



2013  
September

# THE RUNDOWN WOODSTOCK RUNNERS



Woodstock Runners



[www.woodstockrunners.org.au](http://www.woodstockrunners.org.au)



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## KERRY BRAY

## The Rundown on Members

Much has happened in our Woodstock Runners' World since the last Rundown. Members have travelled far and wide; achieved highly; and enjoyed themselves immensely.

High on the excitement list was our 33rd birthday party. Dressed in the "Woodstock Era", all enjoyed a fun night and we thank Maree, Joe and Barry for their organisation. We've also held a Handicap and a Time Trial in the past couple of weeks and we pass on our thanks to all who contributed to these events. Also, we appreciate Katie's dietary advice in our last newsletter and we wish you well in your first Marathon, Katie.

Angela and Martin flew to Hokkaido for the Marathon. I'm sure they'll share their memories with you later in The Rundown. Greg Marsh spent many hours on the road in the Marathon du Medoc, France, some of it sampling the vino. Colin and Chaia are holidaying in the US, while Evan has returned from Las Vegas. Cass spent a very active 12 days heli-skiing in NZ. Lawrence and Marisa Ullio, away for 4 months, have spent time in Africa and are currently staying 120k from Milan on a farm where they are chopping wood and preserving fruit and vegies. Bev has been away driving in Australia. We wish bon voyage to Maree, Kevin and John O as they leave Oz soon for a 6 week Safari in East Africa and Di George will travel later in the year to the Antarctic.

Joe's magical bus took us to Mudgee and a fortnight later to Forster. We are most appreciative of your wonderful efforts to ensure our enjoyment, Joe and also Di Green. Cass, a Mudgee girl, was there to run and to cheer us on, along with Lesley, Lorraine and Rick, who enjoyed too much lunch and didn't run. We had much success gaining 3rd, 4th and 5th females in the Marathon. Larissa, however, was disguised as Bertie Bee. At Foster, we bumped into Nita and Lance, who joined us for dinner in the evening. Martin was somewhat of a star placing 3rd in his age in the Half Marathon and 30 mins later ran the 10k where he was placed 2nd in his category.

Congratulations to Thalia and Mark on the birth of Markus Spiro, a baby brother for Rosemary.

We hope Bronwyn returns to her running shoes very soon from the rather cumbersome boot that has been gracing her foot since C2S. Let us hope your fracture heals well and you'll be back faster than ever, Bronwyn.



Good luck to all contesting the many races in the next month. Always feel confident in the training you have done. You have put in the miles and you will deliver on the day, and don't forget about "Race Day Magic".

Kerry





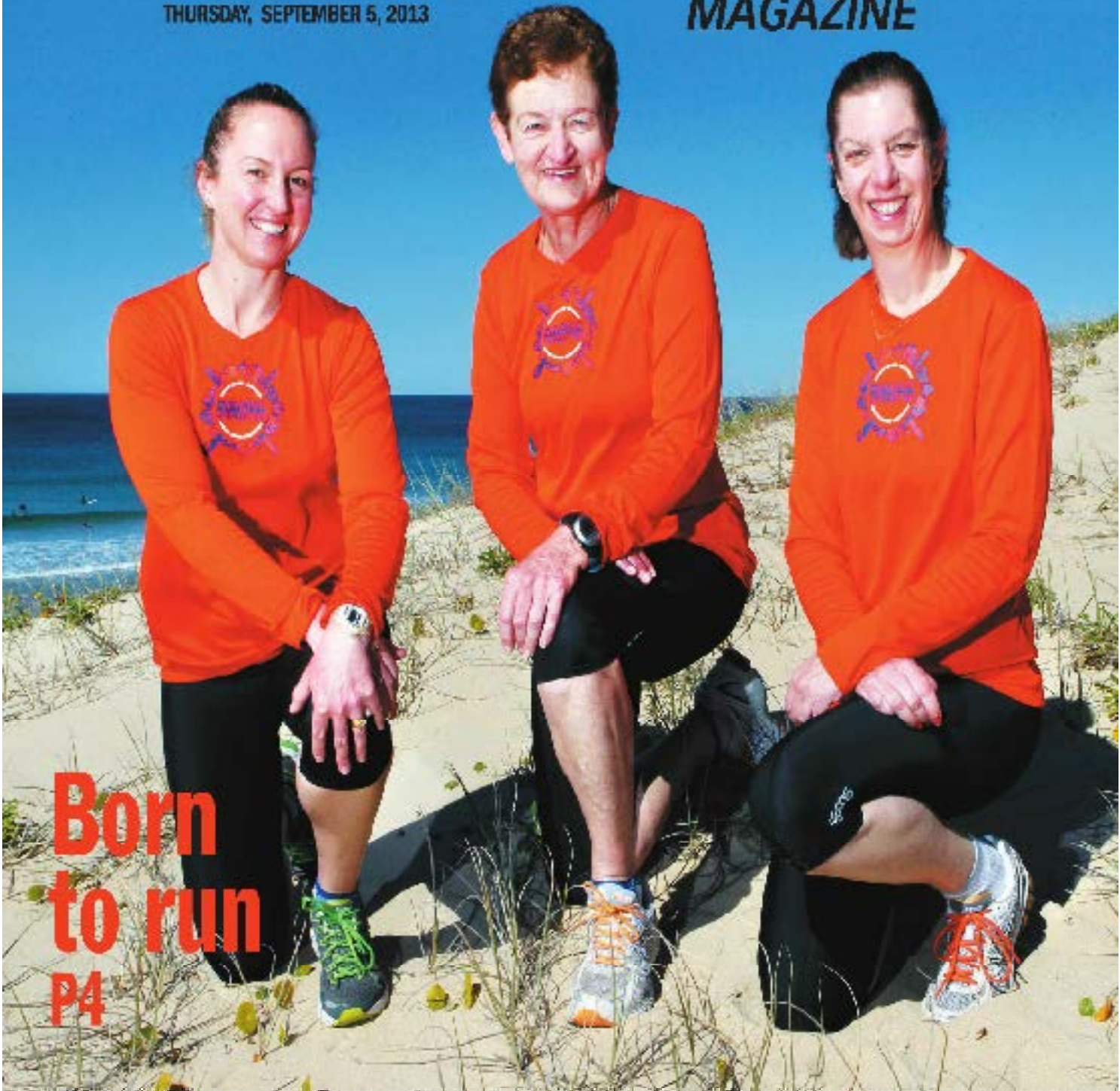
DELIVERED MONTHLY WITH YOUR COMMUNITY PAPER

Leader

# Cronulla

THURSDAY, SEPTEMBER 5, 2013

MAGAZINE



**Born  
to run**  
P4



The Cronulla magazine FRONT COVER this month features Woodstock's favourite lady Kerry Bray and her two daughters Peta and Ellen. The story is about their tilt at the New York Marathon and is a great read.

Head to the link below to read the story online!

<http://magresources.f2.com.au/cro/>



**T**hinking about running the New York Marathon and training for it will keep my mind off Harry's days working hours between 1 a.m. and 11 p.m. I know she and her co-workers, Kate and Jeff, sometimes will go out to a bar with

On the same day, the second New York Marathon will see Pata's second drive over the marathon distance of 42.195 kilometres.

On the same day, the second New York Marathon will see Pata's second drive over the marathon distance of 42.195 kilometres.

The three women are fortunate to be among the winners. The New York Marathon is a test of the world's best runners, with about 50,000 runners lining up every year.

Kerry and the daughters had been occupied for an handful of already been issued with their own set of life changes this time, when this event was cancelled 301 days before start time because of Hurricane Sandy.

After all the training and the sacrifices we put through, the canoeing was devastating for the women and they're back to work. I hope Helen is well, even though she started.

Series 300 Elements built on a single platform, a work environment that makes the difference between fast and slow, time and speed, profit and loss.

A soft, crelloous sports n. (Whiting said she had always been fascinated and, incidentally, by the actual sports article).

"We're a club, an identical and equally important part in many sports - in ballet, tennis, squash, swimming and football," she said. "I was also very involved in children's affairs because my two children are like and unlike, idealists, and successful."

When I suddenly moved to Canada 2 years ago, I lost my regular source of comfort food consisting mainly of soups, pickles, and fish. I had to take it slow.

Then, carrying the move to nursing, a few years later, Sen, Das and his machines, carrying in two machines 1962 and 1984.

My first city in Iran was in 1981 and I've learned 50 consecutive Achliyes in Iran by me and a musician in my distance for many years a lifetime to family knowledge.

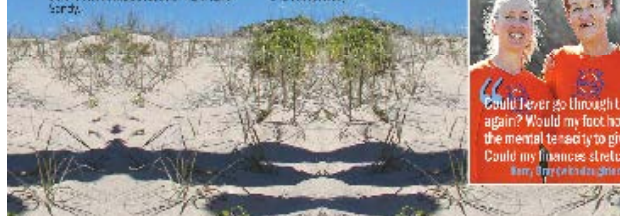
able to make a difference to the scene.

as-west was a defining possibility had the heart of a nation the New York location in 2011 and was fortunate to serve an army. Moreover, I was the 10th New York woman to hold military honors. My husband, 25,000 miles away of the way in, was in the 10th New York.

"My company was incorporated through 2009 and then I started in 2013. I completed my master's degree, I did not have a number of full-time, was an excellent success in most."

"I'll was out in good, like three weeks a train department, trapped at work and broke my foot. I was devastated! My 1996 4-5 mile training runs through the winter, through rain and through much pain.

<sup>1</sup> To give up so much and I found it difficult to come back to work, but I would be thinking I shed blood as I defended my entry to 2011 in the hope you will remain.



Could I ever go through this again? Would my foot have the mental tenacity to give up? Could my finances stretch?



Mrs Bray left for the 2011 run with a message from Robert de Castella ringing in her ears: "Champs do it when it's tough."

As it happened, yes, she could do it, completing the 2011 marathon in four hours, 41 minutes and placing 12th in her age category out of 85 runners.

Mrs. Bray is keen to again experience the atmosphere that is Marathon Day in The Big Apple.

"New Yorkers take on the spirit of the race unlike anything I've ever witnessed. Competitors walk around the city all day draped in thermal blankets provided at the finish line. And they can be seen wearing their finishers' medals for days afterwards."

"Everyone respects them for their achievement and it's a real talking point. The excitement is electrifying. I dream of being a part of this and that'll keep me going to the finish line in Central Park with the course traversing the five boroughs of New York City. The hospitality and energy along the way is amazing – the bands, choirs and millions of spectators

"I've been fortunate to win many awards over most distances and at the 2009 World Masters Games in Sydney I took home a silver medal in the 5000m. I hold several state age records in racewalking and I've won medals at State and National Masters Championships.

"The organisation of the race by the New York Road Runners Club is nothing short of extraordinary and I appreciate this immensely having been a race director myself on a much smaller scale!"

Pictures: Jane Dyson



# 26TH OCTOBER

Haunted harriers around the bay,  
Halloween costumes for the day,  
Don't be shy, get out your gear,  
It only happens but once a year.

Eepity, creepity, oh what a fright!  
Running from things that go bump in the night,  
Zombies, witches, ghosts, black cats,  
It's the Woodstock Runners' Halloween Handicap.

While Marty stirs the cauldron and lets the runners fly,  
Dottie steers her broomstick as Woodies ghoulies cackle by,  
Rick's warty nose and Max's pumpkin head abob,  
Woodstock Runners in full flight, spectators agog.



<http://www.youtube.com/watch?v=F8yj5iSs6Wo> [Monsters Holiday – Buck Owens]

<http://www.youtube.com/watch?v=IduxLVKg9ns&feature=endscreen&NR=1> [line dance version]



100% Fitness  
100% Sweat  
100% Life



# OneLifeCat



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<http://onelifecat.wordpress.com>

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



Well, the 3rd Instalment of the Bay Run Handicap came and went on the morning of the Birthday Party. It was definitely a guilt trip for some as they partied hard later that evening!

With collection of DQ's, suggests that many may have been slightly conservative on their Estimated Times. Maximum points went to Ryan "I'm going to smash Blackmores" Mansour, Matt "Exercise Machinist" Bulman in 2nd, and Mason "Will soon be at TNT" Davies rounding out the podium places. Ryan and Kath were fastest in their respective gender categories. So the Handicap cap makes for interesting reading as Tony "I will once turn up having given a time in prior to event" Purss leading, Rickster in 2nd and one of his Saturday's partners in crime Max McGown in 3rd. Congrats to Rickster also for his Lucky Draw prize. Plenty to play for though in the final instalment which will be on 26 October 2013. So book it into your diary now!

Special thanks to El Marie for helping with coordinating times and on the day. As usual to Kevvie and Maree for their BBQ efforts, as always be tricky to do these things without your help! Until October...

You can check out where you are in the overall Bay Run Handicap by heading to the website and going to the rankings - <http://www.woodstockrunners.org.au/woodstock-runners-rankings/>

Position	Name	Estimated Time	Actual Time	Pts	DQ
1	Ryan Mansour	0:27:30	0:26:34	27	
2	Matt Bulman	0:31:00	0:30:16	26	
3	Mason Davies	0:33:00	0:32:44	25	
4	Ali Guerreiro	0:36:15	0:36:08	24	
5	Rick Collins	0:37:00	0:36:55	23	
6	Tony Purss	0:34:00	0:33:55	22	
7	Max McGown	0:37:10	0:37:13	21	
8	Frank Hidvegi	0:31:30	0:31:58	20	
9	Kathryn Bolitho	0:31:10	0:31:52	19	
10	Scott Mitchelmore	0:29:00	0:29:49	18	
11	Wayne Suryak	0:38:00	0:39:03	17	
12	John Phillips	0:50:00	0:51:20	16	
13	Bridget Akers	0:36:00	0:37:54	15	
14	Lesley Maher	0:39:20	0:41:39	14	
15	Barry Cole	0:49:00	0:51:30	13	
16	John Patrick	0:40:00	0:42:55	12	
17	Clive Mooney	0:29:30	0:32:27	11	
18	Disco Siepmann	0:41:00	0:44:16	10	
19	Hilary Schneider	0:41:00	0:44:31	9	
20	Louise Brooks	0:55:35	1:03:16	8	
20	Cassia Ferguson	0:42:00	0:39:58	8	DQ
20	Greg Marsh	0:36:00	0:34:56	8	DQ
20	Lorraine Spanton	0:40:00	0:37:32	8	DQ
20	Dianne Green	0:32:00	0:30:48	8	DQ
20	Brian Newton	0:31:00	0:29:41	8	DQ
20	Joseph Ayoub	0:37:00	0:34:47	8	DQ
20	Therese Ayoub	0:47:00	0:45:06	8	DQ
20	El Marie O'Regan			8	Volly
20	Martin Amy			8	Volly
20	Maree Lucas			8	Volly
20	Kevin Lucas			8	Volly
20	Helene Scarf			8	Volly
20	Graeme Tutt			8	DNF

		16/02/2013	15/06/2013	31/08/2013		
Position	Name	H1 Pts	H2 Pts	H3 Pts	H4 Pts	Total Pts
1	Tony Purss	21	28	22		71
2	Rick Collins	12	23	23		58
3	Max McGown	11	19	21		51
4	Hilary Schneider	23	14	9		46
5	Kathryn Bolitho		25	19		44
6	Lesley Maher		27	14		41
6	Ryan Mansour		14	27		41
8	Fiona Day	16	24			40
9	Scott Mitchelmore		21.5	18		39.5
10	Mason Davies		14	25		39
11	Kazu Takahashi	17	21.5			38.5
12	Ali Guerreiro		14	24		38
13	John Phillips	7	14	16		37
14	Gaye Mancuso	22	14			36
14	Greg Marsh	14	14	8		36
14	Frank Hidvegi		16	20		36
17	Dianne Green	8	14	8		30
17	Kevin Lucas	8	14	8		30
17	Martin Amy	8	14	8		30
17	Maree Lucas	8	14	8		30
21	Ciara Foley		29			29
22	Barry Cole		14	13		27
23	Matt Bulman		26			26
24	Disco Siepmann	15		10		25
24	Julian Burbidge	25				25
26	Mary Bowman	24				24
27	Charissa Patascil	8	14			22
27	Bill Allan	8	14			22
27	Helene Scarf		14	8		22
27	El Marie O'Regan		14	8		22
31	Julie Jarrett	7	14			21
32	Greg Muir	20				20
32	Lawrence Ullio		20			20
34	Tym Blackwell	19				19
35	David Ruston	18				18
35	Lauren Stewart		18			18
37	Jeff Morunga		17			17
37	Wayne Suryak			17		17
39	Michael Gilham		15			15
39	Bridget Akers			15		15
41	Kylie Moulds		14			14
41	Tony Lloyd		14			14
41	Chris Mumford		14			14
41	Phil Coote		14			14
41	Ivy Coote #		14			14
46	Angela Haynes	13				13
47	John Patrick			12		12
48	Clive Mooney			11		11
49	Calli Brown	10				10
50	Eddie McLean	8.5				8.5
50	Louise Hawkins	8.5				8.5
52	Robyn Barnes	8				8
52	Louise Brooks			8		8
52	Cassia Ferguson			8		8
52	Lorraine Spanton			8		8
52	Brian Newton			8		8
52	Joseph Ayoub			8		8
52	Therese Ayoub			8		8
52	Graeme Tutt			8		8
60	Dave Miller	7				7
60	John Ovenden	7				7
60	Louise Harriss	7				7
60	Miles Pullen	7				7
60	Margaret Pereira	7				7



## Woodstock Tours – 23/24 November 2013

The Entrance – where you can holiday with your mates, talk running, running and more running, feed pelicans, wine (or water) and dine and then eat gelato on the waterfront walk home... all with a scenic, traffic free fun run to boot! The plan is to head up on the bus or self-drive on Saturday morning, bib pick up and lunch at Club Mingara, check in Waldorf Apartments, pelican feeding and free time, team dinner at Mojo's Café.

Sunday racing yay, post-race recovery swim, a hearty brunch and then all aboard the bus for fun and frivolity with your fellow Woodies.

This is our 3rd year touring to Central Coast and like other years, we should fill our bus and accommodation quota so first in first served. Cost covers bus and/or accommodation, bring own money for meals. Also bring ID to collect your race pack! More details closer to event.

Option 1) \$120 bus & accommodation Option2) \$60 accommodation only

What you need to do:

- 1) Email me at [angpegasus@gmail.com](mailto:angpegasus@gmail.com) whether you elect Option 1) or Option 2).
- 2) Make \$60 payment to my account : Angela Haynes BSB: 062-233 Acc: 10056323 (fully refundable if your spot can be filled by someone else).
- 3) Enter the race at: <http://centralcoasthalfmarathon.com/>
- 4) Final payment (for Option 1 people) is due 30 Oct... I will send a reminder note via newsletter & Facebook.

Angela Haynes - 0419 444 010

## MAUI



19 January 2014

<http://www.mauioceanfrontmarathon.com/>

15-23 January 2014

8 nights

Itinerary in April Rundown – [http://www.woodstockrunners.org.au/?attachment\\_id=3048](http://www.woodstockrunners.org.au/?attachment_id=3048)





**SUN 1<sup>ST</sup> DEC 2013  
CALLAN PARK**

**balmain  
fun run**

Promoting Fun & Fitness for our Children, Families & Community

The Balmain Fun Run is on again on Sunday 1st December and registrations are now open!

The run has grown significantly over the last 4 years and is now regarded as Sydneysiders' favourite pre-Xmas fitness event. This year the course has been changed slightly removing it from all public roads, making it a safe run for everyone from high level athletes to family groups. The run takes participants along the harbour foreshore and through the beautiful undulating grounds of historic Callan Park in Rozelle.

There are 4 events catering for a multitude of running abilities:

10km Belle Property Balmain race

5km Balmain/Rozelle Community Bank race/walk

2km Centre for Learning and Excellence Primary School race/walk

100m Porte A Partner race - a bit like the Finnish Wife Carrying Championships but no obstacles and your partner doesn't have to be female or your wife!

There will be a range of FREE family oriented activities including bouncy castles, a magician, pony rides, face painting and make-your-own craft plus the Balmain Fire Brigade will bring along one of their fire engines for the kids to enjoy. We also have masseuses and a chill out zone to relax in after the race. All in all it adds up to a fun day out for families and serious runners alike.

Check out all the details at [www.balmainfunrun.com](http://www.balmainfunrun.com) and like our Facebook page or follow us on Twitter to keep up to date as we announce new details about the day.

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ACC 34363

**Name:** Lorraine Madden

**What is your occupation?** I work for a consultancy firm and my job requires me to take on a number of roles including coach, mentor, trainer, facilitator and social researcher.

**Running age group?** Female 50 - 59 years

**Do you have family?** My parents and three brothers (and their families) all live in Sydney and are an important part of my life.

**How long have you been a Woody?** About 6 weeks

**Do you run on Tuesday night/TNT/Saturday morning?** I run on Saturday mornings at the moment. I am keen to run on Tuesday nights when daylight savings kicks in!

**Why do you enjoy running?** I only took up running a couple of years ago, having never really excelled at it in my youth. I love that running helps keep me fit and healthy, and aids my performance in other sports.

**What is your favourite running distance, course, event and why?** I think the half marathon is a good distance, because it doesn't leave you a physical wreck at the end (if you train appropriately). My favourite course (to date) is the Blackmores Half Marathon. It was my first ever half marathon and running the across the Harbour Bridge with several thousand 'friends' was great fun! I would love to compete in the Angkor Wat Half Marathon in Cambodia one day, to combine my love of running and travel.

**What has been your running highlights?** Participating in my first half marathon in 2011. Achieving a personal best City2Surf time in 2012 of 1.02.36.

**Any lowlights (injury etc)?** Thankfully nothing too serious. I hope to keep it that way!  
What was the last race you went in and how did you go? 2013 City2Surf. I got across the line in just under 69 minutes!

**Anything funny/unusual ever happened to you while you have been out running?** Nothing that comes to mind!  
What other sports/hobbies are you involved in? I play competition squash midweek and participate in dinghy racing at Balmoral Beach on Saturdays. I also enjoy indoor climbing, swimming, cycling, going to the gym, hiking and trekking.

**Favourite food/beverage?** Chocolate and coffee

If you could have dinner with anyone who would it be and why? I have such a great bunch of friends and I would just as soon dine out with them as anyone else. Although, the Dalai Lama would be a great addition!

**Where would your ideal holiday be?** Trekking in Nepal. I have been there four times and look forward to going back one day!





Thank you to Dianne Green for organising accommodation/ dinner at Mudgee, and Woodlands Tours (J&T) for the magical bus trip. (applause... Standing ovation)

On what was a brilliant weekend for running, On Saturday morning we have a bus load of Woodstock Runners and two separate vehicles heading for the township of Mudgee where there is a 5km, 10km, 21.1km and the 42.2km marathon.

With arriving in Mudgee it was a mad scramble for everyone to get hold of there race packs..... as we were only a hand full of people getting our race packs.

After relaxing for an hour or two at the motel, it was time for the 10km and 5km runners to assemble at Lawson park for the start of there events, out of the nowhere appears Lorraine, Lesley and Rick, walking around quite content as if pre race nerves don't exist, it was made clear they were not running the 10km due to having lunch at one of the wineries on the way up to Mudgee (hic, hic) so there leaves just one Woodstock Runner doing the 10km it is Mary(i know every short cut ) Bowman finishing in a time of 48min (1.8km short) of 10km. But was gracious in letting race officials know of mix up, but was tracked to be just over 1 hour ( well done Mary ) Next time you go out to race we'll give you a map and compass.

Now for the 5km we had Joe Ayoub who has been working hard on his 5km pace, showing with a blistering 24:33, not only a PB but retained his 1st placing to this event last year (awesome work). And was good to see Joe and Theresa's son Richard and his wife Anna doing there first 5km run, hopefully not the last.



For the half Marathon starters we see the very smart Peta Bray opting not to run due illness, wise move as it was -1 at the start line, never the less we had likes of  
Kerry Bray 1st age cat best in two years  
Bridget Akers PB  
Fiona Day 2nd age cat  
Therese Ayoub  
Joe Ayoub  
Well done girls no offence Joe.

Now for the ones that did the Marathon

It's amazing what can be achieved with a running program and sticking by it, to see Dianne Green come up with not only a PB but 1st age cat, and 3rd O/R Female (WOW)

Kathryn Bolitho 1st age cat (well done Kath )

Teresa (pit stop ) Wood has done more runs in the last month than she has all year chaffing from the camelback shows her toughness.(Ouch)

Dianne Galea Getting over a head cold, running on a injured foot, and getting a PB rest up for the 50km trail run.

Jeff (don't have breakfast ) Morunga raced in half an hour better than last year.

Frank (chicked again x2) Hidvegi, Oh well next year.

### Time Estimate Winners

- 1st Joe Ayoub
- 2nd Mary Bowman
- 3rd Teresa Wood

Thank you to Dianne Green and Woodlands tours for a good weekend away to Maree and Kevin Lucas for their support along with Lorraine Spanton, Rick Collins, Lesley Maher Richard and Anna Ayoub, Cassia Ferguson with Sally. Special Mention To Sarah Waladan who was unable to make the trip due to illness get better soon.

Til next time - Happy Running - Frank Hidvegi - Team Coordinator

## Sydney (Blackmores) Running Festival

What a great way to spend a Sunday in Sydney. Weather permitting, this is one of the best running festivals.

The family fun run (3.5km) or the Bridge run (9km) are both great ways to get inspired for those that are at the contemplation phase of running as a past-time, enjoy shorter distances or those who prefer to walk. Great no matter what your reasons.

The half-marathon piggy backs on from the SMH half, with the inclusion of the Harbour Bridge this time and not so much pain coming from Pyrmont! This is definitely a faster course than the SMH half, and with the 6.15am start - its fresh!

The marathon is a challenging one. When sneakily stalking and speaking with Steve Monaggetti last year prior to the start of the marathon, he wisely said "the 1st 10km of Sydney dictates your last 10km". I am now more the wiser after hitting the wall last year at 31km. The start time of 7.20am can be a real challenge, as it can warm up quickly throughout the race. Furthermore, Sydney is an undulating course with tricky areas like the initial insidious ascent over the Harbour Bridge, then 'little' ascents like heading up Macquarie St from the Cahill Expressway, Oxford St Darlinghurst, Sth Dowling on the way back in and the pain of Pyrmont at 38km....The finish line makes it worth it though and the friendly cheers from the crowd along the whole way really do keep you going with whatever your motivation is to get to the finish line.

I'm excited to be running for the Woodstock team at Blackmores!



### My Sydney marathon race day preparation

**4am** - alarm goes off (probably been awake since 2am anyway with nerves)

**4am-5am** - (to the reassuring sounds of Foxtel live sports), some light core stretches including some Matt Bulman inspired magic glute muscle exercises and 750ml of water

**5am - 6am** - Turbo Black Coffee and 2 high carbohydrate bars (Those Cadel Evans ones from the supermarket - not the protein ones!)

- Let the urinating begin!!
- Toilet as much as I can prior to leaving. I don't want to be in those queues..or just number 1's when at the venue
- Going over the course and the race strategy in my head over and over and over
- Getting dressed and proudly displaying the Woodstock jersey
- pack a 330ml water bottle for the start line ( my unorthodox running - I always start a marathon with a 330ml water bottle and throw it around the 25km mark)
- pin 2 x Science In Sport isotonic gels to the inside of my shorts and carry a 3rd gel to have at the start line.
- no water in this hour

**6am-6.45am** - Leave and I-pod on letting the music work in the the race day strategy mantra, some songs make me feel like a Kenyan - an enthusiastic 3 minutes!

- Leisurely make my way to the masses.....and catch up with some Woodies!
- minor water drinking from drink stands at the start areas, maybe 100-150ml in the 45 mins very slowly

**6.45am-7am** - warm up and very light stretches - get those quads & calves warm

- hopefully urinating for the final time/s, nerves are going berserk
- stalking Steve Monaggetti again, could be an AVO against me this year
- feeling the excitement!!!

**7.10am** - get to the start line and check the Garmin and gels and peruse the others who are checking out your form and I try not to get psyched out by the expense of their attire

**7.19am** - swig one of the 3 gels so the sugar goes straight to my bloodstream and not my bladder

**7.20am** - GO!



Congratulations to all that run 2013 C2S. It was a perfect day for running and this showed in many of the results!

Now for all Official and Internal teams results, which I know you've all been waiting for.

So, congratulations to the Women Veterans (40-49) and Women Veterans (50+) with both their 2nd placings. Well done to Kathryn, Phillipa (a.k.a Robyn), Teresa in 40-49 and Kerry, Dot, Susan (50+). expect those trophies to be taking pride of place on mantle piece and next year we expect bringing home the Gold bling. In boys, congratulations to the Men Veterans (50+) who came 3rd in their category, well done to Kazu, John and Greg. The Open Women also had a great effort finishing 4th out of 81 teams. A full list of all the Official Team Results are below.

In the Internal teams, surprisingly a ICAC inquiry was not required. From the results, it appears that the winners, 2nd and 3rd were so well drilled in performance, as there was only an average of 4secs between 1st, 2nd and 3rd. With 2nd and 3rd having the same average!

So a big hand to Wes, Dot and yours truly, for being collectively the best estimators. A Woodstock piece of attire, is on its way to you! With nothing separating 2nd and 3rd, the Teams Coordinating Committee has ruled that all members of those teams shall receive a Woodstock cap, so well done to Phil, Ali, Mark, Peter, Kylie and Alex! A full list of all the teams are also below, as you will see there are a lot of green results, which means that those teams were under their collective estimated time! All winners contact Chaia for your prize.

Of interest, and it has been verified by video footage that Raul Unas ran exactly his estimated time. He didn't stop at the finish to then cross the line, as some may have thought! Jenny and Kathryn ran exactly the same time (1:06:10), though from different groups, Jen did have to go through much more traffic though from the Blue Group. John Dawlings had an awesome individual result, being 2nd outright in the 60+ category, more to give though next year John to get 1st! Hope Bronwyn you have a speedy recovery too!

Well done to all those first timers, those who trialed the course in the weeks leading-up and all those who had PB's on the day. Particular mention to Wes "I don't pay for breakfast" Harrison for smashing a 51min – preferred group for you next year and Clive "I love HeartBreak Hill" Mooney for a preferred group in 2015.

A big thank you to Chaia and Di for being at Bondi to meet/greet and support! Chaia again for her efforts on the C2S training days. Margaret for refreshments too!



If you've not submitted your result yet and then to see whether you've moved up the rankings, submit your result via this link - <http://www.woodstockrunners.org.au/submit-a-runner-result/>

A quick look at the rankings shows that 10 people found there way onto the rankings or moved up from their previous time. Well done! You can see the rankings here - <http://www.woodstockrunners.org.au/woodstock-runners-rankings/>

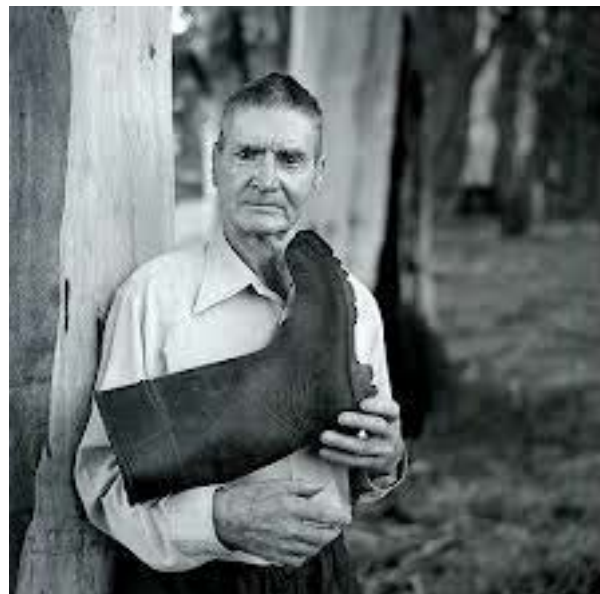
Until next year for more Teams and personal achievements!

Frank Hidvegi  
Woodstock Teams Coordinator

## Cliffy – by Julietta Jameson 2013

This book caught my eye in the new release section of an airport bookstore, first published in 2013 and also an ABC tele-movie.

Cliff Young (08/02/22 – 02/03/03), an Australian potato farmer, came to fame in 1983. I was obviously occupied with my primary school love of horses, playing with the kids up the street and riding my bike, to have noticed much about 'Cliffy'. Even in adulthood, a few months back, Dave Miller commented on Facebook referring to shuffling and gum boots. Truthfully, I had no idea what he was on about!



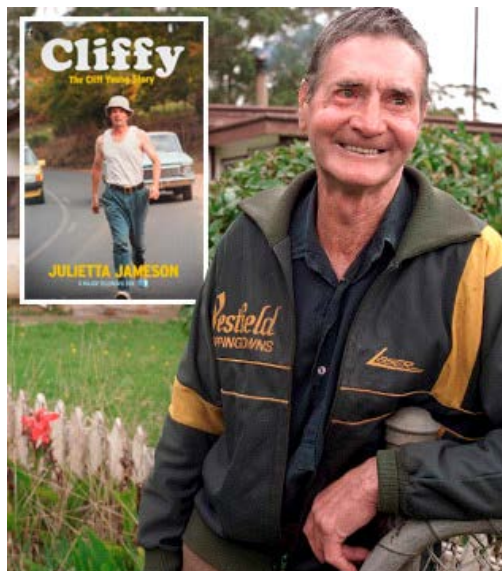
In the minds of many, Cliff Young was the biggest sports story of the 80's, second only to the America's Cup. The 61 year old potato farmer won the inaugural 875km Westfield Sydney to Melbourne Ultra race in 1983 in 5d:15h:4m. The current record is held by Yiannis Kouros: 5d:2h:27m in 1989 and the race was last run in 1991.

Cliff Young trained in gum boots and had a farmer's dry wit. Fondly named 'decrepit old bastard' by his ramshackle entourage, wearing overalls and cheap running shoes – the first he had ever owned – he inveigled himself into the competition after being told he was crazy and couldn't handle the distance.

For a runner, highlights include the race director's narrative about getting the race off the ground, the laissez faire approach to safety, the various strategies employed by competitors, roaming the Hume Highway and Cliffy's gait, training, nutrition and sleep plan.

It is a very, very easy read (c.200 pages in pretty large font) and perhaps it's the tale not the telling that makes it enjoyable.

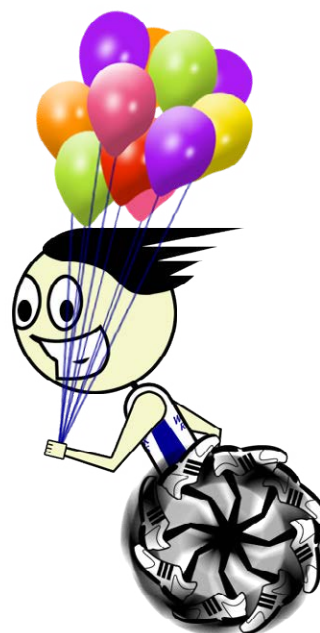
Angela Haynes





# BIRTHDAY'S!!

Nils Herold	6
Murray Clarke	7
Phil Coote	8
Colin Townsend	8
Philip Lobsey	9
Thien Vuong	10
John Murray	10
Philippa McRae	10
Susan Murray	11
Dot Siepmann	12
Martin Amy	13
Kevin Lucas	14
James Herbert	19
Maree Lucas	20
Michelle Harrison	20
Gavin Tunstall	21



## WELCOME!! New Members

Alex Newberry  
Clive Mooney  
Gemma Cutting  
Michelle Harrison  
Scott Tucker

**Brendan Davies (Woodstock member and Ultra Running legend) is running trail camps with lake Crackenback resort. Keep an eye out for a future Woodstock trip!**

## OPTIMIZE YOUR TRAIL RUNNING TECHNIQUES



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*With two of the best trail runners in the world...Hanny Allston, World Orienteering Champion & Brendan Davies, current North Face 100 Champion.*

Weekend 1 18 - 20 OCT 13  
Weekend 2 29 NOV - 01 DEC 13  
Weekend 3 07 - 09 FEB 14



*\*scan to go to special*

FROM  
**\$360\***  
PER PERSON  
SIX SHARE

This is the first instalment in a series on healthy eating. Whatever you're trying to achieve, be it improved running performance, weight loss, or simply feeling healthier, eating well will always help you on your way! We're going to step through the five food groups one at a time, and this month we'll be focusing on vegetables.

It's not rocket science that vegetables are good for you! But did you know that eating vegetables can reduce your risk of heart disease, stroke, diabetes and some cancers?! They are full of fibre, vitamins & minerals, and super low in calories. Now that sounds too good to be true!

The current recommendations say you need 5 serves of veggies a day. However, that's not 5 types of veggies, it's 5 serves! A serve is 75g, which equates to roughly 1/2 cup of cooked veggies, or 1 cup of raw/salad veggies. A good starting point is to try and include veggies in at least two meals in your day, as it's pretty hard to eat 5 serves in one meal.

Here are some ideas on how to increase your vegetable consumption:

1. Add chopped or grated veggies to casseroles, pasta and mince-based dishes
2. Try including cooked mushrooms or tomato to your weekend breakfast
3. For a mid-meal snack, try carrot or cucumber sticks with low fat hummus
4. Make sure you add stacks of salad to your sandwich. Try to squeeze a whole cup on there!
5. Serve your meals with a side-salad or steamed greens

Here's a recipe to try: Roast Veggie Salad

10 minutes preparation + 40 minutes cooking  
(there's ~15 serves of veggies in this recipe!)

300g pumpkin, chopped into 2cm cubes  
 2 potatoes, chopped into 2cm cubes  
 1 capsicum, seeded and cut into large pieces  
 1 onion, chopped into eighths  
 100g mushrooms, quartered  
 150g baby spinach leaves

Dressing

1 Tbsp balsamic vinegar  
 1 tsp olive oil  
 1 Tbsp honey  
 1 Tbsp fresh basil, chopped



Preheat oven to 220°C. Line a large baking tray with baking paper. Place pumpkin and potato in a microwave dish with a little water, cover and cook in microwave on HIGH for 4 minutes. Toss pumpkin, potato, capsicum, onion and mushrooms together then spread in a single layer over tray. Lightly spray with oil. Bake for 30-40 minutes, turning after 15 minutes. Mix dressing ingredients together. Combine spinach leaves, cooked vegetables, and dressing and serve immediately.

Serves 4.

### Editors Note

Thank you so much to everyone for submitting to the Rundown!

If you anyone has anything they would like to add, please email me on [rundown@woosdtockrunners.org.au](mailto:rundown@woosdtockrunners.org.au)



We are now getting our uniforms from the very popular brand 2XU.

If you need your first Woodstock singlet or want an upgrade, do like many others have already done and email

[uniforms@woodstockrunners.org.au](mailto:uniforms@woodstockrunners.org.au) or call/message Chaia on 0434 672 273.

Singlets are \$45.



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



**Style and Pricing**

- 1. 3/4 compression leggings – \$90
- 2. Full compression leggings – \$95
- 3. Compression shorts – \$60
- 4. Arm warmers – \$55
- 5. Calf guards without stir-up – \$55

Email your orders, name, option, gender, size and quantity at: [uniforms@woodstockrunners.org.au](mailto: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

### PARK RUN - PARRAMATTA on 2013-08-17

Name	Estimate	Result	Pace/km	PB	Comment
<b>Dot SIEPMANN</b>		<b>29:14</b>	<b>05:51</b>	<b>EPB</b>	<b>Course</b>

### 21.1km SUTHERLAND ATHLETICS on 2013-08-17

Name	Estimate	Result	Pace/km	PB	Comment
<b>Phil COOTE</b>		<b>1:40:50</b>	<b>04:47</b>		

### 5km SYDNEY TRAIL SERIES - WINTER on 2013-08-18

Name	Estimate	Result	Pace/km	PB	Comment
<b>Louise BROOKS</b>		<b>1:11:57</b>	<b>14:23</b>		

### 6km SYDNEY CORPORATE CUP, THE DOMAIN on 2013-08-21

Name	Estimate	Result	Pace/km	PB	Comment
<b>Angela HAYNES</b>		<b>37:50</b>	<b>06:18</b>		<b>Yikes... a bit too much walk me thinks!</b>

### 1 result for 5km MUDGEE RUNNING FESTIVAL on 2013-08-24

Name	Estimate	Result	Pace/km	PB	Comment
<b>Joe AYOUB</b>		<b>24:34</b>	<b>04:55</b>	<b>DPB</b>	<b>1st Age</b>

### PARK RUN - PARRAMATTA on 2013-08-24

Name	Estimate	Result	Pace/km	PB	Comment
<b>Raul UNAS</b>		<b>23:36</b>	<b>04:43</b>		

### PARKINSONS UNITY RUN on 2013-08-25

Name	Estimate	Result	Pace/km	PB	Comment
<b>David MILLER</b>		<b>43:51</b>	<b>05:29</b>		
<b>Dot SIEPMANN</b>		<b>48:45</b>	<b>06:06</b>		<b>2nd W65+</b>

### 21.1km MUDGEE RUNNING FESTIVAL on 2013-08-25

Name	Estimate	Result	Pace/km	PB	Comment
<b>Fiona DAY</b>		<b>1:50:00</b>	<b>1:44:46</b>	<b>04:58</b>	<b>2nd in age cat 40-49 Female</b>
<b>Kerry BRAY</b>		<b>2:15:00</b>	<b>2:02:44</b>	<b>05:49</b>	<b>1st over 60. Best time in 2 years.</b>
<b>Joe AYOUB</b>		<b>2:38:30</b>	<b>07:31</b>		
<b>Therese AYOUB</b>		<b>2:38:30</b>	<b>07:31</b>		

### 42.195km MUDGEE RUNNING FESTIVAL on 2013-08-25

Name	Estimate	Result	Pace/km	PB	Comment
<b>Diane GREEN</b>		<b>3:44:40</b>	<b>3:34:03</b>	<b>05:04</b>	<b>3rd female in; 1st 50-59</b>
<b>Kathryn BOLITHO</b>		<b>3:45:00</b>	<b>3:34:43</b>	<b>05:05</b>	<b>1st Female 40-49</b>
<b>Frank HIDVEGI</b>		<b>3:40:40</b>	<b>3:47:37</b>	<b>05:24</b>	<b>PW Oh well.....</b>
<b>Teresa WOOD</b>		<b>4:12:33</b>	<b>05:59</b>		
<b>Dianne GALEA</b>		<b>4:18:18</b>	<b>06:07</b>	<b>DPB</b>	<b>PB</b>

### 42.195km HOKKAIDO MARATHON JAPAN on 2013-08-25

Name	Estimate	Result	Pace/km	PB	Comment
<b>Martin AMY</b>		<b>3:23:05</b>	<b>04:49</b>		<b>886th</b>

### 5km PARK RUN - PARRAMATTA on 2013-08-31

Name	Estimate	Result	Pace/km	PB	Comment
<b>Raul UNAS</b>		<b>23:15</b>	<b>04:39</b>		

### 6km SYDNEY CORPORATE CUP, THE DOMAIN on 2013-09-04

Name	Estimate	Result	Pace/km	PB	Comment
<b>Angela HAYNES</b>		<b>35:33</b>	<b>05:56</b>		<b>Improvement on 2 weeks prior... more training needed!</b>

### 5km LEGACY FUN RUN @ RAAF RICHMOND on 2013-09-06

Name	Estimate	Result	Pace/km	PB	Comment
<b>Alex HILL</b>		<b>20:58</b>	<b>04:12</b>		

### 5km PARK RUN - PARRAMATTA on 2013-09-07

Name	Estimate	Result	Pace/km	PB	Comment
<b>Dot SIEPMANN</b>		<b>29:45</b>	<b>05:57</b>		<b>1st W65</b>
<b>10km FORSTER RUNNING FESTIVAL on 2013-09-07</b>					

Name	Estimate	Result	Pace/km	PB	Comment
<b>Martin AMY</b>		<b>39:35</b>	<b>03:58</b>		<b>2nd Age</b>

### 29.1km INNOV 8 COASTAL CLASSIC on 2013-09-07

Name	Estimate	Result	Pace/km	PB	Comment
<b>Brian NEWTON</b>		<b>3:16:45</b>	<b>06:46</b>		<b>63rd</b>
<b>Phil COOTE</b>		<b>3:41:58</b>	<b>07:38</b>		

### 42.195km MARATHON DU MEDOC on 2013-09-07

Name	Estimate	Result	Pace/km	PB	Comment
<b>Greg MARSH</b>		<b>5:27:12</b>	<b>07:45</b>		
<b>3504/8089 and 180/387 in V3H Category</b>					

### 3km HIDDEN HALF BANKSTOWN FUN RUN on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Dot SIEPMANN</b>		<b>17:40</b>	<b>05:53</b>		<b>3rd W65 &amp; oldest Fem finisher</b>

### SRI CHINMOY / COOKS RIVER on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Louise BROOKS</b>		<b>1:18:59</b>	<b>09:52</b>		<b>first time @ this distance</b>

### 21.1km FORSTER RUNNING FESTIVAL on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Martin AMY</b>		<b>1:23:51</b>	<b>03:58</b>		<b>3rd Age Cat</b>
<b>Kathryn BOLITHO</b>		<b>1:40:21</b>	<b>04:45</b>		<b>3rd in age cat F40-49</b>
<b>Frank HIDVEGI</b>		<b>1:43:58</b>	<b>04:56</b>		
<b>Kerry BRAY</b>		<b>2:15:50</b>	<b>06:26</b>		<b>1st over 60</b>

### 21.1km HUSKISSON HALF MARATHON on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Ryan MANSOUR</b>		<b>1:27:51</b>	<b>04:10</b>		<b>7th Over-all. 7 AG</b>

### 21.1km HIDDEN HALF MARATHON / BANKSTOWN on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Danny BURGESS</b>		<b>1:14:22</b>	<b>03:31</b>		<b>3rd Over-all</b>

### 25km WOODFORD TO GLENBROOK on 2013-09-08

Name	Estimate	Result	Pace/km	PB	Comment
<b>Wesley HARRISON</b>		<b>1:39:38</b>	<b>03:59</b>		<b>9th</b>
<b>Fiona DAY</b>		<b>2:18:06</b>	<b>05:31</b>		<b>First race at this distance</b>
<b>Angela HAYNES</b>		<b>2:42:41</b>	<b>06:30</b>	<b>EPB</b>	<b>Course &amp; distance PB - by 11 mins on 2012 woot woot</b>



SEP 14 Sat	Saturday Training @ Brett Park Sep 14 @ 7:30 am – 9:30 am	+
SEP 17 Tue	Tuesday evening run @ Woodstock Community Centre Sep 17 @ 6:00 pm – 7:00 pm	+
SEP 19 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Sep 19 @ 6:30 pm – 7:30 pm	+
SEP 21 Sat	Saturday Training @ Brett Park Sep 21 @ 7:30 am – 9:30 am	+
SEP 24 Tue	Tuesday evening run @ Woodstock Community Centre Sep 24 @ 6:00 pm – 7:00 pm	+
SEP 26 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Sep 26 @ 6:30 pm – 7:30 pm	+
SEP 28 Sat	Saturday Training @ Brett Park Sep 28 @ 7:30 am – 9:30 am	+
OCT 1 Tue	Tuesday evening run @ Woodstock Community Centre Oct 1 @ 6:00 pm – 7:00 pm	+
OCT 3 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Oct 3 @ 6:30 pm – 7:30 pm	+
OCT 5 Sat	Saturday Training @ Brett Park Oct 5 @ 7:30 am – 9:30 am	+

Sun	15 Sep	COORANBONG FUN RUN
Sat	21 Sep	WILLOUGHBY FUN RUN 2013
Sun	29 Sep	SYDNEY ADVENTURE RACE
Sun	29 Sep	SARAH HILT FOUNDATION FUN RUN/WALK
Sun	29 Sep	HILLS FUN RUN 2013 Oct 2013
Sat	5 Oct	WESTERN SYDNEY MARATHON
Wed	9 Oct	MEMORY WALK & JOG - ILLAWARRA
Sat	12 Oct	FREEDOM TRAIL RUN
Sun	13 Oct	SYDNEY TRAIL SERIES - SPRING AT CENTENNIAL PARK
Sat	19 Oct	HUME & HOVELL 50/100
Sat-Sat	19-26 Oct	777 - 7 MARATHONS. 7 STATES. 7 DAYS (WA)
Sat-Sun	19-20 Oct	ADRENATHON-THE ULTIMATE ADVENTURE RACE
Sat	19 Oct	KANANGRA TRAIL ULTRA AND HALF MARATHON
Sat-Sun	19-20 Oct	KANANGRA CLASSIC DUATHLON MTB AND TRAIL RUN