



Woodstock Runners

Winter Runs Program 2014

Tuesday Runs

Meet at 6pm at Woodstock, Burwood,
access via Fitzroy St.

8/04/2014	Kev's Kadiddlehopper 10km
15/04/2014	Concord 9km
22/04/2014	Canada Bay 11km
29/04/2014	Homebush Run 10km
6/05/2014	Campsie 9km
13/05/2014	Woodstock Fun Run 8km (AGM Night)
20/05/2014	Burwood Park 10km
27/05/2014	Jak's Strathfield Run 8km
3/06/2014	Concord 9km
10/06/2014	Canada Bay 11km
17/06/2014	Homebush Run 10km
24/06/2014	Campsie 9km
1/07/2014	Burwood Park 10km
8/07/2014	Concord 9km
15/07/2014	Canada Bay 11km
22/07/2014	Homebush Run 10km
29/07/2014	Campsie 9km
5/08/2014	Burwood Park 10km
12/08/2014	Jak's Strathfield Run 8km
19/08/2014	Concord 9km
26/08/2014	Appian Way/Woodstock Fun Run 9.6km
2/09/2014	Canada Bay 11km
9/09/2014	Homebush Run 10km
16/09/2014	Campsie 9km
23/09/2014	Burwood Park 10km
30/09/2014	Concord 9km

Thursday Night Intervals

Meet at 6:30pm at Campbell Athletics Field, part of
Canterbury Park, Princess St, Ashbury.

10/04/2014	Beep Test & 400m rep's *
17/04/2014	Telford Fartlek
24/04/2014	Standard "Distance" Pyramid
1/05/2014	3mins x 6
8/05/2014	5km TT #2 *
15/05/2014	Long Hill / Short Hill Repeats
22/05/2014	S & B's
29/05/2014	Mona Fartlek
5/06/2014	Parlov 300m x 14
12/06/2014	Beep Test & 400m rep's *
19/06/2014	Standard "Time" Pyramid
26/06/2014	3mins x 6
3/07/2014	Mile Down Inverse Pyramid
10/07/2014	5km TT #3 *
17/07/2014	Telford Fartlek
24/07/2014	Standard "Distance" Pyramid
31/07/2014	3mins x 6
7/08/2014	Beep Test & 400m rep's *
14/08/2014	Long Hill / Short Hill Repeats
21/08/2014	S & B's
28/08/2014	Mona Fartlek
4/09/2014	Parlov 300m x 14
11/09/2014	5km TT #4 *
18/09/2014	Standard "Time" Pyramid
25/09/2014	3mins x 6
2/10/2014	Mile Down Inverse Pyramid

Saturday Runs

Meet at 7.20am at Brett Park, Drummoyne for
7.30am start.

12/04/2014	Drummoyne 9km
19/04/2014	Five Dock 7km
26/04/2014	Tarban Creek 10km
3/05/2014	Balmain Shores 7.5km
10/05/2014	Woolwich/Hunters Hill 9/14km
17/05/2014	Hell Hill 8km
24/05/2014	Balmain 9km
31/05/2014	<u>Handicap Event #2</u>
7/06/2014	Timbrell Park 8km
14/06/2014	Drummoyne 9km
21/06/2014	Five Dock 7km
28/06/2014	Tarban Creek 10km
5/07/2014	Balmain Shores 7.5km
12/07/2014	Woolwich/Hunters Hill 9/14km
19/07/2014	Hell Hill 8km
26/07/2014	Balmain 9km
2/08/2014	Timbrell Park 8km
9/08/2014	Drummoyne 9km
16/08/2014	Five Dock 7km
23/08/2014	<u>Handicap Event #3</u>
30/08/2014	Tarban Creek 10km
6/09/2014	Balmain Shores 7.5km
13/09/2014	Woolwich/Hunters Hill 9/14km
20/09/2014	Hell Hill 8km
27/09/2014	Balmain 9km
4/10/2014	Timbrell Park 8km

The Winter program continues until Daylight Saving begins 5/10/2014

The Handicap events start from Brett Park (opposite the Drummoyne Rowing Club) from 7:30am.

Online Membership Renewals:

<https://www.registernow.com.au/secure/Register.aspx?ID=11430>

Online Uniform Orders:

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

More club information is on our website at

www.woodstockrunners.org.au/

Please submit all event results to:

results@woodstockrunners.org.au