

The

WOODSTOCK RUNDOWN

December 2010

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Email Results and Contributions to: rundown@woodstockrunners.org.au

Memberships: <https://www.registernow.com.au/secure/Register.aspx?ID=66>

Uniform Orders: <https://www.registernow.com.au/secure/Register.aspx?ID=503>

Postal Address: PO Box 672, BURWOOD NSW 1805



The Rundown On Members

What a fantastic night was our Christmas Party and Presentation of Awards. We extend our thanks to Deirdre, Lesley, Maree and all who contributed to the evening and congratulate each of the Award winners.

I enjoyed catching up with Woodstockians as I had returned from my holiday only a couple of days earlier. I travelled to New York a row behind Deek on the plane and spent some time chatting to him, and a few days later, at the Race Expo, met the phenomenal Grete Waitz, who is a 9 time winner of the NY Marathon. She looks as though she could easily run a great time today. Following my time in the US, I spent almost 3 weeks in Canada and particularly loved Quebec City, the Rockies and Whistler, all covered in snow – a Christmas card around every corner!

Prior to leaving Australia, I had the pleasure of engaging one of our sponsors, that being the Ayoub's Woodland Tours. My second son was married and Joe drove my family from Cronulla to Mosman and return. It was a brilliant service and contributed to the wonderful day. Since then a friend of mine has had Joe drive family and friends to and from a wedding and she, too, was delighted. Members should certainly look at using Joe's bus as his prices are excellent and he is a delightful gentleman and a great driver. Thanks again, Joe.

Congratulations on TNT's first 5k Handicap Run. It seemed to be a huge success. Also the Balmain Run appears to have established itself well and truly on the running calendar. Well done to John and all members who assisted on the day and the Club is most grateful for the donation.

Steve Briscoe, Ross Keys, Christine Berle and Lloyd Laing are all experiencing health issues. We are thinking of you and wish you the very best in your treatment.

With Christmas almost upon us, I wish everyone a wonderful time, lots of yummy food and drinks and heaps of fabulous running. We wish those heading off for the Festive Season, a really enjoyable holiday and let us hope we all have a great 2011.

Happy Christmas running and walking

Kerry

December Birthday Celebrants

***Chris Siepen 1st Luana Ferrara 5th Martina Lyons 6th Therese Ayoub 9th
Kay Johnson 9th Roy Rankin 14th Barbara Miller 16th***

HAPPY HOLIDAYS AND MERRY CHRISTMAS TO EVERYONE!

Letter from the editor

Season's Greetings to all ya tWoodstockers!

May everybody have a good holiday season and end the new year safely. I will be going home to the Philippines this week and will be hoping to run some races when I am there. Terry will follow days after Christmas, and if we are fit enough, we'll try to do a half marathon in the island of Cebu.

Next month of January, kind Brendan will help and will be our interim editor/publisher while I am away, to those who subscribed for printed copies I'll still post the copies to you but a lil bit late when I come back next year. See you soon when I come back!

- Editor

WOODIES STAND OUT

Is it our scintillating company? Is it the speed at which we run? Or maybe it's what we wear !! After all, you can see the blue and white tree coming a mile (1.6093 kms) away.

The current items available are:

- *Singlet (M or F): \$45
- *Short Sleeve tops (Unisex): \$50
- *Long Sleeve Tops (Unisex): \$60
- *Bra Tops (8 & 10) but others can be ordered: \$66
- *Cotton T-shirts (Unisex): \$10
- *Caps: \$20
- *Old Style T-shirts (Lge & X/L only): \$5

Shorts can be a really individual thing so feel free to choose our own in royal blue or as near to that as possible.

Whether or not you have worn your Woodstock uniform is taken into consideration at the end of the year when club awards are decided. We encourage you to wear Woodstock gear unless, occasionally, event rules state otherwise.

For those just joining, the membership fee of \$40 entitles you to a basic club cotton T-shirt or you can choose to pay \$60 and that entitles you to your preference of our Hot Designs (Drifit) singlet or short sleeve runshirt.

We currently have a Hot Designs order in the pipeline so those of you waiting on runshirts and singlets, please be patient.

Any uniform queries, please contact our Uniform Officer, Dot:

Email: dottiedisco@y7mail.com to confirm sizes/items needed and payment can be made by cash or cheque (to Woodstock Runners, please) or online via RegisterNow:

<https://www.registernow.com.au/secure/register.aspx?ID=503>

Dot Siepmann

Club Uniform Officer

December-January Training Program

Tuesday Runs 6pm @Woodstock, Burwood		Thursday Night Intervals 6:30pm@Campbell Oval, Ashbury.		Saturday Runs 7.20am at Brett Park, Drummoyne	
14/12/2010	Bayview 10km	16/12/2010	"Mile Down" Pyramid	18/12/ 2010	Hunters Hill 14km
21/12/2010	Strathfield Stride 10km	23/12/2010	Long Hill / Shorthill Repeats	26/12/ 2010	Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options
28/12/2010	Cooks River Canter 10km	30/12/2010	5mins x 4 *	1/01/2011	Drummoyne 8km
04/01/2011	Blue Mountains Express 10.5km	6/01/2011	"Mona" Fartlek	8/01/2011	Five Dock 7km

Full details of the summer calendar can be downloaded in our website.



Woodland Tours p/l - ACC 34363
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Hot Designs 10% discount offer

Hot designs have offered Woodstock members 10% off any items purchased from their shop on the last Saturday of each month - 8am. To 1pm.

Hot Designs are the manufacturers of our latest long sleeve tops, bra tops and singlets.

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For every loan application that successfully settles, Hector Garcia will donate a percentage to Woodstock Runners.



Thursday Night Track (TNT)

Training by Level 1 Athletics Coaches - Brendan Davies and Martin Amy Look forward to seeing you all down there some stage during the summer. **Campbell Athletic Field, part of Canterbury Park, Princess St Ashbury.** Car park access is of **Andrews Ave.** Session starts at 6:30pm and are finished by 7:30pm. Why not come down and check us out! You won't be disappointed. For more information, contact **Brendan on 0422 233463** or email at bjdavies2000@yahoo.com.. * last TNT of each month, drinks and/or dinner at Summer Hill

5Km Time Trial Inaugural results 26/11/2010

Age Adjusted Rank	Male Age Adjusted Rank	Female Age Adjusted Rank	Overall Rank	Male Rank	Female Rank	Last Name	First Name	Actual Time	Estimated Time	Age Adjusted Time
1	1	0	3	3		Takahashi	Kazu	0:19:02	0:18:30	0:15:51
2	2	0	1	1		Davies	Brendan	0:17:23	0:18:00	0:17:11
3	3	0	2	2		McCarthy	Barney	0:19:01	0:19:00	0:19:01
4	4	0	4	4		Lobsey	Phil	0:20:50	0:21:00	0:19:50
5	0	1	14		7	Siepmann	Dot	0:29:35	0:28:00	0:19:58
6	0	2	18		11	Lucas	Maree	0:30:40	0:32:00	0:23:04
7	5	0	7	6		Amaro	Elvis	0:24:13	0:24:30	0:23:42
8	6	0	6	5		Vohradsky	Terry	0:24:12	0:22:00	0:24:05
9	0	3	5		1	Patacsil	Charissa	0:24:08	0:25:00	0:24:06
10	0	4	9		3	Wood	Teresa	0:25:04	0:25:00	0:24:15
11	7	0	12	7		Mansfield	Alan	0:27:41	0:25:00	0:24:25
12	0	5	8		2	Waladan	Sarah	0:24:50	0:26:00	0:24:46
13	0	6	10		4	Akers	Bridget	0:26:08	0:27:30	0:25:55
14	0	7	13		6	Bogun	Sandra	0:28:40	0:29:00	0:26:17
15	0	8	11		5	Yamazaki	Tomomi	0:27:28	0:26:00	0:26:35
16	0	9	14		7	Dougherty	Patricia	0:29:35	0:30:00	0:27:42
17	0	10	16		9	Amaro	Helena	0:29:41	0:27:00	0:29:36
18	0	11	17		10	Haynes	Angela	0:30:27	0:29:30	0:29:49
19	0	12	19		12	Wiedner	Beatrice	0:38:29	0:35:00	0:31:29
20	0	13	20		13	McIntyre	Fiona	0:39:23	0:35:00	0:35:16



Award Recipients 2010

1. Most Improved Runner of the Year

Female Nominees: Bridget Akers, Peta Bray, Rebecca Bangura, Sandra Bogun, Manal Garcia, Tami Iseli, Martina Lyons, Elmarie O'Regan, Emma Pryor

Female Recipient: Manal Garcia

Male Nominees: Martin Amy, Michael Cantley, Tristan Iseli, Barney McCarthy, Garth McCullough, Phil Lobsey

Male Recipient: Phil Lobsey,

2. Rookie of the Year

Nominees: Rebecca Bangura, Stephen Briant, Wayne Brissett, Martina Lyons, Elmarie O'Regan, Theresa Wood

Recipient: Rebecca Bangura

3. Long Distance Trophy

Nominees: Martin Amy, Rebecca Bangura, Kerry Bray, Peta Bray, Michael Cantley, Brendan Davies, John Dawlings, Jeff Morunga, Theresa Wood

Recipient: Brendan Davies

4. Allan Tully Award

Recipient: Dot Siepmann

5. Most Outstanding Individual Road Running Performance of the Year

Female Nominees: Sandra Bogun, Kerry Bray, Manal Garcia, Bronwyn Hager, Chaia Patascil, Dot Siepmann

Female Recipient: Kerry Bray

Male Nominees: Martin Amy, Brendan Davies, John Dawlings

Male Recipient: Brendan Davies

6. Most Outstanding Team Performance

Maroubra - 3rd Open Team - John Dawlings, Terry Vohradsky, Chaia Patascil

SMH Half - 1st Mixed Team - Brendan Davies, Martin Amy, Bronwyn Hager

Hunter Valley - 1st Mixed Team - Chaia Patascil, Bridget Akers, Terry Vohradsky, Emma Pryor

M7 Cities Marathon Relay - 1st Mixed Team - Martin Amy, Bronwyn Hager

City to Surf - 1st Mixed Team - Brendan Davies, Martin Amy, Bronwyn Hager

City to Surf - 2nd Veteran Women 40-49 - Deirdre Stewart, Peta Bray, Sandra Bogun

City to Surf - 2nd Women 50+ - Dot Siepmann, Kerry Bray, Maree Lucas

City to Surf - 3rd Veteran Men 50+ - Kazuaki Takahashi, John Dawlings, Paul Whiteway

Recipients: City to Surf - 1st Mixed Team, Brendan Davies, Martin Amy, Bronwyn Hager,

7. Club Champion

Male Nominees: Martin Amy, Rick Collins, Brendan Davies, Kazu Takahashi,

Male Recipient: Brendan Davies

Female Nominees: Kerry Bray, Manal Garcia, Bronwyn Hager, Tami Iseli, Elmarie O'Regan, Chaia Patascil, Dot Siepmann

Female Recipient: Elmarie O'Regan

8. Runner of the Year

Nominees: Martin Amy, Rick Collins, Brendan Davies, Chaia Patascil, Dot Siepmann, Terry Vohradsky

Recipient: Dot Siepmann

9. Champion Person Award

Nominees: Martin Amy, Barry Cole, Brendan Davies, John Dawlings, Bronwyn Hager, Chaia Patascil

Recipient: Martin Amy

10. President's Award

Recipient: Chaia Patascil

11. Membership Awards

10 Years: Jeff Morunga

20 Years: Kazu Takahashi

30 Years: Kerry Bray

12. Handicap Awards

1st Brendan Davies

2nd Bridget Akers

3rd Martin Amy

13. Log Book Awards

1. Dot Siepmann	676
2. Paul Whiteway	671
3. Brendan Davies	655
4. Roy Rankin	594
5. Martin Amy	577
6. John Patrick	514
7. Kerry Bray	492
8. Alex Hill	475
9. Bronwyn Hager	441

10. Vass Vassilou	426	
11. Maree Lucas	421	
12. Barry Cole	411	
13. Kazuaki Takahashi	404	
14. Ray Dean	396	
15. John Dawlings	369	
16. Jenny Vassilou	364	
17. Anthony Robinson	340	
18. Ken Murray	187	WALKER
19. Beverly Edwards	153	WALKER
20. Kay Johnson	141	WALKER

Woodstock inpress

I haven't worked for the Department of Lands for nearly 20 years but I know that one of the two ladies featured on Page 4 of the latest Land and Property Management Staff Magazine is "one of ours"- That is Diedre Stewart, not Mary MacKillop. (Referring to the page where Dierdre was featured) - Ross Keys

IN THE MIX



Deidre Stewart
Office of Strategic Lands
What does the OSL do?
OSL manages a fund called the Sydney Region Development Fund. The fund is used to purchase land for planning and public purposes, such as open space and rail corridors (South West and North West Rail Links). OSL then manages the land before it is transferred to the end users such as state government agencies, local government or the rail construction entity. OSL also disposes of land where the land is no longer needed for the purpose it was originally acquired.

LPMAgazine

ISSUE 05
SUMMER

Land and Property Management Authority staff magazine

What does your role involve?

I manage the acquisitions team. We negotiate to purchase properties and where we can't reach a negotiated agreement we compulsorily acquire the property if it is needed by a nominated date for a project.

What recreation or activities do you enjoy outside of work?

I'm a mad runner – not very fast but thoroughly enjoy it. I'm a member of a running club, Woodstock Runners, an eclectic group that is quite social. I've recently bought a bike so plan to do a bit of cycling for fitness, and I also kayak – more kayak trails please!

What are you looking forward to this summer?

Lots of kayaking and a holiday in Hawaii!

A Minute with a member



Name: Luana Ferrara

What is your occupation? Veterinarian

Running age group? 50-59y

Do you have family? Mother, brother, sister, nieces and grandnieces and nephews in Oz (plus squillion more in Italy).

How long have you been a Woody? First joined about 13 years ago, but missed about 4 years in the middle of that when I worked overseas.

Do you run on Tuesday night/TNT/Saturday morning? Used to run Tuesdays, now run Saturdays, when time permits.

Why do you enjoy running? It's part meditation, part problem solving - love running on my own and just zoning out.

What is your favourite running distance/course/event and why?

I always enjoyed the SMH Half Marathon; challenging distance and a good course, but my joints are now telling me to stick to 10k.

What has been your running highlight? The Boston Marathon (home of the original Heartbreak Hill), waaaay back in 1993: 26 miles of enthusiastic, encouraging spectators - such a buzz! And one of my favourite cities.

Any lowlights (injury etc)? Dodgy right knee, creaky left hip - at least it's symmetrical.

What was the last race you went in and how did you go? Blackmores 9k in September. Time of 51m: might be able to get down to under 5.5m ks again!

Anything funny/unusual ever happened to you while you have been out running? Not really but I seem to get asked for directions a lot (guess when you get old, people must think you're harmless) ... bitten by a spider, ended up with a very swollen arm (hate cobwebs..)

What other sports/hobbies are you involved in? Yoga, photography, sewing

Favourite food/beverage? Italian anyone? And red wine (it's in the genes)

If you could have dinner with anyone who would it be and why? His Holiness the Karmapa Lama and Louise Sauvage (my favourite ever athlete)

Where would your ideal holiday be? Anywhere there are elephants.

Favourite running shoe/Gadget? Why? Have been running in ASICS forever - they are light and suit my duck feet. Rather like my new hot pink Shuffle - so much easier to run with than an iPod.

Woodstock Walkers Revival – Calling all non-runners!!

Whether you're injured, pregnant, under the weather or just up for a slightly more leisurely pace, Woodstock Walkers are back in force on Saturday mornings. Leaving from the usual spot - Brett Park - at the usual time of 7.30, we'll do a lap of the Bay and meet up with everyone at the end at Bowen Island café (although we may be arriving at the café a little later than our running counterparts). Starting this Sat - 5 November - we now have a core group of committed walkers but there's no obligation to join us every week. So if you've had a big night on Friday night and aren't quite up to running, you now have no excuse to stay in bed! - Tami Iseli, tamidower@gmail.com

A Minute with a member



Name: Sarah Waladan

What is your occupation? Lawyer, currently working in criminal law & policy

Running age group? 30-39

Do you have family? Yes, none in Sydney though; my parents are in Melbourne & extended family live overseas.

How long have you been a Woody? Since around July 08; although my Saturday morning attendance has been a little lax at times..

Do you run on Tuesday night/TNT/Saturday morning? Saturday mornings

Why do you enjoy running? It's the best way to start a weekend; I love it! It makes me feel virtuous and refreshed all weekend. Plus the coffee and brunch at Bowen Island afterwards is great too.

What is your favourite running distance/course/event and why? City to Surf - the atmosphere is great.

What has been your running highlight? Getting fit enough to run a half-marathon while living in Canberra.

Any lowlights (injury etc)? No injuries; although I fell over once not far from the start of a 12km run and felt pretty terrible afterwards.

What was the last race you went in and how did you go? City to Surf - 76 minutes something seconds, just over the 75-minute cut-off!!

Anything funny/unusual ever happened to you while you have been out running? I don't find many things funny at that time in the morning, but I've met some great people and seen some beautiful mornings.

What other sports/hobbies are you involved in? I'm not a big sports person, but I do love skiing and diving.

Favourite food/beverage? Persian/ Iranian food & wine (shiraz & Sav blanc)

If you could have dinner with anyone who would it be and why? My family, all in the one place at the same time. Never happens!

Where would your ideal holiday be? Somewhere tropical, sunny and by the beach.

Favorite running shoe/Gadget? Why? Asics & velcro key holder that attaches to my shoe laces.

Interesting things we may not know about you? I migrated to Australia when I was 5.

Thank you Luana and Sarah for sharing! Hope you reach those next running sgoals soon! - Editor

"Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when the awareness comes, it is excruciating."

- John Farrington, Australian marathoner

Upcoming events

All events courtesy of: www.coolrunning.com.au/calendar

Fri-Sat 10-11 Dec COAST TO KOSCIUSZKO 240 KMS

Start: 5.30am Twofold Bay, NSW, Friday 10 December. Entries have closed. Visit the <http://www.coast2kosci.com/> for more details.

Sun 12 Dec SRI CHINMOY SYDNEY SERIES RACE 8 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY

The final race in the Sri Chinmoy Sydney Series for 2010. Relish the ponds, fields and groves of Centennial Park on a tailored scenic, fast loop of dirt tracks and grass. Run or walk the inner loop (4 kms), race the larger loop (7 kms) or twice the larger loop for 14 kms. The best way to enjoy Centennial Park, a jewel in Sydney's crown. Parking anywhere near Robertson Rd Gates. Races commence at 8 am, with registration and on-the-day entries from 6.45 am. Awards for age groups and post-race pancake breakfast for all. Enter early and save... contact: Prachar Stegemann. email: sydney@srchinmoyraces.org. Visit the <http://au.srchinmoyraces.org/sydneyraces> 10 for more details. Click <http://au.eventdirector.net/Register.aspx?EventID=3776> for an entryform.

Sun 12 Dec RUMBALARA BUSH RUN

This is an off road Bush Run held on the Central Coast and Starting near Gosford. Two course lengths available, 13.2 km and 16.2 km. More information is available on the website. contact: Colin Price. email: colinp53@yahoo.com.au. Visit the <http://www.ccorienteering.org/rumbalara> for more details. Click <http://www.ccorienteering.org/rumbalara> for an entryform.

Sat 18 Dec RUNNING WILD TRAIL SERIES RACE 4: 20 KM NARROWNECK NIGHT RUN

Start 7.00pm (note runners will require own lights) Entry \$10.00 (members) or \$15.00 (non- members). Venue: A map from the M4 crossing the Nepean River to the start venue is available on the website. email: runningwildnsw@gmail.com. Visit the <http://www.runningwildnsw.com/> for more details.

Sun 19 Dec SMC ROAD RACE SERIES RACE 3

5km, 10km, 21.1km 5km walk. Rosford St. Reserve, Smithfield. A series of road-races that provides an opportunity for people to improve their running and prepare for some of the major fun runs and races held throughout the year. Join a very friendly and sociable group of runners at 7:00am (long run and walk) 7:30am (5km & 10km runs) from beginners through to hard core. Enter on-line or on the day. Everyone is welcome. Series entrants will receive a timing chip and bib number to use for the duration of the series, allowing them to bypass the entry queues and go straight to the start line. Electronic timing on an IAAF certified course with accurate km markers and regular drink stations with water sachets and sports drink etc. Series certificates, hot showers, fresh fruit, hot drinks & entry in lucky draw after each race. email: smc@sydneymarathonclinic.org.au. Visit the <http://www.sydneymarathonclinic.org.au/tikiwiki/tiki-index.php> for more details.

Sun 19 Dec TOUR DE MOUNTAIN (ACT)

25km run, 17km run, 9km run, 3 person relay (25km) and 17km bush walk, 6:30am, Mawson Sports field, Mawson contact: John Harding. email: jgharding@bigpond.com. Visit the <https://commerce34.pair.com/tzone/events/amra/tdm2010/> for more details.

January 2011

Sat 1 Jan BEYOND THE BLACK STUMP - A FAT ASS RUN

16km, 33km starts 7am from Berowra (northern Sydney). A great way to recover from the holidays. A difficult run on fire trail and technical single-file bush tracks. Lots of up and down. Great views but very hard work. No Fees, No Awards, No Aid, No Wimps ! Beginners NOT encouraged. Visit the http://www.coolrunning.com.au/fatass/hq/index.php?title=Beyond_The_Black_Stump for more details.

Sat-Sat 8-15 Jan 31ST THREDBO NATIONAL RUNNING WEEK

Annual week long festival of activities for runners and family members, including fun runs and walks around the Village, relays, sprint and 1500m handicap, mountain runs, golf, tennis, duathlon, dinner and other social activities. contact: Phil Aungles. email: paungles@tpg.com.au. Click http://www.coolrunning.com.au/calendar/public_html/2010/2010e075.pdf for an entryform.

Sun 9 Jan 2011 RESOLUTION RUN

Make an active start to your new year at the Sydney Resolution Run on Jan 8, 2011. The event will start at Sydney Olympic Park in front of the ANZ stadium. Participants can run or walk in either the 5.5km or 11km events. Start 2011 in style and assist various charities in the process. contact: Steve Corrie. email: active8change@gmail.com. Visit the <http://www.resolutionrun.com.au/> for more details.

Yearbook announcement:

* For those who missed out on the yearbook last August, we have a new batch at \$20 each. If interested email rundown@woodstockrunners.org.au



Fun Run Review: Run4Fun 10K – November 7, 2010

By: Barney McCarthy

An unseasonably mild November morning saw Anthony Robinson, El Prez and I head to Homebush for the second running of the Rebel Sport Run 4 Fun. Woodstock diehards know there is no better way to travel than in Anthony's Ford – resplendent in team colours – and his best Mark Webber impression saw us bomb west down the Parramatta Road in no time. With the race being situated at the labyrinthine Olympic Park complex, parking was ample and we sauntered to the start with plenty of time to warm up. I had the privilege of being on the preferred start for the first time in my brief running career, which allowed me to navigate the lengthy queue for the portaloos and still make it to the start despite leaving it rather late. I could get used to that kind of treatment.

The course was mainly flat, with a few gentle undulations, but nothing too taxing. It was completely traffic-free and contained enough loops and switchbacks to prevent it becoming too boring. The race actually finishes in the ANZ Stadium, which is a thrill for us mere mortals who don't usually experience the adulation of finishing in front of a bank full of seats. The fact that 98% of those seats were empty didn't matter, in my head a stadium full of fans were cheering me on. There were plenty of hydration stations on the route, but if you really need water during a 10K, you're better off with a quick dose of HTFU.

Being a Fairfax event, the organisation of the event was slick, with no hiccups. The inflatable arch over the finish line did deflate at one point which provided the amusing spectacle of weary runners trying to hurdle it to complete the race, but this was rectified in a matter of minutes. As with other Fairfax events, the entry fee was steeper than you would pay for a smaller race, but early birds got a free three-month weekend subscription to The Sun-Herald, so it wasn't all bad. Over 6,500 runners completed the event, so it definitely had the "big race" feel and atmosphere.

Mr Amy was the first Woodie home in a stellar time of 35:46, although amusingly he was outsprinted at the last by a young lad who must have been at least 7. I was happy to lop over a minute off my PB to finish in 38:20 (I'd like to thank my mum, my Dad....oh and TNT) and Anthony just missed out on a PB, stopping the clock at 40:52. Dot Superwoman, I mean Siepmann finished well inside the hour-mark and a handful of other Woodies competed too, including Angela Haynes and Lawrence Ullio.

All in all, a satisfying way to spend a Sunday morning and I would probably do the event again in the future, although I wouldn't recommend it to the budget-conscious. Special thanks must go to Anthony on driving duties, his friend Jules who made an able team photographer for the day and my long-suffering wife Claire as chief cheerleader.

Rating:



"That is the sort of race which one really enjoys - to feel at one's peak on the day when it is necessary. and to be able to produce the pace at the very finish. It gives a thrill which compensates for months of training and toiling. But it is the sort of race that one wants only about once a season."

- Jack Lovelock

Fun Run Review: Bare Creek Trail Run

by: Elmarie O'Regan

The inaugural Bare Creek Trail run took place on Sunday November 7th. It was organised by St. Ives Park Primary school and the course covered the picturesque fire trails of the Garrigal National Park. There were 2 challenges to choose from on the day - a 6K family walk/run and a 9K. I chose the 9K.

At the start gun, a few warning words were made by the organisers to expect wet and muddy conditions after the torrential downpours the day before! 220 runners took off at 8am and followed a short road section before starting on the bush trail down to the base of Bare Creek.

The track was rough and covered in mud puddles, I decided it was useless trying to dodge them so just splashed right in :-).

I was loving the down hill descent but I knew I would pay for it later, with lots of up hills to come! The first of 3 creeks to cross came a KM in. This was ankle deep, no time to take the runners off in middle of race!

The third creek was the most challenging, it was flowing steadily, eeeek! I wondered if I should swim it!

I shouted to the SES lad at the other side asking how deep it was, he said laughing "Jump in"! Almost waist deep I ploughed my way through the rush of water, coming out the other side with a wet butt and soaked leggings.

The next 1-2 Km was a demanding steep rocky uphill climb, I was wishing I had gone to more TnT hill sessions. The remainder of the race was a number of undulating hills with a nice road uphill to finish. I finished 3rd overall.

It was extremely challenging but OMG it was so much fun, the mud, rocky track, getting drenched, filthy and winning \$100 in prize money for my efforts!

I'll definitely be back to tackle it again next year and hope it rains as much the week before :-) Big thumbs up from me for this event.

If anyone wants to get together and run this trail some weekend, give me a shout would love to run it again.

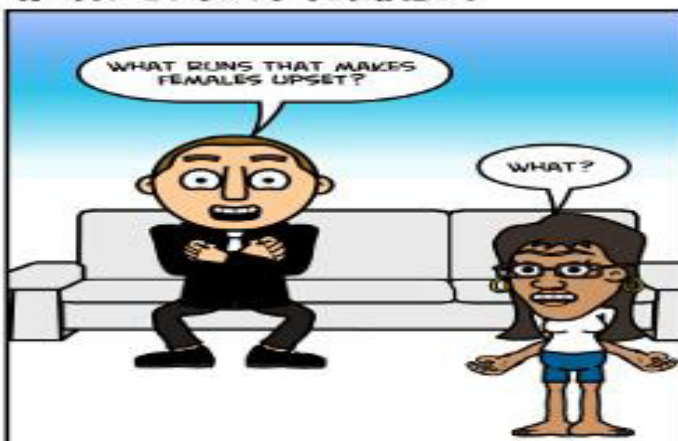
Rating:

It's a fantastic training run.



WHAT UPSETS FEMALE?

BY CHAIA



WWW.BITSTRIPS.COM

Handicap Point score

Place	Name	6/02/2010 Points	22/05/2010 Points	28/08/2010 Points	30/10/2010 Points	Total (Best 3)	Count
1	Davies, Brendan	20		21	14	55	3
2	Akers, Bridget	12	12	10	15	49	4
3	Amy, Martin	22	9	15		46	3
4	Takahashi, Kazu	16	11	7	9	43	4
5	Purss, Tony	18		19		37	2
6	Iselii, tristan	4	6	23		33	3
7	Cole, Barry	13		7	11	31	3
8	Whiteway, Paul	17	6	7		30	3
9	Hastings, theo	19	10			29	2
10	Lobsey, Phil		8	20		28	2
11	Lyon, Martina	8		18		26	2
=12	McGown, Max			13	12	25	2
=12	Patacsil, Charissa			17	8	25	2
14	Haynes, Angela			14	10	24	2
=15	Phillips, John			22		22	1
=15	Siepmann, Dot		13	7	2	22	3
17	Bray, Peta	21				21	1
=18	Pryor, Emma	11		8		19	2
=18	Rankin, Roy	7		12		19	2
=18	Tutt, Graeme		6		13	19	2
21	Ullio, Lawrence				18	18	1
=22	Patrick, Jon				17	17	1
=22	Collins, Rick	6	6		5	17	3
=24	McCarthy, Barney				16	16	1
=24	Muir, Greg			16		16	1
=26	Hager, Bronwyn	15				15	1
=26	Robinson, Anthony			9	6	15	2
28	Bray, Kerry	14				14	1
29	Iseli, Tami		6	7		13	2
30	Yamazaki, Tomomi			11		11	1
=31	Brown, Calli	10				10	1
=31	Morunga, Jeff		7		3	10	2
33	O'Regan, Elmarie	9				9	1
=34	Crossley, Max			7		7	1
=34	Laws, Steven ##			7		7	1
=34	Vohradsky, Terry				7	7	1
37	Lucas, Maree		6			6	1
=38	Nash, Paul	5				5	1
=38	Blackwell, David				5	5	1
=40	Cantley, Michael	3				3	1
=40	Smith, Michelle	3				3	1
42	Burbridge, Tony				1	1	1

announcements

Christmas Day Run 25/12/2010 Friday - Bay Run from Brett Park, Drummoyne, 7.30am start

Boxing Day Run 26/12/2010 Saturday - Rodd Point Run, meet at Rodd Point, 6.30am start, 10/15/20K options

4 Sale! Adidas, Cushion 18, neutral, USA Size 10.5 Women's fit (narrower than the men's fit of the same brand which I usually wear) – brand new and never worn

Bargain Price of \$80, Can take them to a Tuesday or Thursday Woodstock run if you want to try – call Sandra 0435 305463 or email sbogun@redkite.org.au

GNW 100: MY OWN RACE AT THE GREAT NORTH WALK

by: Phil Lobsey

I arrived at the start line in the Teralba darkness at 5AM, but the sun was soon to greet the 98 assembled runners. In his briefing, the race director indicated hot weather was forecast, and it may be prudent to simply walk during the heat of the day.

I took my place at the back of the starting grid; no starting announcement was broadcast, I lumbered into motion as those ahead did likewise. The first 6k had us negotiating a bitumen road, and we ducked warily onto the shoulder as trucks whizzed by. I wondered to myself if this was a good time, given the relative cool, to be running faster. But given my lack of experience over the distance, and the course for that matter, I opted to conserve, conserve, conserve.

Even in this early section, I had to stop to remind myself that it was only 6:30, as the heat of the sun felt more like mid morning. Much of the field seemed to be drifting off ahead, and I wondered if I would be in good enough shape to make up ground later. That was my plan....ease my way in, just 'run my own race', then try to pick up the effort from halfway, to finish within 18 hours ie midnight. I made it to the 10km mark right on 1 hour, and wondered how the rest could take so much longer than another 9 hours. This marked the beginning of the fire trail, and also the ascent. As I had walked all hills since the first km, I was more than happy to walk these also.

A few pleasantries were shared between runners, but more so people seemed to be mentally locking-in for what promised to be a testing day ahead.

The course is marked primarily by Great North Walk signs, and I was called to make my first navigational decision at 12k. It was straightforward enough, but I did find myself looking around for the assurance of company.

(Continued in the next page)

At Heaton Gap (15k), this was the first of the long climbs – 260 vertical gain. I plodded along, passing one 100-miler who looked to be struggling already. The top of the climb afforded a lovely view out over Lake Macquarie and beyond. A few of us stopped for a breather at the lookout, pretending to be savouring the vantage point. The next section was through a rainforest section thick with roots and vines. I managed to lose the trail, as I



did not realise the great big fluoro orange spots on trees were intended to guide us. After pulling out the map and compass with two other equally lost gents, we got back on track and had forfeited perhaps 15 mins. If I wasn't at the back of the pack before, I certainly was now. I pushed a little harder to make up some of the ground but it was technical terrain, and suitable for walking only.

I took on some sustenance like clockwork every hour (mmm, mashed potato), and hoped not every leg was this difficult. I was starting to feel the strain, and was relieved to finally run into Checkpoint 1 (28k). I filled up my supplies, with 2.5L of water and sports drink, and was soon back on the road. A lot of the next leg was runnable fire trail but the weather was heating up, and where there was no breeze, it was becoming stifling. At around 40k, I felt like I was overdoing my effort, so settled back into a walk.

At 45k, I ran out of water, and knew then I would have to walk the rest of the leg, eking out my sports drink on the way. I linked up with another guy who was feeling nauseous, and we chatted and distracted each other all the way to Checkpoint 2 (52k). Here I took an extended break, it was 3 PM so I was glad

the heat was beginning to subside. I re-hydrated as best I could, cooled off the body core temp, and re-stocked my fluid supplies. There was a mandatory gear check prior to departure, which contributed to my 30 min stop (I couldn't find that whistle for the life of me).

I felt much better thereafter, started to run some more, but I wondered if the damage was done. Another steep climb back up to the ridgeline greeted us next, and I was heartened to pass a handful of people, all of whom were clearly struggling more than me. However, once at the top, they proceeded to pass me, as I could not muster much running, despite the easy downhill profile. My feet were beginning to hurt, the constant pounding doing them no favours. The easy downhill led to steep single-track downhill which was not a pleasing prospect. I walked on and on, wondering if I could make the cut-offs by simply walking the rest of the way. The trail snaked down to the valley floor, and after a brief diversion through a cooling creek, the path led straight back uphill. I didn't relish the ups, but I was content in that I was handling them at the appropriate pace. The down hills, I'm thinking, I should be doing better on these...

I reached the top, passing a few guys laid out on the ground. I refilled at the water stop, and then just started running. It actually took me by surprise...wow, I can still do it. This coincided with sundown and it was now far more comfortable to be exerting oneself. A quick stop for head-torch and reflective vest, and I was locked onto the next destination. I finally made it to Checkpoint 3 (82km), having had little interaction within the race for the last few hours. I managed somehow to avoid the leeches; they must have been well fed earlier. It was sobering to be told there were only four people left on the track behind me.

(Continued in the next page)

I tried not to linger too long, and wrestled the backpack back on after 17 mins. By now it was 10:30PM and my 18 hour goal was out the window. The next competitor in front of me is at least 30 mins up, so there is no-one to chase. On the plus side, I am feeling OK and confident of finishing. I make reasonable progress, ambling up the steady incline. It feels like I have been on the move for so long....time ticking over so slowly. I keep the directions in hand, keen to confirm my forward progress.

I find flatter, more open sections where I can run, but it is largely an uninspired trot. A non-signposted junction sends me into near meltdown; it takes me 10 mins to determine the right course. My knees are almost shot from ITB tightness, which are tested by another technical downhill section. I have chafing like I have never experienced. Finally, I reach Yarramalong Rd, a flattish, part sealed road, which indicates 11 km to go. By this time, I am quite desperate to be finished, so I summon the strength to run this last section. It feels like 6 min/kms, but in reality is more like 8.

I cross the finish at 3:03AM, for a total time of 21 hrs 3 mins.

I am told less than half of starters completed their respective event.

I kiss my medal and feel very pleased with my decision not to do the 100 mile race.

"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will... those who run but don't race...those who started training for a race but didn't carry through...those who got to the starting line but didn't in the finish line...those who once raced better than you but no longer run at all. You're still here. Take pride in wherever you finish. Look at all the people you've outlasted."
- Joe Henderson

Postcards from NY Marathon N' around!



Clockwise: Kerry at The capitol, Washinton; Simon and Joan (Friends of the Amys), Alison (Martin's sister), Brian (Martin's Dad), Phil (Alison's Husband), Kerry and Chris (Martin's Mum)@ the New York Marathon 7-11-10, taken at central park; Kerry@Central Park; Rob de Castella, Grete Waitz and Kerry@the NY Marathon expo.

<3,
Kerry

There is this to be said for walking: It's the one mode of human locomotion by which a man proceeds on his own two feet, upright, erect, as a man should be, not squatting on his rear haunches like a frog. ~Edward Abbey

Race Results

Members - Please email all results to
rundown@woodstockrunners.org.au

SYDNEY MARATHON CLINIC

Sunday 21/11/10

HALF MARATHON

Brendan Davies	1.16.32 (2nd O/All)
Jeff Morunga	2.28.00
Charissa Patacsil	1.52.09 (4th F30)
Terry Vohradsky	1.50.06
Teresa Wood	1.55.27

10 KM

Sandra Bogun	58.30
Calli Brown*	55.20
John Dawlings	40.40 (1st M50)
Angela Haynes	60.46
Lesley Maher*	56.05 (1st F50)
Anthony Robinson	40.32 (5th O/All & 3rd M30)
Deirdre Stewart	56.39 (2nd F40)
Tomomi Yamazaki	54.40 (4th F30)

5KM

Dot Siepmann	28.02 (1st F60)
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GNW 100

Phil Lobsey	21:03
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"TORCH" 1-HOUR RACE

(The Crest Bankstown)

Tuesday 23/11/10

Brendan Davies: 60.00 (16.7 kms & 2nd O/All)

MUD RUN

10Km

Glenworth Valley, NSW

Angela Haynes 1:26:07

3 POINTS CHALLENGE

(North Curl Curl)

Saturday 4/12/10

300M Swim, 1500M Run, 300M Swim, 1500M Run,
200M Swim, 3 KM Run

David Blackwell	60.19
Jeff Morunga	68.24

CENTRAL COAST HALF MARATHON

Sunday 28/11/10

Bridget Akers 2.02.57

Brendan Davies 1.19.05 (5th O/All & 3rd M30)

Manal Garcia* 1.35.59

Charissa Patacsil 1.53.58

Anthony Robinson 1.31.16

SRI CHINMOY / IRON COVE

Sunday 28/11/10

16 KM

John Dawlings: 67.58

8 KM

Sandra Bogun: 46.43

Angela Haynes: 49.44

Elmarie O'Regan: 34.34 (1st Fem O/All)

Dot Siepmann: 47.59 (2nd F60)

RELAY FOR LIFE / THE CREST BANKSTOWN

Saturday 27/11/10

Dot Siepmann* 7.6 kms, 60.00

*Not member or not in Woodstock uniform

A Visit to Temora, NSW

By Derek White

In October my wife and I enjoyed a short holiday at this country town 400 kilometers from home. We found it to be the best place we had seen for many years, no graffiti anywhere, even on the handsome railway station or in its yard, no litter in the spotless streets of the town which were decorated with flowers. The roads were wide, with everybody keeping to the 50 kph speed limit.

The Eating places, especially the Ex-Services Club, are excellent and there are also the Golf Club and Bowling Club.

There are two fine museums, the Aviation Museum and the Rural Museum, both of which were well worth devoting to prolonged visits.

We stayed at the most comfortable 'Aromet' Motel, which unlike so many others we have been in the past, offered in-house dining on every day of the week. I was interested to hear that one of our hosts, Graham Coates, had a P.B. For the City to Surf better than mine by three minutes and 55 minutes!

We covered 1,151 kms in the five days, and came home refreshed. In case you have failed to spot it, 'Aromet' is Temora spelled backwards.

2010, a YEAR IN REVIEW

By Brendan Davies

As 2010 draws to a close, it's worth reflecting on what the year has dished out for good and bad. For me at least, it's been one of those years where the good has seemed to outweigh the dramas of life, and I have running to thank for a lot of that.

Not having to work this year has obviously helped my running. Managing a Masters degree is easier than managing a job! Cycling the 12km to uni and back each day has also had the added benefit of extra cross training I would not have otherwise had time to do.

This year I've been able to significantly lower all my main PBs.

- 5000m – 16:14 at NSW Masters Championships
- 7km Bay Run – 23:52 at Woodstock Handicap #3
- 10K – 33:48 at Cooks River Fun Run
- Half Marathon – 1:14:35 at Penrith Lap the Lake

Half Marathon

- Marathon – 2:33:45 at Melbourne

I've also had the honour of representing both NSW (Australian Marathon Champs) and Australia (World Long Distance Mountain Running Champs).



I've even managed a few fun run wins in there as well, and set the course record at the Deep Space Mountain Marathon in the process of winning that race. I've podiumed in many other races too, including Adventure Races (a triathlon, but in the bush).

My favourite race would have to be still 6 Foot Track Marathon. It is one event I really enjoy training for as it gets me out in the great Aussie bush and up and down hills. It doesn't really sound like fun but let me tell you it is! This year I finished 6th and am hoping to go a few places better in 2011. That will be my target race for the time being.

One thing I must be grateful for is the fact that I have not been injured this year. The consistency in training and conditioning that this allows is a massive factor in the success I've had.

As I look around the club, I can see so many great runners of all ages, and that inspiration and encouragement contributes so much. I hope that 2011 is one that is injury free and you can also tick off some PBs, SBs, or age PBs.

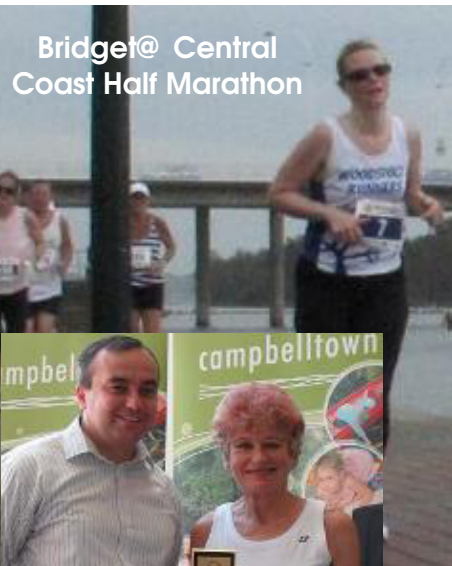
Did you know?

- a Kerry Bray ran the NY Marathon? With a time of 3:52:16, and surprisingly it was not our own Kerry but it was a friend of Martin Amy's family!
- Lawrence Ullio almost got ran over by a Stampede of runners in Sicily on his trip there with his wife last September
- Brendan broke the Woodstock Marathon record from Jim Owen's 1993 results

Woodstock Photo sessions



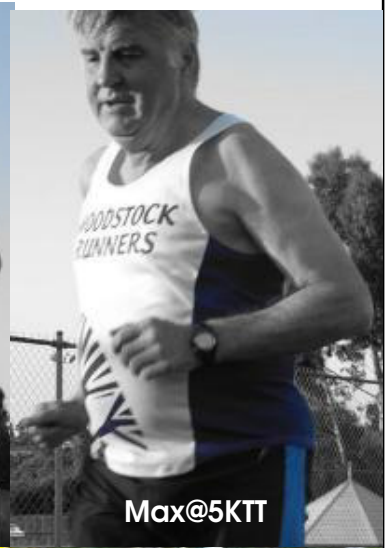
Sandra@Fisher's Ghost



Bridget@ Central Coast Half Marathon



Barney @5KTT



Max@5KTT



Marty@Fisher's Ghost



Bren@Fisher's Ghost



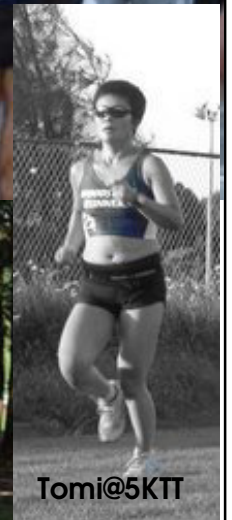
John and Marty @Fisher's Ghost



Alan@5KTT



Jeff@Fisher's Ghost



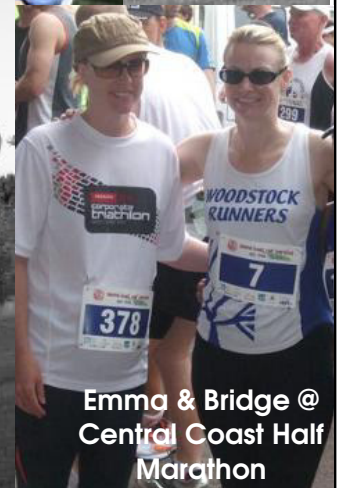
Tomi@5KTT



Tony, Bren, Chaia & Nadine @ Central Coast



Dot@5KTT



Emma & Bridge @ Central Coast Half Marathon