lorraine Spanton 22; David Miller 23; Mark Bailey 25; Barry Crisp 25; Vass Vassiliou 25; Alan Mansfield 26

Welcome NEW MEMBERS:

Lou Harriss, Leah Donovan, Danny Burgess, Bob St Clair, Dan Thompson, Niki Warden, Tony Robinson, Diane Green, David Kinnane, Susan Johnson-Ham

Editor Needed:

I have had a great time producing the Rundown over the last eight months, and sadly have to now pass this on. If you are a closet journo (or a real one with a passion for running – not thinking of anyone) or you would like to get more involved in the club and have four to six hours a month to spare and a basic knowledge of word then we are looking for you. Let any committee member know if you are interested or drop me a line and ask me any questions you may have.

Seriously folks, its lots of fun and if I can do it anyone can. sandra.bogun@yahoo.com.au

A note from your Editor:

How hot has it been, I foolishly though I had acclimatised to the Australian weather because I ran through last summer – seems we just had a cool summer last year. I don't cope with the heat at all and combined with a niggling injury my running has suffered considerably, with just four weeks to Orange I have had to drop out of the half marathon in favour of the 10km event. My admiration goes out to everyone training for a marathon right now in this weather – you are all certifiable!

Woodstock Teams: Brendan Davies – Woodstock Runners Teams Coordinator

Sun Run and Australian Running Festival Teams

I have set up Woodstock Teams for both the Sun Run and the Australian Running Festival (Canberra Marathon & shorter events).

When you enter online, please do a 'search for existing team' with the keyword woodstock. The Woodstock Team will then come up. Please enter this team and then continue on with normal registration procedures.

Thanks!

Woodies Weekends Away

Plan Ahead – Dates for 2013

Orange Running Festival – Sunday 24th February - \$165

Trip cost includes return bus trip, twin share room at the Quality Inn and dinner Saturday night.

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 – See piece later in this edition for details

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



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.

Canberra Marathon – Woodies Training Support

Hey All,

Well the early weeks of the program are through and following a good number in week one and even more at the Goblin Cafe, we now extend the distances slightly from this week on. Below is entire program, here's the link to the website thread for all things Marathon Training - <http://www.woodstockrunners.org.au/2013-canberra-marathon-training/>.

If you are keen on coming along, please have a look at the website and then let me know what group you'd like to be in. The pacers will keep you at ease with the distance, and of course make sure you're back in time for breakfast!

Marty
Legend



<http://runningfestival.com.au/>

Early bird race entries until 22 Feb.

Woodstock Tours – Canberra 13/14 April 2013

The buzz is in the air and the long runs well underway... time to commit the distance, enter the race and book your spot on the Woodland's magical mystery tour where the bus is tuned and the driver is toned! Join Jeff 'Griffin' Morunga, debutants Di Galea and yours truly, as well as many a colt and filly chomping at the bit to stomp the parliamentary pavement.

Plan is to leave Ashbury around lunch time on Sat 13th April and arrive with time to check in to our old favourite Pinnacle Apartments. Walk to 6pm dinner at Caph's (same restaurant as last year). You can drink lots (h2o), share race tactics, dreams and aspirations (or the usual running rabble). After dinner we'll walk back to the apartments singing 'Chariots of Fire' and get a respectably early night!

Unfortunately the 10km and 5km are programmed much earlier on the Sat than they were last year so the bus WONT be in Canberra in enough time for these races. If you are on the bus, you only race options are the half marathon, the marathon or the ultra. These races are all on Sunday morning.

Accommodation-wise we have 3 x 4 bedroom apartments within walking distance to the start line. Bus & bed is \$120 per person or \$60 bus/\$60 bed if you want to self-drive or self- accommodate.

What you need to do:

1. Email or text me whether you want 'bed & bus' or 'bus only' or 'bed only' angpegasus@gmail.com or 0419 444 010.
2. Pay \$60 to reserve your spot, to my account BSB: 062-233 ACC: 1005-6323. Deposit refundable as long as someone else can take your spot. This trip usually fills up so eft the dough so you can go!
3. Enter the race – don't forget to enter the team 'Woodstock Runners.

Call/text me any questions or see you around the grounds.

Angela Haynes
0419 444 010

Canberra Marathon Training Programme

Notes

* Runs as marked are Point to Point. All other runs are loop back to finish. Point to Point runs involve Bag Drop off to Start, no later than Thursday prior to Sunday

** You must confirm Breakfast with Kerry Bray when requested.

Wk	Date	Start	Time	Course	Finish	Time	Cafe	Conditions	Running Time	Distance
1	13 Jan	Summer Hill	5:30-6	Cooks River – 20km http://www.mapmyrun.com/routes/view/5218190	Summer Hill	9	Goblin Café	Path/Road	2:00-2:45	20km
2	20 Jan	Smithfield	6:30/7	SMC – 21.1km http://www.sydneymarathonclinic.org.au/courses/	Smithfield	9	-	Path	1:30-2:30	21.1km
3	27 Jan	Summer Hill	5:30-6	Cooks River 25km http://www.mapmyrun.com/routes/view/163531870	Summer Hill	9	Goblin Café	Path/Road	2:30-3:00	20-25km
4	3 Feb	Summer Hill	5:30-6	* Parramatta* - 28km http://www.mapmyrun.com/routes/view/162146648	Parramatta Park	9	Parramatta Park Café	Path/Road	2:45-3:45	25-30km
5	10 Feb	Summer Hill	5:30-6	Cooks River 25km http://www.mapmyrun.com/routes/view/163531870	Summer Hill	9	Goblin Café	Path/Road	2:30-3:00	20-25km
6	17 Feb	Smithfield	6:30/7	SMC – 30km http://www.sydneymarathonclinic.org.au/courses/	Smithfield	9-10	-	Path	2:30-3:30	30km
7	24 Feb	Orange	8	Orange Colour City Festival – 21.1km http://orangecolourcityrunningfestival.com.au/wp-content/uploads/2012/10/Running-Festival-HALF.pdf (Sri Chinmoy #1 – Centennial Park - 14km (extra 7km to be added))	Orange	9:30-10:30	TBA	Path/Road	1:30-2:30	21.1km
8	3 Mar	Summer Hill	5-5:30	Cooks River 30km http://www.mapmyrun.com/routes/view/163531870	Summer Hill	8-9	Goblin Café	Path/Road	2:30-3:30	28-32km
9	10 Mar	Summer Hill	5:30-6	* Manly * – 25km (Sri Chinmoy #2 – Iron Cove - 14km (extra 7km to be added)) http://www.mapmyrun.com/routes/view/153001765	Manly Beach	9:30-10	Fresh Café	Path/Road	2:30-3:30	25-30km
10	17 Mar	Summer Hill	4:30-5	* Cronulla * 30km (Optional extra at Cronulla, if early arrival) ** http://www.mapmyrun.com/routes/view/158634141	Cronulla Beach	7:30-9	AlleyBreak Café	Path/Road	2:30-3:30	30km
11	24 Mar	Smithfield	6:30/7	SMC – 21/1km http://www.sydneymarathonclinic.org.au/courses/	Smithfield	9	-	Path	1:30-2:30	21.1km
12	31 Mar	Summer Hill	5-5:30	Cooks River – 35km http://www.mapmyrun.com/routes/view/5749160 (Sri Chinmoy #3 – Centennial Park - 21km (extra 14km to be added))	Summer Hill	8:30-9:30	Goblin Café	Path/Road	3:30-4:30	35km
13	7 Apr	Newcastle	8:30	Rest week or Tune up race – Newcastle – Hill to Harbour http://www.heraldhilltoharbour.net/default.asp?PageID=8319	Newcastle	9	TBA	Path/Road	0:30-1:00	10km
Race Day	14 Apr	Telopea Park School	7:00	Australian Running Festival – Canberra http://www.runningfestival.com.au/default.asp?PageID=21189	Telopea Park School	PB	TBA	Path/Road	PB	Ultra/Full /Half

The Things Runners Do – Jeanne Veda Douglas aim for the Ultra

Anyone who runs on a Tuesday will know JV, she signed up for the 50km in Canberra as her first real distance run and has done some very impressive weekly kilometres through the heat of this summer in preparation – because of course being a “crazy” runner, she has also signed up to do her first Marathon in Orange in a months time.

JV has some very special skills and is great fun to run with – but a word of warning, one of her special skills is not navigation and unless you are thinking you might like to do a few extra's kms it pays to not let her lead. A word of warning Tony Robinson who is also running the Orange Marathon, I suggest not following JV on that one!

We wish you lots of luck in Orange and Canberra JV, you have certainly put in the hard yards at the beginning.

This is a link to her fundraising page:

http://www.everydayhero.com.au/hero_pages/view_posts/jeanneveda_douglas

WOODSTOCK RUNNERS' BREAKFAST RUN / WALK

at

CRONULLA

Sunday March 17

ST PATRICK'S DAY (wearing of green required)

7.00am for 7.30am start

(walkers leave at 7.15am)

Park alongside Dunningham Park, Elouera Road in front of the North Cronulla Hotel

DISTANCES 6K -15K approx

MAPS PROVIDED

Breakfast at Alley Break Cafe (alongside Dunningham Park) from 9.00am

BREAKFAST \$15.00

2 CHOICES

Cold Breakfast - Muesli, Fruit Salad and Yoghurt + hot or cold drink

Hot Breakfast - Bacon, Fried or Scrambled Egg + hot or cold drink

Additional drinks extra

Bring cozzies for a surf at beautiful North Cronulla

Please reply to Kerry asap as numbers are strictly limited to 20

NB In the event of rain, the cafe may not be able to accommodate us all, especially at the reduced breakfast price. However, there are plenty of places to eat in Cronulla, even if we are unable to all fit in the same venue. We're praying for a fine day.

Brendan Davies - the year that was and the year ahead!

2012 was such an amazing year. I had a really good run with form; and consistent training and lack of injury through the whole year led to some very pleasing results. It was the year I really focussed fully on ultra running and I learned so many new things about this tough discipline of running. It really is a form of running that a lot of people should consider. Yes, the distances can be imposing but then again you don't necessarily have to be a fast runner either!

I recently received some very good news from AURA (Australian Ultra Running Association). It seems my results in 2012 were good enough to earn me the title of Australian Male Ultra Runner of the Year. It is a huge honour to get this award, considering the outstanding results achieved by many ultra runners this year. I guess the fact that I put in a good performance on the road at the World Champs and then on the trails later in the year in the GOW and the GNW got me over the line. Congratulations must also go to Beth Cardelli, winning the female award and I thought her course record at TNF100 was the outstanding performance of the year.

Some other great news too came too just before Christmas but it has been something simmering away in the pipeline for a while. I have been chosen to be on the Inov-8 International Trail Running Team. I've been wearing Inov-8 shoes on the trails for since 2009 and I believe have been crucial in all the success I've had. What this means is that I will have the opportunity to go overseas and race some of the big European mountain races with the team. Included in this will be a week of gear testing and meeting the rest of the team. At this stage, I'll definitely be running as part of the Skyrunning Series the Mount Blanc Marathon, the Chamonix vertical challenge (eek) and the Ice Trail Tarentaise Ultra two weeks later. This is only a 65km race, but it's the only race where I've seen crampons on the compulsory gear list!

Well how does the rest of my year pan out? Well being on holidays this time of year is traditionally a really good way to put in a massive block of training leading up to 6 Foot Track. This year I've done things a little differently, giving myself some much needed R & R after the GNW100 miler and just giving myself some time to rest, eat and drink and do, well, not much at all over the Christmas period. My training is now starting up again but this year it will not be for what is usually my big first race of the year, the 6 Foot Track Marathon. As much as it pains me to say it, I won't be racing my favourite race this year. Instead I will be running the [Tarawera 100k](#) in Rotorua New Zealand. One of my big running aims this year is to see how I go against the World's best. Unfortunately I missed out on getting into Western States in the US, but Tarawera is not far behind in the competitiveness of the field. Tarawera is only one week after 6 Foot Track, and it will be foolish to jeopardise my performance at Tarawera by racing 6 Foot.

After Tarawera it will be time to focus on the big Aussie Ultra, TNF100 where I hope to improve on my time of last year. I believe with much more specific training, I can cut my time down under 10 hours. After this, there will be the European trip and then towards the middle to end of the year I'll probably focus on a lot more road running, for what will hopefully lead up to another crack at the World 100k. I say hopefully because unfortunately the hosts in South Korea had to pull the pin on the event due to lack of sponsorship. The IAU, meantime are trying hard to find an alternative venue around the same time. Of course, in between these 'A' races, there will be a lot of local racing and of course if the planets align I will try to get to a weekend away trip with the Woodies. Last year's highlight was the Macleay River Marathon trip away. I have memories burned into my brain of that trip, and winning the marathon strangely really isn't one of them!

It has been great to see so many Woodies attend a lot of trail running races lately; in the Blue Mts or at Manly. The blue and white singlet is very distinctive and at Manly we were easily the best represented club. It pains me not to be able to wear it all the time too, but I have to acknowledge my sponsors by wearing their brand or the race series singlets as the race directors often gift me with complimentary entry in return for this. But I am a Woodstock Runner always as this is where this crazy journey started for me!

But be warned about doing all this trail running...the next step is ultra running!

Brendan



Minute with a Member

Name: Tym Blackwell

What is your occupation? Marketing Manager

Running age group? The one that features 35

Do you have family? Yes, my wife and I have two daughters and another (boy or girl not known) due in April. We also have two chickens called Polly and Molly.

How long have you been a Woody? 1 year

Do you run on Tuesday night/TNT/Saturday morning? TNT and the occasional Saturday morning

Why do you enjoy running? Along with it keeping me healthy I love the idea of setting myself the next challenge, running also doubles up as some great quiet thinking time away from the busy household or the office.



What is your favourite running distance, course, event and why? Probably the half marathon, perfect to get your teeth and settle into a good run but still short enough to try and push the pace. Love the Centennial Park half, a great off road half over three laps – and you get pancakes at the end.

What has been your running highlights? Breaking the city to surf 56min time last year. Didn't think I could go sub 4mins for further than 10km and I managed 55.29 – not sure I will beat that! And completing my first marathon a few years back, at the time I wasn't sure I would be able to run that far.

Any lowlights (injury etc)? Cramp and more cramp, something I have always suffered from sadly in longer runs. Hopefully the more I practice the better it will become and I can get my marathon time down to a time that mirrors what my half marathon times say I should run.

What was the last race you went in and how did you go? Last race was the Manly Dam trail series 10km. Still fairly new to trails but really enjoying them. Had a good race (basically I didn't fall over down the technical sections!) and fairly respectable time. (Pic was taken at this run)

Anything funny/unusual ever happened to you while you have been out running? I have been chased by a couple of dogs, only small little things but still quite scary! Thankfully they didn't catch me. And I love running round the bay and catching snippets of conversations as you go past people – you hear great odd quotes when you don't have any context!

What other sports/hobbies are you involved in? Have always been fond of puzzles and while I am not very good, I love a game of chess.

Favourite food/beverage? Curry, but also difficult to go past a BLT! And if you're at the bar mines a coopers

If you could have dinner with anyone who would it be and why? Have just finished reading Scott Jureks book eat and run, so he currently springs to mind. He can cook one of his meals and give me some more insights into pushing running to the limits – maybe he might even be able to help with the cramps!

Where would your ideal holiday be? Anywhere that could cater for some adventure, (skydive etc) some great running, and some chilling by the pool with the family.

Interesting things we may not know about you? Pre-children I used to DJ and run my own bar night back in the UK

Thanks for sharing Tym

Minute with a Member

Name: *Carson Wong*

What is your occupation? *Physiotherapist*

Running age group? *30-35*

Do you have family? *We just got married last year (to Siobhan also a Woody).*

How long have you been a Woody? *1 year, joined up after needing some more structured training.*

Do you run on Tuesday night/TNT/Saturday morning? *Tuesdays & TNT but have been very lazy lately...*



Why do you enjoy running? *It provides a challenge and you don't need a team or much equipment, just you and your shoes.*

What is your favourite running distance, course, event and why? *The Bay Run on a nice sunny and cool Saturday morning with friends. Why I like it, as breakfast at Bar Italia isn't too far away!*

What has been your running highlights? *Completing my first marathon in 2012.*

Any lowlights (injury etc)? *My first injury, a glut and ITB problem, it was when my feeling of invincibility that comes with youth was lost.*

What was the last race you went in and how did you go? *2012 Sydney Marathon, I finished. (Don't be so modest Carson, you and Siobhan ran a very respectable 4:06 and looked very frisky as you crossed the line)*

Anything funny/unusual ever happened to you while you have been out running? *Nothing comes to mind....*

What other sports/hobbies are you involved in? *Dragon boating*

Favourite food/beverage? *I'd have to say Rice.*

If you could have dinner with anyone who would it be and why? *I would have to choose my new wife of course (otherwise I may not be eating dinner tonight!).*

Where would your ideal holiday be? *South America or a campervan trip around Australia.*

Interesting things we may not know about you? *You know everything now...*

Thanks for sharing Tym

Woodstock takes up trail running: Sandra

There have been some really interesting shorter trail runs on over the last year which a few people have been getting out and about trying. Some are using it to train for some of the traditional longer trail runs that have been on the Woodstock Running Calendar for many years – like 6ft track – and some of us are just out to try something new and get off the road.

There is a contingent heading to the Stromolo Running Festival in Canberra 16/17 Feb for the second year running (chat to Angela if you would like more information).

The Running Wild Series in the Blue Mountains saw a contingent at the Mt Portal Run where Brendan took line honours and a new course record and two Woodies really took time to put the fun in the run and bought up the rear. The second run in the series was cancelled due to snow on the track and Gavin had a baptism of fire at the Glenbrook Marathon covering 47km in extremely hot conditions over 6 hours. The Wentworth Falls run really tested the legs. The 16km course (with a 13km option) had lots of down and lots of up and occasionally a bit of flat. Most amazing views gave you a good excuse for stopping to admire them (and catch your breath) and the falls themselves helped cool the body down. With over 300 runners on course you would expect every animal for hundreds of miles would have disappeared but it seems the brown snakes all wanted to watch and most of us saw one or two – one competitor managed to survive stepping on a 3ft brown snake!

Mountain Sports Manly Dam Run is proving to be a very popular course, the second run of the series was so heavily subscribed that the start was delayed while everyone got their numbers sorted and they had three waves of start to help spread everyone out. The elite guys who had all run the course before headed off in a colour of dust and were never seen again. The second wave headed off and a couple of minutes later were seen running back along the road – lots of shouts and yelling by the organisers failed to turn them and it took some effort for an organiser to catch the front runners and let them know they had taken a wrong turn ... oops. It was a good thing that the rest of the Woodstock gang were in wave three and we all knew not to go left!

The trail was very narrow at the start so speed wasn't needed, which was good, and then we started the slow climb up, and despite the weather being cooler than the week leading up to the run its soon got pretty hot heading up that hill. With a variety of surfaces, gradients and scenery there is no chance to get bored on a trail run. For us folk who are new at it there is lots of careful slow running (or in fact walking) to stay safe and not break a leg – the professionals apparently just “bounce” off the track so there is less chance of tripping or slipping (yeah right!). With a slower pace there is time to chat more to fellow runners and appreciate how far away from it all you feel so close to the middle of the city.

A well marked track had us ducking under pipes and using several regular walking tracks with a few creek crossing thrown in. Rounding one of the last corners and heading down the last really steep bit Brendan and Shona Stephenson were cheering everyone on and casually chatting as we picked our way past. One last push at the end along one of the few flat bits and across the finish line – Hot, Dusty but feeling very pleased with ourselves. A short walk to the lake to wash up and then it was coffee and free bacon and egg roll to recover and cheer everyone else across the line. To top off his “slow leak” Nils was also the only casualty of the day sporting a decent graze after being cut off at the pass. The lucky prize draw was worth waiting around for, they had something for almost everyone – well me so that is what really counts – got a shirt which I swapped for a camel back – brilliant.

So if the road is becoming a little tiresome, try a trail – they don't hurt as much as you might think. Check out the photos on the last page, most of which are from Manly Dam.

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

A major thank you to Dot Siepmann who spends hours trawling a large number of event results pages trying very hard to keep track of over 100 Woodstock runners on any given day. There are times when a result may get missed, please feel free to send your results directly to the editor each month, these are collated and used towards the annual awards among other things.

26/1/2013 MENAI /REVESBY WORKERS RUN

8.2 KM

Dot Siepmann: 52.12 (2nd F60+)

20/1/2013 SYDNEY MARATHON CLINIC

21.1KM

Angela Haynes: 2.00.48 PB (4th F30)

Jeff Morunga: 2.13.18

David Miller: 2.18.58

10 KM

Lesley Maher: 56.21 (1st F60)

Sally Johnson: 57.40

13/1/2013 SYDNEY TRAIL RUNNING SERIES

MANLY DAM 10.2KM

Brendan Davies 44:16

Tym Blackwell 52:06

Miles Pullen 53:28

Gavin Tunstall 56:53

Miriam Herold 1:14:56

Dianne Galea 1:27:25

Hilary Schneider 1:27:25

Sandra Bogun 1:27:26

Nils Herold 1:36:21

12-19 Jan 2013

NATIONAL RUNNING WEEK / THREDBO

ROUND THE VILLAGE RUN

6 KM

Greg Marsh: 30.11

Dot Siepmann: 36.26

KOSCIUSKO WALK

13 KM

Dot Siepmann: 2.38.19

PIZZA RELAY

1 KM

Dot Siepmann: 7.03

WOMEN FROM SNOWY RIVER RUN

4.1 KM X/C

Dot Siepmann: 29.15

PINDARI PLODDERS BUSH RUN X/C

Greg Marsh: 10 KM in 60 Mins.

Dot Siepmann: 7 KM in 61.25

FAZACKERLEY VETS RUN

4 KM X/C

Greg Marsh: 23.00

Dot Siepmann: 33.00

KOSCIUSKO CLASSIC

5 KM (Up the mountain)

Greg Marsh: 37.00

Dot Siepmann: 47.36 (2nd Woman)

RUNNING WILD SERIES / WENTWORTH FALLS

16/12/2012

16 KM

Brendan Davies: 1.26.16 (2nd O/All)

Miriam Herold: 2.31.47

Kim Cayzer: 2.37.28

Sandra Bogun: 3.19.22

Dianne Galea: 3.19.22

13 KM

Nils Herold: 3.05.04

16/12/2012 SYDNEY MARATHON CLINIC

HALF MARATHON

Dave Miller: 2.21.24

10 KM

Barry Crisp: Time not recorded

5 KM

Dot Siepmann: 30.15 (1st F60)

SRI CHINMOY / IRON COVE

14 KM

John Dawlings: 1.02.56 (1st M50)

Frank Hidvegi: 1.06.59

Kathryn Bolitho: 1.07.39 (6th U/50)

Angela Haynes: 1.25.51

7 KM

Murray Clarke: 33.17

11/12/2012 THE CREST BANKSTOWN

(Night of Miles Open Comp)

3 MILES

Dot Siepmann: 27.32

1 MILE

Dot Siepmann: 8.33 (3rd Open F)

Missing Results

Central Coast Half Marathon

Lawrence Ullio 1:57:02

Miriam Herold 1:53:42

Overseas Results

Kim Cayzer

20/1/2013:

Harold Chapson 8k 39:18 (3rd 30-34)

13/1/2013:

Magic island biathlon: 5k run 23:12

Runs to plan ahead for:

2-Feb

NEUROBLASTOMA AWARENESS FUN RUN 2KM, 5 KM AND 10 KM

Help us raise awareness and funds for Neuroblastoma - the number 3 children's cancer. Average age of diagnosis is 2 years old. Survival rates remain below 50% for aggressive neuroblastoma due to lack of sufficient funding for research. Please show your support and come and run at Sydney Park, St. Peters, Sydney - all proceeds will go to Children's Cancer Institute Australia for their research into neuroblastoma. www.ccia.org.au. We have some great prizes - a trip to Fiji for the fastest 10km and a Tag Heuer watch for the person who raises the most money through GoFundraise. There will be lots of family activities in the park that day to keep the whole family interested - kindy farm, pony rides, face painting, jumping castles and stalls. contact: Lucy Jones 0406991606. email: forsienna@gmail.com. Visit the [website](#) for more details. Click here for an [entryform](#).

BEACH BASH CENTRAL COAST

Beach Bash is Australia's first Beach Obstacle Race! Experience the challenge of soft sand running and obstacles on one of Australia's most beautiful coastlines. Saturday 2nd Feb is 'Challenge Day' with a 7km course and 17 challenging obstacles, Sunday 3rd Feb is 'Adventure Day' with a 4km course more suited for beginners and families (children over 10 yrs are welcome to participate). Registrations are open and filling fast so jump online to register. email: info@beachbash.com.au. Visit the [website](#) for more details.

6 Feb

SYDNEY SUMMER SERIES 19 AT PENNANT HILLS

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Pennant Hills. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages always welcome. Start any time from 4.30-6.45pm. Costs: \$10 for NSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Wayne Pepper 0408 667 076. email: marketing@onsw.asn.au. Visit the [website](#) for more details.

9 Feb

WARRIOR DASH NEW SOUTH WALES

Warrior Dash is the world's largest running series of its kind and is held on more than 50 challenging and rugged terrains across the world. Participants will bound over fire, trudge through mud and scale over 12 obstacles during this fierce 5K. After pushing their limits and conquering extreme obstacles, Warriors celebrate with live music, Warrior grub and beer steins. email: info@redfrogevents.com. Visit the [website](#) for more details.

10 Feb

SYDNEY TRAIL SERIES- MANLY DAM RACE THREE

The Sydney Trailrunning Series is a series of short course Trailrunning events with distances under 20km and all within 45mins of the Sydney CBD. The aim of the Sydney Trailrunning Series is to give you some great goal races to target throughout the year as well as keep you on the trails and smiling. Whether you are new to running or trailrunning, looking for a social run or a quick hit out with friends on a Sunday morning, STS is the series for you. The Manly Dam trails are fantastic - the scenery beautiful and the trails are some of the best for short course trail runs on the north shore. contact: Sean Greenhill. email: info@mountainsports.com.au. Visit the [website](#) for more details.

13 Feb

SYDNEY SUMMER SERIES 20 AT TELOPEA

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Telopea. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages always welcome. Start any time from 4.30-6.45pm. Costs: \$10 for NSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Graeme Hill 9653 2550. email: marketing@onsw.asn.au. Visit the [website](#) for more details.

16-17 Feb

STROMLO RUNNING FESTIVAL (ACT)

30km and 10km Trail Running Events in the beautiful mountains surrounding Canberra. 7.5km Cross Country race at the World-class Stromlo Forest Park. 50km, 6-hour, 100km, and 12-hour Ultra events. contact: Event Organisers. email: info@stromlorunningfestival.com.au. Visit the [website](#) for more details.

17 Feb

SMC ROAD RACE

Come and run the new SMC course. Each month (Oct to July) there is a half marathon, 10km and 5km. For the February race there is also a 30km event. 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.

20 Feb

SYDNEY SUMMER SERIES 21 AT PYMBLE

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Pymble. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages always welcome. Start any time from 4.30-6.45pm. Costs: \$10 for ONSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Greg Barbour 0416 871 455. email: marketing@onsw.asn.au. Visit the [website](#) for more details.

23-24 Feb

ORANGE COLOUR CITY RUNNING FESTIVAL

Marathon, half marathon, 10km, 5km - Sunday 24 February 2013

24 Feb

SUMMER RUN5

Part of two day 'Splash & Dash Festival' the Summer Run5 is a coastal 5km fun run and walk in support of Ovarian Cancer Australia. All ages, individual and team categories including Corporate Team UP! challenge. Super scenic coastal safe, picture perfect course. Professional services, and loads of fun across a weekend of summer ALIVE in the gong.. contact: Rob Battocchio. email: info@aquathon.com.au. Visit the [website](#) for more details.

SRI CHINMOY SYDNEY 2013 SERIES RACE 1 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY

Mackay Sportsground, near Robertson Rd gates, Centennial Park. Centennial Park has become the most popular venue for Sri Chinmoy Sydney Races in recent times, and for good reason – an ever-changing cross-country course over dirt, grass and gravel takes you alongside pretty ponds, across playing fields and through lush groves of natives. With the occasional horse idling by, it's easy to imagine you're out in the countryside – until you look up at the imposing city skyline, which you can almost touch. 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. contact: Prachar Stegemann. email: sydney@srichinmoyraces.org. Visit the [website](#) for more details. Click here for an [entryform](#).

Wed

27 Feb

SYDNEY SUMMER SERIES 22 AT BEACON HILL

Can you think AND run? Enjoy a walk or run at your own pace through the streets, parks and reserves of Beacon Hill. Using the coloured orienteering map, visit as many checkpoints as you can in 45 minutes. No need to pre-enter, just rock up. Basic instruction available, beginners of all ages always welcome. Start any time from 4.30-6.45pm. Costs: \$10 for ONSW club members, \$13 for non-members. Timing stick hire \$4. Extra maps \$2. contact: Jim Merchant 9999 3785. email: marketing@onsw.asn.au. Visit the [website](#) for more details.

