



Apr 2013

THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



www.woodstockrunners.org.au



info@woodstockrunners.org.au



KERRY BRAY

The Rundown on Members

Thanks Michael from all of us for a most entertaining Rundown last month. It was a thoroughly good read. Michael also worked alongside Dave Miller on our website which is becoming more professional by the week. This is our major advertisement to the running world and we are most grateful to everyone who has had an input. All members should have a look around the website. You'll be amazed at all you'll find.

Thank you also to Chaia for her work on our latest uniforms from 2XU. I urge everyone to have a search online and maybe order some.

Congratulations to Jenny Vassiliou on her engagement. She has been very quiet about it and we've just recently learnt her happy news. We wish you well, Jenny. Bronwyn Hager has returned to Woodstock following her latest trip to South America. We hope you can fit in a few races for the Club before you are off again. Lesley Maher has resigned from St George Bank after 20 years with the Company. We know they'll miss you and we wish you the very best in whatever you decide to tackle.

One Tuesday evening a few weeks ago we enjoyed a wonderful Pack Run designed by JV. The parks in Five Dock and Ashfield, along with the Federation homes of Haberfield were visited by those of us fortunate to be pounding the pavements that night. Thanks JV for a most interesting run.

Brendan was placed 4th in the Tarawera 100kms in NZ against very strong international runners. It was a brilliant result and we congratulate you, Champ.

Thanks to all who made the trip to Cronulla for the Breakfast Run whether that was by car or on foot via the training course from Summer Hill devised by Martin. It was a terrific morning with a great breakfast at Alley Break. All who have been training for upcoming Marathons are most grateful to Martin for the long distance training program he designed over the past few months. In addition, we hope you have a fabulous trip to the UK, Marty.

As I type this the Chocolate Brownies are in the oven in preparation for our trip to Canberra. I wish everyone good luck in the various events, especially those debuting in their chosen distance. Thank you to Angela for her incredible organisation of the trip and to Joe who will drive us there and back and generally look after us superbly.

Best wishes too to Miriam and Nils who will be running the Rotterdam Marathon this weekend. We look forward to hearing of your achievements and the fun time you spent in Europe.

Happy running, walking and swimming to all..

Kerry

WOODSTOCK RUNNER EXPERIENCES!!

From next month we will start featuring some runner experiences in the Rundown.

What we are after is short stories from our members (anything from a paragraph to a page) to add to a new section of the Rundown.

We are looking for stories on fun runs, races, Woodstock events, anything running or club related. There's nothing like reading other people's experiences for learning or just pure entertainment.

We would love to hear your experiences on what did or didn't work in prep and during your weekend run!

Don't be shy, if you have something to share from your weekend run please send it to:

rundown@woodstockrunners.org.au



AGM

The Woodstock Annual General Meeting is around the corner and we'd love to see you there. The meeting is held to elect Committee members, table club business and enable members to have their say on club matters.

If you would like to attend, the meeting will be held at the Woodstock Community Centre, Church St Burwood, our base for Tuesday runs.

Date - May 7th

Time - 7:30pm after the run

Nomination forms are included at the end of the rundown. If you would like to nominate someone for a position on the committee please complete the form and hand it to your run leader. Nominations close 8th May, 2013.

Woodstock Winter Running Calendar

Keep an eye out for the new Winter calendar as we head into the colder months.

Don't forget, now that we've lost daylight savings, that we need to wear light and reflective clothing (your Woodstock gear is perfect) to all night runs for safety's sake. If you have a light or a head lamp even better!

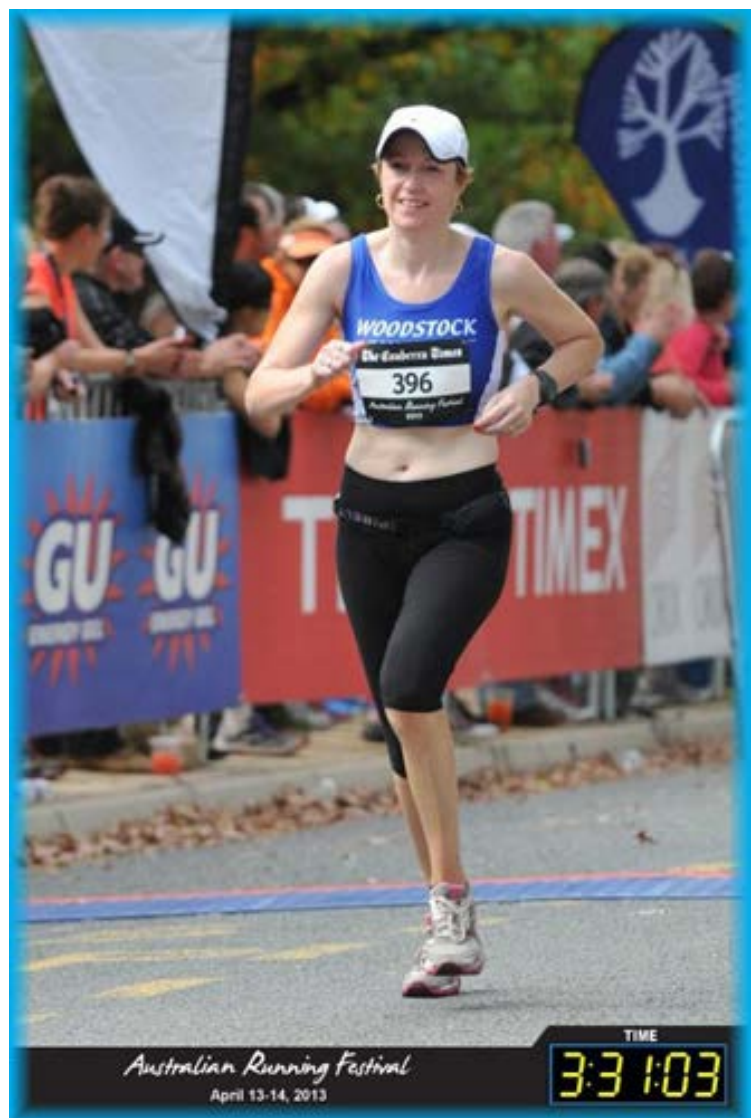
The 2013 City To Surf

An event that gets a lot of Woodies waddling is the C2S and this year is no exception.

We are looking at doing a number of practice runs along the actual course for this as a club so keep an eye out for details on this. It's time to teach that hill a lesson!

Thursday Night Track

A big thanks for Frank and Joe for looking after Thursday nights.



Kath smashing the Canberra Marra!!

Congratulations to Ryan and Ciara for staying the distance on the BEEP Test at the track. It wasn't the best conditions for turning, but they seemed to make it look easy. Thanks to Di also for bringing the Easter Egg prizes!

For a bit of info, as you link indicates nearly all would make NSW Police Force fitness entry level... Change in career perhaps?

http://en.wikipedia.org/wiki/Multi-stage_fitness_test

See you at TNT..

Surname	First Name	Date	Level	Shuttle
Mansour	Ryan	28/03/2013	12	3
Hidvegi	Frank	28/03/2013	10	10
Coote	Phil	28/03/2013	10	7
Foley	Ciara	28/03/2013	10	4
Broadfoot	Katie	28/03/2013	9	9
Unas	Raul	28/03/2013	8	9
Galea	Dianne	28/03/2013	8	8
Vassiliou	Vass	28/03/2013	8	3
Ullio	Lawrence	28/03/2013	8	0
Vassiliou	Jenny	28/03/2013	7	9
Marsh	Greg	28/03/2013	7	8
Akers	Bridget	28/03/2013	7	0
Waladan	Sarah	28/03/2013	6	10
Ovenden	John	28/03/2013	6	3
Harriss	Lou	28/03/2013	6	2
Doughty	Patricia	28/03/2013	6	0
Bowman	Mary	28/03/2013	5	4
Schneider	Hilary	28/03/2013	5	4
Sullivan #	Mark	28/03/2013	5	1
Lucas	Maree	28/03/2013	4	3

Marty

100% Fitness
100% Sweat
100% Life



OneLifeCat



www.facebook.com/onelifecat
<http://onelifecat.wordpress.com>

Spoof and inspirational fitness merchandise. Clothing, mugs, aprons, caps and more!



Clever Muesli Bars

Ingredients

cooking oil spray
1 cup wholegrain oats
1/2 cup puffed rice cereal
1/2 cup mixed dried fruit
1/2 cup finely chopped dried mango
1 tablespoon sunflower seeds
1 tablespoon pepitas
1 tablespoon sesame seeds
1 tablespoon linseeds
2 tablespoons oat bran
2 tablespoons processed bran
2 tablespoons self-raising flour
1 egg
1 egg white
2 tablespoons olive oil
2 tablespoons apple juice concentrate



Instructions

Step 1 Preheat oven to 180°C. Spray a 20cm x 30cm cake tin with oil and line with baking paper. Set aside. Place all dry ingredients into a large bowl and mix well.

Step 2 In another bowl, whisk together egg and egg white, until frothy. Make a well in the centre of the dry mixture and pour in eggs, oil and apple juice concentrate. Mix until all ingredients are coated.

Step 3 Press mixture into prepared tin. Cook until golden brown, approximately 25 minutes.

From the Australian Healthy Food Guide

If you have a good healthy recipe you'd like to submit please send it to rundown@woosdtockrunners.org.au.



As you may be aware, the annual Sutherland to Surf Race (11km) takes place on 21 July 2013. This is sold as a completely downhill race, but am not so sure about that, but there is no doubt it is a quick race. It is a great lead up to City to Surf on 11 August.

www.sutherland2surf.com.au

On one of those running chat days, the thought came up we could go and make a bit of a weekend of it, yes a holiday in the Shire! As random as it sounds people who visit always ask me about places on our doorstep niji aplces and they seem to be the hardest to talk about, as rarely go and never stay! Also the question is why not have a bit of a holiday on our doorstep, with a vicious rumour that the kids could be left at home, while mum and/or dad have a "Running mini-break"

So plan is -

Friday PM - Travel down to Cronulla - wine and dine in Cronulla

Saturday AM - Breakfast, relax and then take a trip to Bundeena.

Saturday PM - Return from Bundeena, dinner.

Sunday AM - Get to start (Sutherland), race. Cleanse in Cronulla, Breakfast

Sunday PM - TBA possible other activity and return to City

I can offer transport from City to Cronulla and back , return to/from Bundeena and to race start (TBC). Hoping that you won't need transport from race finish to Accommodation. There will be cost involved for that service, but it removes any stress of driving.... Who doesn't like the stress of driving being removed! Or you can make your own way to Cronulla. Though this option doesn't get you to the Race start if people who are already on the bus have filled it!

It is likely that we'll stay at the Rydges Hotel, approx \$70per night, due to expert location for race finish.

Based on Cronulla breakfast runs, and good authority from Shire folk who can't believe we haven't done this before, it seems a great way to experience a place on our doorstep, stress-free.

The only stress you need to take is by the 17 May 2013

1. if you 'd like to stay at the Hotel for both nights
2. If you'd like to have transport between City to Cronulla

Any questions, please give me a call.

Happy Running!

El Prez

Cooks River Fun Run

The Cooks River Fun Run will return in 2013 and be held on Sunday 23 June at Freshwater Park, Strathfield. The Fun Run is Strathfield Council's annual fitness event and promotes healthy and active lifestyles with an event open to all ages and abilities. The certified course takes in the Bay to Bay Cycleway with a 5km, 10km or a 5km fun walk.

This has always been a big event for Woodstock with the saturation of blue and white tops visible from the moon, as evidenced by our famous dot in the image below, the feature image on their website!

It would be great to have a good presence this year so sign up!!

There may be a post race meet up, keep an eye out on Facebook and your email!



Date: Sunday 23, June 2013

Time: 8:30 am

Distance: 5km and 10km, certified course

Website: www.cooksriverfunrun.com.au

Twitter: www.twitter.com/CooksRivrFunRun

Facebook: <https://www.facebook.com/Cooks-RiverFunRun>

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ACC 34363



ANZAC Day Breakfast Run 10km or 5.5km

A little last minute however, for those not attending a morning service or march, I thought I'd host a breakfast run to show you one of my favourite routes around Huntleys Point and Tarban Creek, much of which is traffic free. I've set a 10km, out and back (lollypop) course from my place or a 5.5km option for those preferring something shorter.

10km Start/Finish:

Angela's Place
Birkenhead Quays
3 Cary St, Drummoyne.
(Can park at Brett Park and walk under the bridge... less than 100m!)

10km Time:

Meet 7:20am
Run 7:30am
Breakfast 8:45am

Cost: \$5

Something shorter perhaps...

Then how about a 5.5km loop course instead?

Instead of meeting at Angela's, park near 71 Huntleys Point Rd, Huntleys Point (look up in google maps...it's a cul-de-sac). Meet up with the 10km runners as they come past and do the 5.5km loop part of the course only (the best bit!)... I'll run with you. Then drive back to Angela's at 3 Cary St for breakfast!

Time: the 10km runners will come past about 7:45am.

Map avail at 5.5km start or:

<http://www.mapmyrun.com/routes/view/193169788>

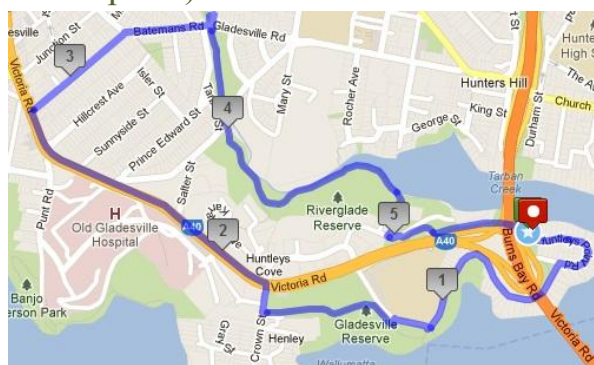
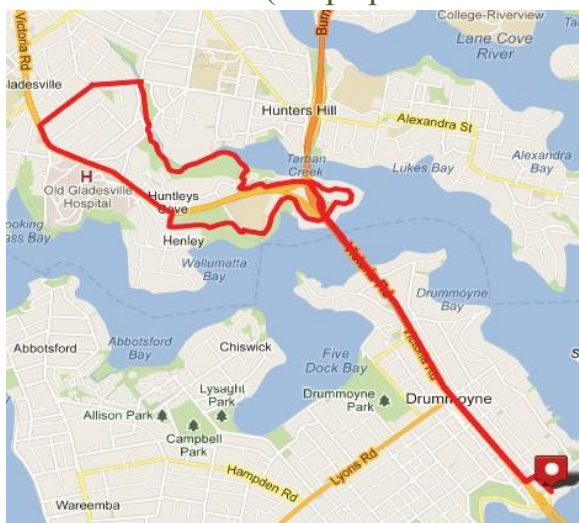
I'm overseas from 18-23
April but checking emails:
angpegasus@gmail.com

& For the Tummy...

Fresh fruit, cereal, muffins, toast, bacon, eggs, sausages, juice, tea & coffee. All offers to assist catering will be warmly appreciated but not compulsory. Email/text me if you're interested...

RSVP... by COB Tues 23 April via email angpegasus@gmail.com or ph/text 0419 444 010.

Preview... (Maps provided at each start point)



10km

5.5km



Angela:

0419 444 010 or angpegasus@gmail.com

Don't hesitate...No Question is too silly !!!



We have 10 runners signed up already!! Early bird extended to May 1st!

With the success over the last few years of the Woodstock Tour Bus, with it most recently heading to Orange, Central Coast, Southwest Rocks and soon to be heading to Canberra, it is now considered that it acquire some wings and get a visa.

With the need to achieve your yearly International Run, having done a bit of research there appears to be a decent opportunity for 2014 in Maui (Hawaii) on 19 January 2014.



<http://www.maui-oceanfront-marathon.com/>

The festival offers a 5km, 10km, 15km, Half Marathon and Full Marathon. So something for all abilities/talents/laziness....

There is also the added bonus of this one being in school holidays, so no 'kid' excuses.

As you may also be aware, it is also our resident Hawaiian Woody's last year stationed in Honolulu, so it is likely to be our last opportunity to having a running experience with her on her current 'turf'.

Initial reconnaissance suggests that we need a couple of night to acclimatise in Honolulu, being lavishly hosted to by our resident; a night or two in Maui for running preparation, a night or two post-race, then a another couple of nights recuperation in Honolulu. All in all, the draft Itinerary looks something like this, with the plan being that we'll hopefully stay (travel and accommodation-wise) together, unless otherwise persuaded...

Date	Day	Location	Travel Activity	Accommodation
15th	Weds	Honolulu	Arrive in Honolulu Drive to Kim Cayzers	Cayzer Castle (STA)
16 th	Thurs	Honolulu		Cayzer Castle (STA)
17th	Fri	Honolulu/Maui	Fly to Maui	Lahaina
18 th	Sat	Maui		Lahaina
19th	Sun	Maui	Race Day	Lahaina
20th	Mon	Maui/Honolulu		Cayzer Castle
21 st	Tues	Honolulu		Cayzer Castle
22 nd	Weds	Honolulu		Cayzer Castle
23d	Thurs	Honolulu	Depart Honolulu (See you later to Cayzer)	

STA = Subject to Availability!

As for activities, there is heaps of things to do, and given the strength of the \$AUS against the \$US, suggest that running shopping could be on the agenda.

For those who need a bit of a 'friendly' incentive to decide, early bird entries finish on April 1 2013. Don't let any obstacle of say – humidity, heat, early start be a barrier to signing up, all in all it will be a great an opportunity to go and race somewhere different with pals!

Scouting flights now, there appear to be offers to Hawaii and it is hoped that these will be available for the intended flying time. As for overall cost I've no idea at this stage, but naturally, given that I am as tight as the proverbial Englishman, you can rest assured that it will be as economical as possible, without being backpackerish! Though if anyone has any further inside information on cost, pipe up!

So if keen on this one, please let me know, so we can start some sort of wheels in motion to look for accommodation/confirmation of flights. Closing date for those who are keen is 31 MAY 2013.

Ps. This will also be a special trip as one of Woodstockodians turns the big 6-0 at the beginning of the year, so he'll be looking at giving the Marathon a crack, isn't that right Joe?

Pps. Mummy and Daddy won't be at Central Coast this year, but they will be at Maui!

Before that to tick the 2013 International Trip and may be a lead-in Maui, Hokkaido (Sapporo) looks a perfect opportunity on 25 August 2013.



<http://www.hokkaido-marathon.com/2013/>

(Note. Unless you can read Japanese, you may need to translate the text). Though you can read all about the logo! This one is 2 weeks after City to Surf, so your pace will be right-on. This one doesn't have so much of itinerary at this stage, as am conversing with our resident Japanese Bullet – Kazu, what the best approach will be. Again, if anyone has any ideas/thoughts etc, pipe up. Similarly flights are on offer at the moment, and will hopefully be at the time needed.

Wrap Up

If anyone has any other ideas for International Trips and/or is super keen and can offer assistance in organising, do not be afraid! You'll be welcomed with open arms!

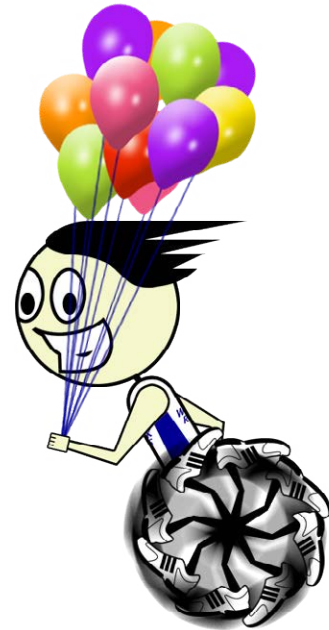
Any queries if you could keep to the thread, that would be awesome, so all info is in the one place!

Marty

Japanese and US Marathon running liaison (among others).

BIRTHDAY'S!!

Max McGown	6
Lou Harriss	13
Nicholas Spasevski	13
Frank Hidvegi	14
Tilo Schroeter	19
Graeme Tutt	30
Joe Degabriele	30



WELCOME!! New Members

Margaret Pereira
Jackson Day
Mason Davies
Ciara Foley
Phil Coote
Ali Guerreiro
Julie Jarrett

BRENDAN DAVIES Woodstock Teams

Hi all,

I've set up teams for the City2Surf <http://www.city2surf.com.au/default.asp?PageID=23504>

When you enter, 'search for existing team' and type in the search word woodstock

There will be 7 teams that come up; please choose the one most appropriate from below:

- * Woodstock Men – For men aged under 40, or for those over 40 that think they can still match it with the younger club runners!
- * Woodstock Women – For women aged under 40, or for those over 40 that think they can still match it with the younger club runners!
- * Woodstock Veterans Men 40-49 – For Men aged over 40-49 only.
- * Woodstock Veterans Women 40-49 – For Women aged over 40-49 only.
- * Woodstock Veterans Men 50+ – For Men aged over 50.
- * Woodstock Veterans Women 50+ – For Women aged over 50.
- * Woodstock Mixed – This is traditionally reserved for the 3 fastest runners in the club. If you think you may be in this category, please shoot me an email. If in doubt, enter one of the other categories. Maybe Martin would know who are the 3 fastest at the moment and advise?

The 3 fastest runners in each team count towards the final team time. It doesn't cost any extra to enter.

Then just complete the entry process as normal!

Brendan
Teams Coordinator

In this section we will feature an exercise that will possibly help with your running, whether it be a stretch for your warm up or cool down, a strengthening exercise for your core or legs or something similar.

If you have something you'd like to add to this section or have an opinion or experience you would like to share, please send it to rundown@woodstockrunners.org.au

This week we look at pre-run stretches for the legs

Many believe that the old thinking of stretching for extended periods of time before exercise can actually harm you rather than help. The widely accepted practice of late is that of dynamic stretches.

These are two quick and easy stretches you can perform before your run that might help to loosen things up. Please, as always, consider your personal situation and decide whether these exercises would be beneficial to you.

The side leg swing. Standing next to a pole, using it for balance, begin swinging one leg from left to right. Start slowly and easily with small swings and move to bigger movements as you warm up and muscles stretch. After 15 seconds or so move to your other leg.



The next exercise is the front to back leg swing. Just like the first, start small and work your way up, one leg at a time for about 15 seconds. Hold something for balance.

Repeat both exercises twice and add to your normal warmup routine.

Of couses, don't forget your post run stretches which are more traditional and static and designed to stretch out your tensed and tired muscles!

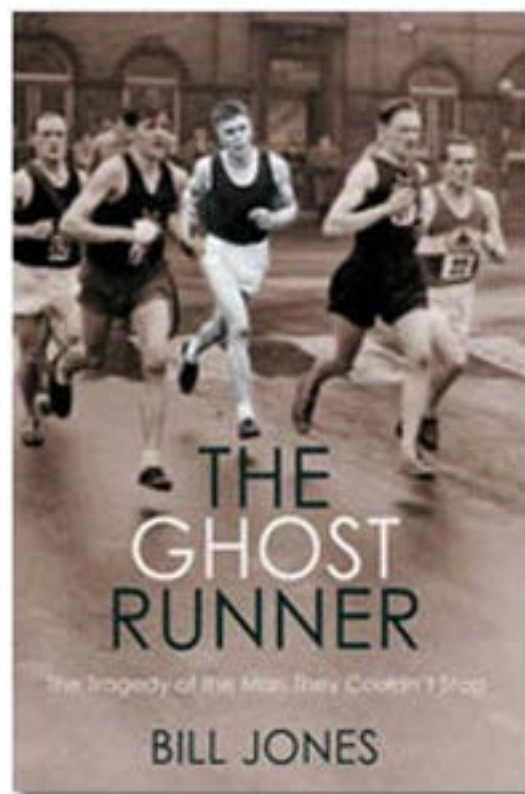


Despite efforts to widen my reading list, I really like reading running books! Former member, Barney McCarthy recommended this read, and he was right, it was great!

An innocent mistake as a teen meant fanatical runner, John Tarrant, lived a life of torment as a 'banned runner'. This book is based on a true story, written after Tarrant's death but based on his handwritten autobiography, the author's research and his surviving family, friends and other runners.

In the 50's to early 70's, amateur competition running required a licence to run afforded only to members of the Athletics Association. Membership was declined if you had been a professional athlete in any sport. So by accepting a measly 17 pounds in expenses whilst boxing as a teenager, Tarrant was forever refused a licence to run. Passionate but without options, and much to race marshals' disgust, Tarrant entered races as a 'Ghost Runner'. He would turn up in his gear with a big coat and throw it off at the last minute.

A terrible childhood, he struggled to build relationships and comes across as selfish and obsessive, yet you empathise with him. A working man and amazing runner, his successes were ignored, as to the authorities he did not exist. Not just any successes mind you, he more than qualified to represent his country at an international level but due to that one innocent mistake he was never allowed.



It's a tragic story of a man at the mercy of an unfair system. He spent a lifetime chasing a dream and refused to quit. His relentlessness is as inspiring as his training regime and his resurgence from setbacks. Unable to grasp the sporting politics of the day, which were unfair at best, Tarrant, with his abundance of natural talent but lack of tactical nous, too often spoke his mind earning him friends and foes, respect and disdain.

I actually think these Runners World quotes are better than my review so enjoy!

From: <http://www.runnersworld.co.uk/forum/clubhouse/the-ghost-runner---john-tarrant/181154.html>

"At one point he held the 100 mile world record, the 40 mile world record and won many marathons and road runs during the 60's and early 70's. His final dream was to run the Comrades in SA which he did 4 times. It is an amazing story and I can highly recommend the book to other runners. The last few pages would bring tears to a glass eye..... His story and the miles he covered in training and in races is amazing. The book gives details of the other runners who were important during this time at distances from 10 miles to 100 miles and is a great history lesson for someone like me who knows little about the importance of road racing in the 40's, 50's and 60's."(DunbarKev)

"I was a friend of John's. I ran against him in the Portsmouth 50 in 1971, and on October 30th of that year he presented me with the 2nd place trophy in the Nos Galan 40 at Maindy Stadium, Cardiff. I was only 20 years old at the time. I was only one of three runners who kept in touch with him just before his death in Birmingham Hospital. He felt abandoned and said that before he became ill he received several sacks of post each week. We all knew of his hospitalisation as such had been published in Athletics Weekly.

I was privileged to know John both as a fellow runner and as a good friend. I feel qualified to speak on his behalf in saying that he is touched by the revived interest in him, particularly by the publication of this book. And to thank all concerned. Almost forty years have passed and I still miss him. The world has few men of John's stature.

The thing John and I shared was an obsessive passion, almost to the point of excluding everything else in life bar bare essentials... John took it to extremes... could not exist without racing as much as possible. For a marathon or ultra-runner this normally might have meant three or four big races each year - tops. But for John it almost meant every weekend... in the 1970s there was almost a big ultra-event every weekend. John ached for a part in every one!

John suffered from persistent stomach trouble. As we all know each of our bodies directs energy to where it is most needed. My own view being that if we thrash ourselves in numerous back to back events our digestion can suffer. We just don't have the energy for it. I've always wondered if such contributed towards John's illness? Many loved and admired John, not least his family, and more importantly understood him as a person. I see that as equalling his running achievements. I'm so pleased to see this revived interest in him." (Ivan Sanders)

"Excellent book. Tarrant's treatment by the hypocritical old buffers who ran the sport was truly obnoxious, but he certainly wasn't a straightforward man. Highly recommended. A good story told well." (Muttley)

"I've just recommended this book to my running club, I reckon many of my Woodstock Runners mates will love it too" (angpegasus)



What is your occupation? I'm a pole dancer....HAHA that got your attention- NOT! I'm a photographer & teach DSLR workshops at my studio Diverze Photography in Five Dock.

Running age group? That's a bit personal! The young, hip, funky & very fast *cough* female group. Is there a 35-40 group?

Do you have family? No

How long have you been a Woody? Since October, 2012. Feels like longer.

Do you run on Tuesday night/TNT/Saturday morning? I run with Woodstock on a Thursday night. I love Thursday sessions, as soon as the nauseous feeling subsides.

Why do you enjoy running? I enjoy the challenge of running. I started running after I finished the Kokoda track at the end of 2010, I needed a new challenge. The day I finished the track, I decided the next challenge would be a half marathon. Running challenges you physically and mentally. It teaches you life lessons that anything is possible..I like that.

What is your favourite running distance, course, event and why? Mmmm that's a hard one, at the moment I think I may lean towards the marathon. Just because I'm still flying high from Sunday's marathon and I can't wait for the next. I also love the half, I just haven't had a good run with one yet. My favourite event is Canberra after a 52 min PB on Sunday & Blackmores is pretty awesome atmosphere wise.

What has been your running highlights? Canberra was a definite highlight for me. Despite being hit by two stitches, I was totally elated with my final result and how I mentally handled that run. It was such a buzz having such a great network of Woodie mates cheering for you. I'm not sure if I hadn't seen the smiley faces and crazy hand gestures from Fiona, Bridge and Robyn 400 metres from the end if I would have cracked the 4.30, it lifted me. Coming around the last corner and seeing the Woodstock flag and other members was such a highlight.

Any lowlights (injury etc)? Yes...what runner hasn't had those? In 2011 & 2012, I had massive ITB dramas to the point that one knee specialist thought it best to cut the lateral muscle. I was also sick lots with a weak immune system from a bug I picked up pre Kokoda, making it hard to train. I almost gave it all up but I'm stubborn and pretty determined. I met a fantastic podiatrist who knew what he was doing. A combination of orthotics, dry needling, manipulations bought me back. Physically I'm in such better shape, my mechanics are working. I was so depressed not to run, we all know that feeling.

What was the last race you went in and how did you go? The recent Australian Running Festival in Canberra was definitely my highlight. I would have been ecstatic with 4:40, but to get a sub 4:30 was brilliant. I think of that run and feel super happy, all the hard & disappointing runs I've had before just made it all so worthwhile.

Anything funny/unusual ever happened to you while you have been out running? No not really, the usual being chased by dogs, those little ones are tough! I did almost walk out my door to come to TNT one night and look down to realise I had shoes on but no pants, that would have been embarrassing! No poo stories compared to the other distance runners in the club. Marty says I'm not a real runner yet. I'm happy not to be in their club.

What other sports/hobbies are you involved in? I'm an outdoors gal, I like swimming, snorkelling, kayaking, and hiking (haven't done much of these lately though). Mostly anything outdoorsy and I obviously like taking photos.

Favourite food/beverage? I love Japanese food it's my favourite, closely followed by seafood and I do enjoy a good glass of Pinot Gris & Sauv Blanc

Where would your ideal holiday be? Anywhere where there is lots to do, I'm bored out of my brain after a day of lying by a pool. After Kokoda, we went to a diving resort thinking some relaxing time would be a good idea, we didn't stop the whole time. Antarctica, is definitely on my bucket list. Kayaking around huge ice formations with my camera would be an unbelievable experience. If I add Bear Grylls to that visual it would be perfect lol.

Interesting things we may not know about you? mmmmm nah, nothing interesting.
(Ed) Di wrote our Canberra feature this month - thanks Di!!



The new uniforms are in!!

If you need your first Woodstock singlet or want an upgrade, do like many others have already done and email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273. Singlets are \$45.



The new singlet, modelled here by the 'talked into it by the editor' Louise (thanks Lou). You can see the new 2XU has a bit of a different cut but the Woodies design remains the same. It's a great singlet to wear and has been tested and approved by some of the clubs most experienced runners. Get yours now!!

PTO for more great uniform deals!

Another exciting addition to the inform range is the introduction of Woodstock branded compression gear! Get in contact with Chaia if you are interested!



M = Mens - W = Womens

Style and Pricing

1. 3/4 compression leggings – \$85
2. Full compression leggings – \$87
3. Compression shorts – \$57
4. Arm warmers – \$43
5. Calf guards without stir-up – \$43

Email your orders, name, option, gender, size and quantity at: uniforms@woodstockrunners.org.au or call/message Chaia on 0434672273.

Men's Sizing Chart Measurements in CM							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	75-78	79-85	86-94	95-102	103-109	110-120	120-127
Waist	57-62	63-70	71-79	80-86	87-97	98-107	107-115

Women's Sizing Chart Measurements in cm							
Sizes	2XS	XS	S	M	L	XL	2XL
Chest	70-76	76-81	81-86	87-93	94-99	100-106	106-110
Waist	50-56	56-61	61-66	67-72	73-79	80-86	87-92
Hip	81-86	86-91	91-86	96-101	101-106	106-112	113-117

Stock Sale - Don't forget our other great stock!!!!

Caps – \$20

Bra Top: Size 8, 1 Left \$66 **\$50**

Long Sleeved Top: \$65 **\$50** (Small and XS 2 left each)

Short Sleeved Top: \$50 **\$40** (Small and XS 1 left each)

Cotton shirts \$5 **\$4** (S,L and XL)

Retro-style cotton shirts \$5 **\$3** (L and XL)

For all orders email uniforms@woodstockrunners.org.au or call/message Chaia on 0434 672 273.



As many of you may be aware, our tech whizzkid/bunnies have been hard at work and the results have been fantabulous! If you've not headed to our website recently, there is a now a results database which has all your member results that we've collated over last few years. So you can easily search on any member's results, or your own results.

As member numbers have escalated and with all the runs available for people to enter being now far and wide, it is getting slightly harder now to capture all those results, despite Disco still finding the secret races, that people may have wanted to keep quiet!

We still want to capture all these so we can see how brilliant and crazy each of you are, where you run, how far or not so far you've run, and of course where you came!

The database allows for you to look up past results based on events, so for example you can look at your whole history of say City to Surf results.... (though don't Kerry started as to the gun or chip time on that one!)

So for your results to be registered into the database we are asking you to submit your results to results@woodstockrunners.org.au

The information we need for the database for each result is illustrated in the example below:

Surname	First Name	Event Date	Distance	Event	Estimated Time(Optional)	Actual Time	Comment (Optional)
Amy	Martin	2013-02-23	10km	Orange Run-			
ning Festival		37:10	38:51	5th O/All & 2nd M30-39			

The plan is also to publish a weekly results update on a hot, new and sexy page on the Website along with any photos of us showing off in our Blue and White. The "Weekly Results" and those snaps will be published on Thursday, so all results and photos need to be sent through by Wednesday to – results@woodstockrunners.org.au. Just so, there's no added work for inputting results, unfortunately we have to be what may seem harsh, but to avoid emails back and forth and extra work, results will need to be as above or they won't get published. Sorreeeee.... Once you get into the swing of things, having set up your weekly reminder in Outlook (with the above format in the calendar note), your part of your Wednesday lunchtime will become as routine as your Tuesday, Thursday or Saturday session.



So, for all those who love a statistic or too, this will be a great way to have all yours and your fellow Woodies results at a click/or clicks of a button!

The database has been a bit of a hobby for David "Stats" Miller, who I'm and all those who have seen it develop are massively grateful as it is a great addition to an ever-developing website/club!

If you have any questions, about this new feature feel free to send them through. A "How To" enter Results will be on the website soon, if you forget how to do it!

El Prez - 0404 623 257 - Ps. In time, we may look at entering your own results into the database and this via an APP, so watch this space!

Editors note - This system is nothing short of superb. It's a custom made system born from the blood, sweat and tears of one David Miller. Watching him build it has been fascinating, we are very lucky to have such talent in the club and someone that's willing to spend bulk personal time to do this for us. Well done mate.

“No matter our age or condition there are still untapped possibilities within us and beauty waiting to be born” Dr Dale Turner

I love this quote; I read it and automatically think about all my team mates in Woodstock and how it applies to every unique individual that make up the club.

We are all of different ages, have different fitness levels and we all have “untapped possibilities within us” that are waiting for us to explore.

Perhaps we are after a faster run, our first 1st half or full marathon, an ultra or to beat an inner voice that tells us we can’t when really we can, or maybe we are building towards something like Comrades or The New York Marathon.

I only have to close my eyes for a second and think about all that lined up for Canberra and feel inspired and motivated. The Canberra trip was full of eager, determined, trained, and committed individuals that were ready to hit the starting line, grit their teeth, dig deep and have a go.

We all had different reasons for lining up. A race challenges us in different ways. We commit to it, for often months in advance. Sometimes we doubt our abilities and it takes a mate to say “I believe in you” before you believe in yourself. Think of Therese Ayoub encouraging Mary Bowman to line up for her first half marathon. Both girls ended up starting together & ran the entire race with each other, right through to the finish with a great time of 2:30. It’s not always the running that leaves a lasting impression but the mateship you form from it.



The Australian Running festival kicked off on the Saturday 13th April with Fiona McIntyre (1:25), Disco Dotty (61:02) and Lauren Stewart (52:29) running the 10 km. Nice work girls. Unfortunately none of the crew were there in time to support the girls, but all did a great job and committed to travelling the distance and running in The Woodie colours and doing the club proud.

Sunday was action packed with the half marathon, full marathon and ultra starting together.

Woodstock had a very strong pack of eager runners hitting the half marathon, apart from Mary (debut) and Therese, we had Joe Ayoub (2:07), Bridget Akars (1:57), Robyn Barnes (1:47), Patricia Doughty (debut 2:03), Greame Tutt (2:00), Greg Marsh (1:54), Fiona Day (1:48) Peta Bray (2:03) & Kerry Bray (2:09) and ring in Woodie Craig Kirby (debut 1:55)

Fiona Day lined up for her 1st half marathon race since she was 21, that’s 23 years ago. Don’t worry Fi, most of us can’t add up well $21 + 23 = 35$, right?

What’s really amazing is that there was only a 10 minute time difference in favour of the younger Fiona. Top effort speedy, hope this encourages you to line up for some more half’s soon. You are a much stronger cat than what you give yourself credit for.

“Get going. Get up and walk if you have to, but finish the damned race” Ron Hill

Sometimes things happen to teach us that we can endure more than what we would have thought possible. Patricia was in doubt as to whether she would be able to make her debut half with a hip injury. To stand on that starting line and have a go, without knowing how her body would respond took courage. Running teaches us useful lessons in life, in this case her Ginger would have learnt to never, never give up & to have a go. There’s no text book that can teach you that.

Bridget also showed great composure and battled through a killer sore back on Sunday. Those pesky running gods giving Bridge a bad back on her big day need a stern talking too! I know how much she’d worked towards her goal of 1:55. It’s a testament to her mental strength that she came within 2 minutes of that goal.

Well done Bridge, it was a brave run. You’ll smash that 1:55 soon, no doubt.

All the half marathoners showed great spirit and fight and did the Woodstock Club proud. Every one did a brilliant job. A big thank you to you all for finishing your runs and coming back to cheer the rest of us on. What a difference having mates support you makes.



Lining up for the marathon was Jeff Morunga (5:17), Angela Haynes (4:58), Kathryn Bolitho (3:31), Anthony Robinson (3:26), Danny Burgess (2:42), Di Green (3:58) and me (4:28). For the Ultra, Brendan Davies (3:02) and Franky Frank sexy legs Hidvegi (4:18)

Jeff Morunga tackled his 60th marathon on Sunday, that’s a total of 2,532 km’s plus all the training runs WOWSERS!!! I’m not sure on how many people ever run 60 marathons!?!? I’d imagine not so many. Marathons take such an enormous toll from you physically and mentally. But they also build strength and character. I dare say Jeff would have an absolute amazing mental focus and inner strength. What an unbelievable achievement. Kudos Jeff!

“Long distance running is particularly good at perseverance” Chairman Mao

Sexy legs Frank had some demons of his own Sunday, he’d been carrying a niggle for sometime. His goal was the 50 km ultra. To put a little perspective on how far that distance is, think of driving from the CBD to Liverpool which is almost a marathon at 41 km’s and add another 9 km’s. Every time his foot touched the ground he could feel that niggle getting louder, screaming at him to stop. Frank’s sheer mental strength pushing him through every painstaking km. To push through and bag such an amazing time (4:18) was a brilliant effort.

I’m not sure really if the injury hurt Frank more in the end or that fact that he got chicked by Kath in the marathon component with jaw dropping time of 3:31, which was a 14 minute PB, 34th in the female division and 9th in her age group. What a result. Well done Kath “kahuna” Bolitho.

“To describe the agony of a marathon to someone who’s never run it is like trying to explain colour to someone who is born blind” Jerome Drayton

Di Green (newbie) hit the starting line for her debut mara. What a show off, making it look so damn easy and striding her athletic legs to an impressive 3:58. Seriously Di, what an amazing achievement.

Di even looked good afterwards, sitting on the bus with her hair all neat. What a nerve!

The other debut marathoner was Angela Haynes. As a late finisher on Sunday, I only got to see Angela come through the finish. Running your first marathon and having your two boys beside you crossing the finishing line is pretty magical. Jackson and Mr Cheeky Harrison might not understand the magnitude of how unbelievable such an experience is just now, but I bet it will be something they talk about with pride and remember forever. How cool is that? Well done Ange, on your first full marathon and making it so special and doing so well.

Anthony "I like egggggs" Robinson is looking gold for comrades, running negative splits on Sunday. Eggscellent work Ant. You're shaping up very well. We are looking forward to watching your journey towards your big goal of Comrades.

These are just a few of the unique stories that made up the weekend. Everyone did an amazing job, we bagged PB's, kicked new distances in the backside, smashed some mental demons in the kahunas and fought like hell. It didn't matter whether the race was a 10 km or an ultra. Every damn butt kicking person on this trip should hold their heads up high and with pride.

It's not all about glory, 1st, 2nd, 3rd, PB's and bigger distances. YES they are nice, they motivate us and its reward for all the hours of preparation but there is more.

What really stood out on the weekend is the Spirit of The Woodstock Running Club and the members that make it up. I'm sure Kerry, would have felt proud watching everyone on Sunday and how they represented the club.

We all felt inspired by those around us. This is what makes Woodstock the great club it is, there are no people with attitude disorders and we all scream and shout for each other. Special mention to Maree and Kev Lucas who specifically came on the trip to support the blue and white's, what an effort! We are so grateful. Also Disco Dotty, you are the coolest lady. Disco ran Saturday, but stayed the Sunday and cheered us all home. It was so cool to see her dancing to the music and enjoying the atmosphere, what an inspirational cat you are disco.

The Woodstock flag was raised high and all the Woodies cheered not just their own through the finish BUT every runner. A moment that really stands out for me is the face of a Strider coming in on the last stretch. He looked in pain and was finishing a marathon. He looked up, he didn't see his Strider mates... I'm sorry but that group of runners must forget their mates at the end of their runs as there wasn't one in sight. What he found was a group of blue and whites yelling "C'mon Strider"...that my friend's is the Woodstock spirit. It seems I may have chosen the right club.

"On my journey as a runner I found myself. Along the way I found a community of people that support each other. It's so much more than just running. It's love, encouragement and unity over a sport that welcomes all"

The support for the club, from it's members that didn't attend through social messages were heard loud and clear in Australia's Capital, thank you team.

Thank you to Joe Ayoub for his driving talents, Therese Ayoub for her co-piloting skills, Angela Haynes for her excellent organising skills and Kerry Bray for her baking talents. Marty Amy for his long run plan to get the marathoners in form, coaching and his general support.

Amazing article Di, thanks so much!! Ed

This is Dianne Galea reporting on Canberra, but not in Canberra *said in a Peter Harvey voice*



The Fam bringing Angela home at Canberra

SYDNEY PARKRUN / ST PETERS

23/06/2012

5km

Tym Blackwell 19:37 12th

STRIDERS SERIES / NORTH HEAD

2/3/2013

10 KM

Lesley Maher 55.24

Jeff Morunga 53.54

POLICE / MASTERS GAMES

Blacktown Olympic Park

9/10 March, 2013

Dot Siepmann placed 1st W65 in each of these track events:

5,000M 29.45

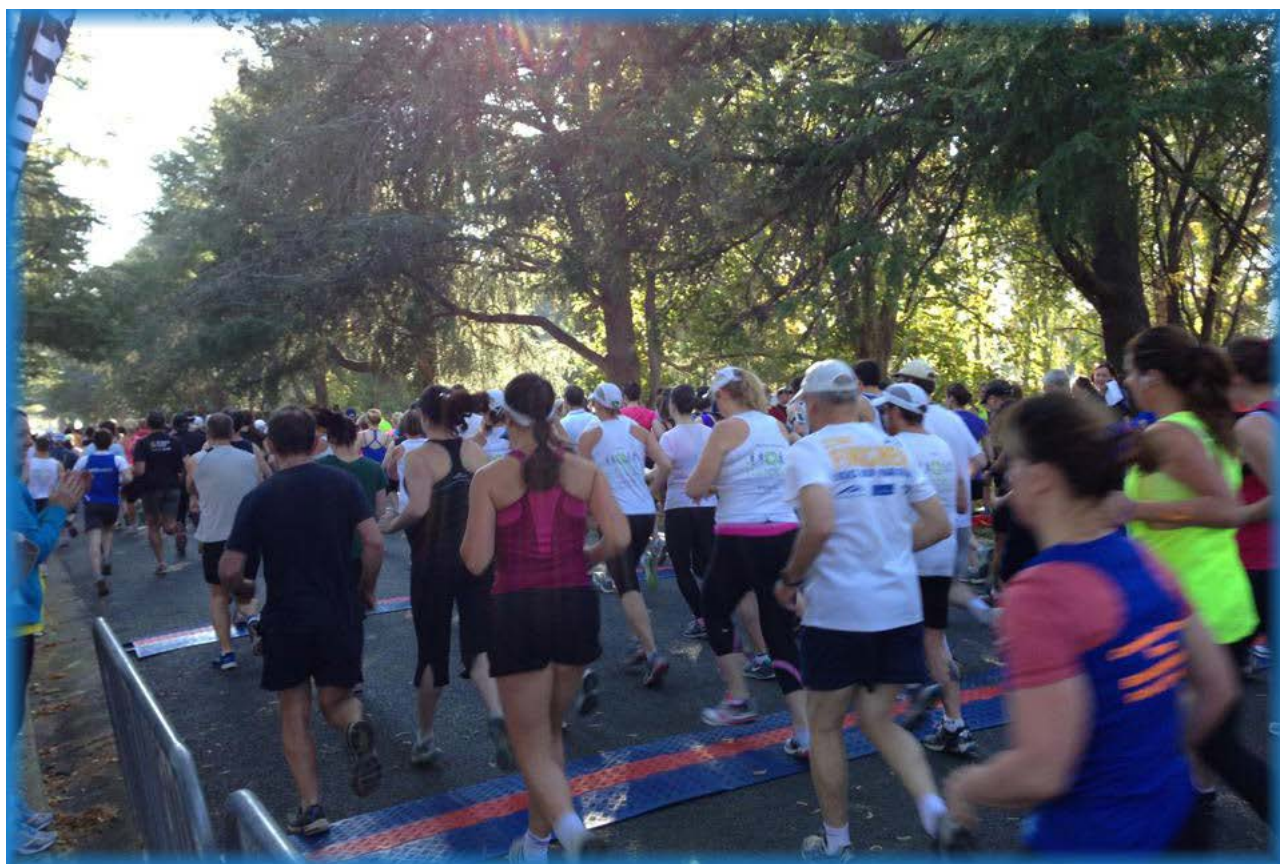
1500M 8.37

400M 1.56

10,000M 1:02.55

800M 4.19

Dot Siepmann: "I also ran in the 4x100M Mixed Team Relay in the 200 Yrs+ Category & our combined ages was 291 Yrs. (well and truly ancient) I was the youngest in the team of course."



SYDNEY PARKRUN / ST. PETERS

2/3/2013

5 KM

Phil Lobsey 20.47

6 FOOT TRACK

9/3/2013

46 KM

Miles Pullen 4.45.39 (150th)

Tym Blackwell 5.15.27 (291st)

Phil Lobsey 5.36.16 (430th)

Gavin Tunstall 5.49.13 (500th)

(Out of 780 Finishers)

PARRAMATTA PARKRUN / ERMINGTON

9/3/2013

5 KM

Anita Doig 20.55 (1st Fem & Fem Course Rec)

Alex Newberry 21.04

SYDNEY PARKRUN / ST PETERS

16/3/2013

5 KM

Tym Blackwell 18.36 (3rd O/All)

Alex Newberry 21.25 (Course PB)

NSW MASTERS CH'SHIPS

Sydney Olympic Park / Homebush

16/3/2013

5 KM

Dot Siepmann 30.35 (1st W65)

800M

Dot Siepmann 4.11 (2nd W65)

SYDNEY MARATHON CLINIC

24/3/2013

Half-Marathon

John Dawlings 1.44.29 (5th M50)

Sally Johnson 2.07.26

Jeff Morunga 2.08.36

Raul Unas 1.51.17 (7th M50 & Debut Half Marathon)

10 KM

Mary Bowman 63.19 (3rd F50)

Anita Doig 44.35 (1st F20)

Lesley Maher 57.49 (1st F60)

Gaye Mancuso 70.33 (Debut 10KM Race)

Dave Miller 58.17

5 KM

Dot Siepmann 30.21 (1st F60)

TARAWERA ULTRA MARATHON

ROTORUA, N.Z.

16/3/2013

100 KM

Brendan Davies 9.51.54 (4th O/All)

AUST MASTERS ATHLETICS CH'SHIPS AIS IN CANBERRA

(29 Mar - 1 Apr)

Dot Siepmann

10,000M 58.06 (3rd W65)

800M 4.09 (4th W65)

1500M 8.32 (4th W65)

5000M 28.24 (4th W65)

8 KM X/C 51.22 (3rd W65)

Dot: "The C/C race was run at the Stromlo Forest Park where the pine forest was burnt in the Canberra fires of 2003. It has since been purpose-built as a C/C running and cycling area.

The course is 15 metres wide, undulating, beautifully mowed and the morning was cool, sunny & exquisite"

4x400M Relay: (I was one of the 220+ yrs category NSW women's team finishing 3rd in 5.48.4).

It was a real pleasure and honour to run in the same team with a couple of the top NSW female Masters sprinters and a real thrill to end up with a bronze medal.

SRI CHINMOY, CENTENNIAL PARK

1 April 2013

Half-Marathon

Danny Burgess 1:21:13 (2m U50/Overall)

Tym Blackwell 1:38:40

John Dawlings 1:43:19 (1M 60-69)

Gavin Tunstall 1:53:44

Greg Marsh 1:55:25 (2M 60-69)

Angela Haynes 2:08:55 (course PB)

7km

Bridget Akers 38:25

Peta Bray 40:07

Kerry Bray 41:19 (2F 60-69)

4km

Fiona MacIntyre 30:30

PARK RUN - ST PETERS

13/04/2013

5KM

Tym Blackwell 18:58 6th

AUSTRALIAN RUNNING FESTIVAL

14/4/2013

50KM Ultra

Brendan Davies 03:05:01

Frank Hidvegi 04:18:33

42.125 KM

Brendan Davies 02:33:51 6th Overall, 3rd M30-39

Anthony Robinson 03:26:35

Kathryn Bolitho 03:31:03 10th F40-49

Frank Hidvegi 03:34:51

Dianne Galea 04:28:51 PB

Angela Haynes 04:58:18 Debut

Jeff Morunga 5:17:29

21.5 Km

Fiona Day 01:48:18 Debut

Greg Marsh 01:54:13

Craig Kirby 01:56:11

Bridget Akers 01:57:33

Graeme Tutt 02:00:49

Peta Bray 02:03:49

Joseph Ayoub 02:07:24

Kerry Bray 02:09:10

David Miller 02:09:24

Mary Bowman 02:30:08

Therese Ayoub 02:30:09

adidas 10km Dash

Lauren Stewart 00:52:29

adidas 10km Fun Run

Fiona McIntyre 01:25:06

Teams:

Marathon 5/20

Half-Marathon 28/41

NORTH SHORE MARATHON HAWAII

42.125 Km

Kim Cayzer 3:58:24 3rd F30-34

ROTTERDAM MARATHON

42.125 Km

Nils Herold 5:35 Debut

Miriam Herold 5:32

The Tarawera Ultramarathon is a 100km trail race, running through some of New Zealand's most beautiful fern forests, pass tranquil lakes and roaring waterfalls. This year the races attracted some of the cream of International ultra trail runners including Western States course record holder Timothy Olson, young gun Sage Canaday, Jason Schlarb, Mick Donges and Vajin Armstrong to name a few. Other world class athletes would also end up lining up in the shorter events. Paul Charteris, the race director did a sterling job pulling in some of the biggest names in trail running.

Team Inov-8 consisted of myself and my fellow Aussie Shona Stephenson and we were here to race. We simply could not miss this opportunity to race against the World's best. We were both keen to use this race as a launchpad for more international races later in the year, including UTMF and various Skyrunning races. Did I mention this was a race?

We arrived on Thursday and immediately became part of the Tarawera circus; interviews and photo shoots and that kind of thing. Shona and I looked the part in our spanking new Inov-8 gear; at times

resembling twins. On Friday we were

fortunate to sit on a panel for an ultra running seminar

with a large audience at race HQ presented by Marcus Warner from Ultra168 who were here

covering the race. It was a great way to learn a few new things ourselves from our fellow panelists and spread the Inov-8 message. Shona did a wonderful job demonstrating how light and flexible the Inov-8s are as she scrunched her shoe in her hand. It was a real mixed bag of shoe companies on stage across the whole spectrum; TNF, Salomon, Inov-8, Scott and Hoka all represented. Some classic one liners were delivered 'Do you use a GPS watch in a race'. Olson - 'I wear a watch only to tell what time it is'. 'What do you do for recovery'. Canaday - 'Beer'. It was great to get honest answers! Even Marcus was getting in on the act...audience member 'I've been experimenting with putting salt in my water bottle...'; Marcus, 'ooh .experimenting with salt...that will lead to harder drugs in no time'! Hilarious stuff.



Race morning came, and it was time put in place the fruits of a lot of training and conditioning. I've trained my ring off for this event and I was keen to mix it up with the elite company. I was not here for a picnic, I was here to race! With the original race course being changed owing to bushfire threats, it was clear in my mind at least that the course had become both tougher and one that would suit runners with a love of technical and tricky trail. Gone was a gradually descending last 40km on smooth firetrail which was replaced with a simple 'out and back' on the trickiest part of the course. For this reason I swapped my shoe choice from the TrailRoc 245s to my trusty X-Talon 212's. The extra grip on the trails was sure to give me no problems with my footing. The NZ trails are so different to the trails in the Blue Mountains. They are soft and leaf littered, piney and well groomed. No sandstone to be seen. Heaven.

The first 20km was probably the easiest part of the course, free flowing and open on well groomed trail, and I was sure I had to use this section to my advantage. I led out the pack of Sage, Vajin and Mick; breezing through stunning lush fern forests and past still, blue lakes. On the first climb of the day I passed Salomon's Greg Vollet who was running the 60K option and wondered if my early pace was going to come back to trouble me later in the race. Out of Checkpoint 1 and on the small section of road running I opened up the lead to a minute. I was running under threshold and felt fine, being careful to drink regularly and refuel myself with Hammer Perpetuem and Gels. I was the only runner in the top group who went with the hydration pack option; it's what I'm used to and secretly was hoping that the day would heat up and those just carrying a 500mL bottle would come undone somewhat later in the day. I was fortunate enough to have enough awesome UltrAspire packs on standby thanks to barefootinc NZ, that I could implement the 'pack swap' strategy at checkpoints. There is no way I was going to muck around in transitions; it was a grab and go time. Not until I saw some photos of the aid stations later did I get Checkpoint envy! The food on the tables was gourmet and I regret not stopping to grab a couple of things to eat after the race!

On a small gravel road climb, Sage put in a surge and glided past effortlessly. It was a scary how he was attacking the hill and there was no way I was going to race him here. Entering the forest and then starting the first major climb of the day, the trail was turning to narrow, rocky, singletrack. Varjin joined me half way up the ascent and trotted a little off in the distance. I was keen to stick with Vajin. We have raced each other a couple of times and are closely matched. So far we were one a piece in the head to heads and I was keen to push him today and take the lead in the leaderboard.



The long descent to CP2 at Lake Okataina was no problem for the 212s

and I was able to scoot down the descent and a good clip and hold my place to the bottom. Entering the forest once again, the heavy breathing of Timothy Olsen was progressively getting louder with each stride and it wasn't long before this superstar of the sport cruised by. From here the trail is a real mixed bag of lumpy up and downs, exposed tree roots, rocky outcrops and small rock ledges. It was very difficult to get into any type of rhythm and the leg between Humphries Bay and the Outlet was a real low patch for me.

When these things happen, I've learnt the best thing to do is to get back to basics and it may sound silly but take it 'one step at a time'. On the positive, my hydration and nutrition was on track and I felt with a bit of time I'd be back into this race. Half way through the last leg before the turnaround, Sage and I ran past each other. I estimated he



had opened up at least a 30 minute gap in 60km. Phenomenal running on this tricky trail, although I did wonder if he was going to face a big battle on the tough way back or begin to dehydrate due to his minimalist approach (just carrying a small bottle on the run and filling up at aid stations).

Approaching the turn we passed the magnificent, rumbling, thundering Tarawera Falls. The energy release from the water was contagious and I instantly felt rejuvenated. I'm so thankful that running has taken me to some of the most beautiful places in the world and this was just another breathtaking memory that I will remember forever. It was very tempting to just stop there and then, go for a swim under the falls and chill out for the rest of the day. But I still had under half the race to

run! At the turn I was about 12 minutes behind Vajin and 15 minutes behind Timothy and with a renewed spirit I was determined to do anything I could to make some ground on them on the return home.

The last few legs consisted of me pretty much going over many mental strategies and keeping my positive thoughts up...visualising Vajin just around the next corner and really concentrating on my form. I was aware of Mick Donges and Jason Schlarb and others behind too that would only be too happy to pounce if I was to falter. Entering the last leg, I gulped down some Coke and knew the trickiest parts of the course were over and only one big climb to go before a few kilometres of downhill to the finish line. I wanted to finish strong and pull in the minutes I'd let slip by earlier in the race.

For this last leg I had elite kiwi multisporter James Kuegler keeping me company as my pacer. He really did a great job encouraging me and making sure I didn't slack off. I was happy how I climbed, on tired legs I only walked a couple of the longer, steeper sections and James made sure I ran 'through' the smaller pinches, setting little targets on the trail to aim for, breaking the sections into smaller bits. James also introduced me to pureed baby food, and I gulped it down. At first I was a bit dubious but I really think he is onto a winner here. On the descent towards the last 2km of road, we pushed over the 100km mark and high fived each other and raised the bat! A ton is a ton after all. On the road, we pulled out a couple of sub 4 minute kms between the 100 and 102.5km (the actual distance) section to the finish. As I crossed the line it was a mixture of joy and relief.

Although I just missed the podium, it was a tremendously rewarding race for me for a number of reasons. Now I know why Sage and Timothy sit at the pinnacle of the sport. I'm determined to reach another level in my racing and seeing these guys produce that has inspired me a great deal. Seeing Ruby also totally dominate the womens field was also a privilege. So young and so much talent, look out for this girl on the world stage in the years to come. Shona unfortunately had a few gut issues and had to pull out at 85km, but I'm glad to say is recovering well now. You were awesome company all weekend mate and I know you will be back stronger than ever.

I want to thank my Australian supporters barefootinc, as well as Dylan and the gang at barefootinc NZ who were great supporters 'on the ground'. Of course, also a big thank you to Inov-8, Injinji and Hammer Nutrition. It was great fun helping out at their various stalls at the race registration (I even sold a few UltrAspire packs, Injinji socks and Hammer gels!) It was awesome to meet all my new NZ and Hong Kong trail running friends and I think I offered accommodation to just about all of you when you visit the Blue Mts some day! Now I better start looking into that house extension!



Lastly, thanks to my wife Nadine who spent the weekend working on her thesis without me there to help ;-) and her wonderful, ongoing love and support.

Woodstock Runners Executive Committee
Nomination Form for 2013 (nominations close 2/5/2011)

Please place in box on Tuesdays or hand to a Committee Member.

For the position of **President**, I,nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **President**.

Signed: (Nominee)

For the position of **Vice President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **Vice President**.

Signed: (Nominee)

For the position of **Secretary**, I, nominate

Signed: (Nominator)

I,, accept nomination for the position of **Secretary**.

Signed: (Nominee)

For the position of **Treasurer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Treasurer**.

Signed: (Nominee)

For the position of **Team's Co-ordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Team's Co-ordinator**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2012 (nominations close 8/5/2011)

Please place in box on Tuesdays or hand to a Committee Member.

For the position of **Walker's Representative**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Walker's Representative**.

Signed: (Nominee)

For the position of **Social Secretary**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Social Secretary**.

Signed: (Nominee)

For the position of **Uniforms Officer**, I,nominate

Signed: (Nominator)

I, accept nomination for the position of **Uniforms Officer**.

Signed: (Nominee)

For the position of **Publicity Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Publicity Officer**.

Signed: (Nominee)

For the position of **Welfare Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Welfare Officer**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2012 (nominations close 8/5/2011)

Please place in box on Tuesdays or hand to a Committee Member.

For the position of **Website Administrator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Website Administrator**.

Signed: (Nominee)

For the position of **Rundown Editor**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Rundown Editor**.

Signed: (Nominee)

For the position of **Membership Coordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Membership Coordinator**.

Signed: (Nominee)

For the position of **Results Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Results Officer**.

Signed: (Nominee)

For the position of **General Committee Member**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **General Committee Member**.

Signed: (Nominee)