

THE RUNDOWN

WOODSTOCK RUNNERS

Running and walking
in Sydney's Inner West

JUL 2014

www.woodstockrunners.org.au

www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

Our Club has welcomed so many new members over the past weeks. We trust all our "newies" enjoy a long, fruitful and enjoyable time as Woodies. I hope we will all eventually meet up, whether that be at a different session to the usual one we attend, or otherwise, at our Birthday Party on August 30.

Congratulations to our esteemed President, Angela, who was elected as a Director of ANSW this week. Angela's contribution will be a huge asset to the State athletics body and of great benefit to Woodstock. We know you will do a brilliant job, Angela.

Members have enjoyed much success over the past month in many races including the Cooks River events, the Gold Coast, Sri Chinmoy, Sutherland to Surf and various parkruns. Well done everybody.

Bronwyn did a great deal of background organisation for the Cooks River Fun Runs and then was placed 2nd in the 10k. Kath and Frank were fabulous in an excellent warm-up for all the competitors. We were all appreciative of Tsukiko and Kazu's hospitality at their home for brunch following the races. We shared a delicious spread.

Chatted with both Ross Keys and Ray Dean recently. Both are well and enjoying some walking these days. Ross and Christine have holidayed in China, while Ray and Marilyn will be cruising the Mediterranean very soon. Melinda Bowman has returned after 6 weeks in South America. She didn't see Jenny Vassiliou, who was honeymooning there, as well as in The Caribbean. Melinda was fortunate to see our Socceroos play The Netherlands in the World Cup – a brilliant game. John Dawlings enjoyed a holiday in The Philippines and Chaia is still there working.

We all have much to look forward to in the coming weeks with City to Surf, the after-party at Kath and Frank's, the Mudgee weekend away and Woodstock's 34th birthday.

Happy running everyone.
Kerry

NEWS FLASH

Katie Broadfoot, our resident nutritionist had a baby boy, named Trevor. Congratulations and we can't wait to see him in the blue and white!



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Mudgee Running Festival



**MARATHON
HALF MARATHON
5KM / 10KM FUN RUNS**

A WOODSTOCK TOUR

Expected cost:

- Mr Joe's Magic Bus Trip ~\$80 (or you can self-drive – and we are helping with car pooling too)
- "The Lodge" ~\$55 share room; \$130 own room for two
- Saturday night dinner at "The Lodge" ~\$35

Registration for the run:

You need to register yourself for the event

<http://mudgeetriclub.hwy.com.au/mudgee-running-festival/>

Registration for Woodstock travel, accommodation and dinner:

- Send an e-mail to Diane – diane_green@iprimus.com.au specifying travel method and type of accommodation
- Make your deposit of \$100 to Woodstock bank account BSB 062 284 A/c 10491392
- o (Note the deposit with "Mudgee - your name", eg "Mudgee – First-name Last-name")

'The plan' and run sheet:

We travel in style with WOODLANDS TOURS and depart from Ashbury

Contacts: Mr Joe 0419 373 326 or Diane 0403 204 397

Saturday 23rd	
8:30	Check in for Mr Joe's magic bus
9:00	Departure of Mr Joe's magic bus for Mudgee
11:30	Refreshment and relief break at Lithgow Services
2:00	Arrive Mudgee, quick check in at "The Lodge", then bus to Lawson Park
3:00	Pick up race packs (from Lawson Park 12:00 5:00)
6:30	Group dinner at "The Lodge" \$35 per head (drinks own cost)
Evening	Increase running fever by telling inspiring running stories.....
Sunday 24th	
Early morning	Rise and undertake own routine to be ready to run! Make own race day breakfast – bring own including cup/plate/cutlery. There is a kettle and toaster in all rooms. Some rooms have a microwave.
6:40	Verbal briefing at race start from organizers
7:00	Marathon and Half Marathon start (woooooooo!)
9:00	Start of 5K and 10K start (woooooooo!)
9:30-10:00	Bus Half Marathoners back to "The Lodge" for wash down and check out Back to park to see Marathoners arrive in....
11:30-12:00	Bus Marathoners back to "The Lodge" for wash down and check out (before 1pm)
Lunch	All those with a running bib get a complimentary BBQ lunch. Plus there is a range of food and drink available in the completion area for purchase.
1:00	Race presentation
1:30	Mr Joe's magic bus leaves for Sydney
En route	Refreshment and relief break at Lithgow Services – plus Mr Joe always has something interesting to show and tell!
6:30-7:00	Arrive back at Ashbury

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Servicing Sydney, Hunter Valley, Canberra, Blue Mountaints/Jenolan Caves amongst others.
Charter/Hire, golf Weekends, function transfers, custom trips etc
Other enquiries welcome!
Competitive rates.



Call Joe or Therese on 0419 373 326

ACC 34363

From the Presidentand Director

I have some exciting news...

'Last night I was elected by the member clubs and their delegates, to the Board of Directors of Athletics NSW (ANSW) at the 2014 AGM. As part of my nomination, I had to make a brief presentation at the AGM about the 3 most important contributions I felt I could make to the governance of ANSW. Briefly these were to be an active contributor to the Risk Committee, to expand the experience, passion and enthusiasm that I have for Woodstock Runners and apply it to ANSW and lastly, to contribute practically towards the growth and membership of the sport of Athletics, in particular through being immersed in the world of community athletes.

Both my CV and my presentation also provided the ANSW audience with a snapshot of Woodstock Runners today. In case you didn't know, we have 170 members at present and a coaching line up of 20 Athletics Australia accredited coaches. We run 4 sessions at 4 different locations each week and have a strong contingent of members who get out and about at community races and events each week. Our club strives to be a 'good citizen' and prides itself on being friendly, inclusive and supportive of members of all abilities. **After the meeting, many people spoke to me about how amazing our club sounds, to which I had one reply....'Yes it really is!'**

Please keep reading as I have two very important points to make... the first is to recognise that our club benefits from the contributions of a great many people. This includes our committee and our coaches but it also includes the members who can be found silently helping out behind the scenes, supporting and encouraging other club members at training and events and sharing their challenges and successes which certainly inspire others to train harder, run better (or more often!) and above all make it fun and do it with a smile.

The second point is to highlight that much of the growth and development of our club was a product of the innovation and leadership of our former President and favourite son, Martin Amy who has been at the helm for the past 3 years. Marty would say that 'you can't build anything without strong foundations and a great team to work with' and he is entirely correct but, from myself and our members, you are a large part of why Woodstock Runners really is the brilliant club that it is today, so on behalf of us all, thank you very much.

Onwards and upwards and I look forward to sharing the insights, opportunities and the relationships we will build from my involvement in Athletics NSW.

Angela Haynes
President
Woodstock Runners

In other ANSW news.....



NEW - Representing Woodstock Runners at ANSW Events!

Members of Woodstock Runners can register with Athletics NSW to represent the club and compete in all ANSW events including state titles and relay events.

There are various levels of ANSW membership available to Woodstock members including:

- Open athlete (valid for a full year from October 1 to September 30) - Eligible to compete at all Athletics NSW and Athletics Australia sanctioned events.
- Winter only athlete (valid from April 1 to September 30) - Eligible to compete at Athletics NSW and Athletics Australia sanctioned events between 1 April 2014 to 30 September 2014.

ANSW registration also includes coverage for Personal Accident Insurance.

Upcoming events on the winter calendar for 2014 that may be of interest to Woodstock members considering registering with ANSW include:

- NSW Short Course Cross Country Championships – August 2 (distances 5km-7.5km)
- NSW Half Marathon Championships – September 7
- NSW Marathon Championships – September 22 (run as part of the Sydney marathon)

Woodstock members registered with ANSW can also represent the club in teams of 4 at ANSW relay events including the NSW road relays, NSW cross country relays and NSW track relays (track relays require full year membership).

To register with ANSW, visit <http://www.nswathletics.org.au/Join/ANSW-Membership> and click on 'new' to start a new membership registration. Select "Woodstock Runners" from the list when asked to choose your club, then continue your registration.

Once you have registered, you will be mailed a bib to attach to your Woodstock uniform every time you run in an ANSW event.

Then head to <http://www.nswathletics.org.au/Competitions/Calendar> to register for any upcoming events.

Queries? Email: president@woodstockrunners.org.au

THE WOODSTOCK TIMES

SNIPPETS OF NEWS FROM THE WOODSTOCK RUNNING WORLD

EGGS

WOODSTOCK POLICIES

Did you know, that your clubs safety and privacy policies, as well as copies of our insurances and incorporation, are available on the website?

Click on this text for a link directly to the right section of the site. We suggest you have a quick look.

RUNDOWN CONTENT

You will have noticed out new look and some new content thanks to the introduction of Bron as a co-editor to help Mike with the Rundown each month.

BUT, we need your help. If you have a story about a run you have done (no matter how big or small), a picture of a Woody out and about in their Woodstock gear, an idea for a new section,

anything that you think we could use then please send it on to us at: rundown@woodstockrunners.org.au.

QUICK OPINION

We would like to get people involved in adding their opinions and ideas to future editions of the Rundown so we are going to ask a quick question each month and ask you to send us a quick opinion on it. Just a sentence or two, or a whole page if you like!

Last Month's Question: Do you run the day before a race?

Kerry Bray - Now that I have reduced my distances I can afford to run the day before a race.

This Month's Question - How many pairs of runners do you currently own? Honestly!

Send your quick responses to: rundown@woodstockrunners.org.au.

JULY BIRTHDAYS

Peter O'Sullivan 3
Jenny Gibson 3
Susan Johnson-Ham 6
Julie Jarrett 15
Elmarie O'Regan 16
Vanessa Daniels 19
Peta Bray 20
Amy Lovegrove 21
Jenny Vassiliou 21
Chris Robinson 21
Matt Westwood 23
Raul Unas 29
Kazuaki Takahashi 30
Sharon Barlow 30
Ryan Mansour 31

AUGUST BIRTHDAY'S

Di Galea 3
Michael Semark 3
Julia Stenton 4
Cassia Ferguson 6
Teresa Wood 7
Chris Bownern 7
Charissa Patacsil 21
David Kinnane 27
Greg Muir 30
Valerie O'Connor 30
Nikki Tulliani 31

NEW MEMBERS

Erin Taylor
Chris Bownern
Alex Fensham
Natalie Karl
Deborah Patterson
Claudia Beyer
Kathy Grapsias
Monique Lucas
Tom Alfry
Valerie O'Connor

CITY 2 SURF 2014 TRAINING RUNS AND RACE DAY INFO (BELOW)

As mentioned in Rundown and in the C2S training Plan, we're offering two opportunities to run the C2S course in lead up to the 2014 event. This is an open invite to any members who for example may not have the course before, or those who are well-acquainted with route, but are trying to hit a goal time! We are unable to exactly simulate what is the largest fun run in the World, as we don't know 70-80,000 odd people, but we can help with our experience of the course and in your preparation!

With it being racing season, planning dates for this do coincide with some races, and am sorry if you have signed up for races on that day and wanted to may be do the trip from the City to Bondi! This is a great opportunity to not only get onto the course, but also how to get to the start and the best way to attack the course. So -



Date = Sunday 27 July 2014
Start = 8:00am (you must be ready to go at this time)
Location = North-Eastern corner of intersection College and Park Streets (Cook & Phillip Park Aqu Cen)
Finish = Campbell Parade, Bondi
Distance = 14km
Course Map = <http://www.city2surf.com.au/course-details/>
You MUST bring a copy of the course map with you.
Drinkstops = One at approx. 7km (just before HBH – bring labelled drinks bottles), alternatively bring Hydration Pack/Water Bottles to carry
Bag Drop = YES (The vehicle with bags will leave Start Location at 8:00am)
Toilets = Likely some public toilets on route. Note pacers won't stop
Entry = Free!
At Finish = Your Bag

Breakfast 10:00am - must advise if attending breakfast, so we can book

Anyone can do the run, but for those who may be looking at a specific time, some kind people have volunteered to pace groups for the following times = 60mins, 75mins and 90mins.

The pacing groups will stick to the times.

There will be the opportunity for 15 people to get a lift back (cost \$5) on the Woodies bus, but this is on a first-in, best-dressed opportunity. The bus will leave Bondi and will drop people off at Central Station, then anywhere along Broadway/Parramatta Road, until Ashfield. If you would like to be brought back and that route suits you, first-In, best-dressed. There is no house-drops, unless you live along that route

Notes:

- You run on pavements at all times and respect all road rules as you would on any run.
- Bring halfway drinks (labelled)
- Bring post-race drinks
- Bring Course map (in plastic bag)
- Wear gloves
- Bring Loo Paper

So, all that you need to do if you intend to run, please email through the following –

1. Name – XX
2. Running 29 June 2014 – YES/NO
3. Running 27 July 2014 – YES/NO
4. Pacing Group – YES/NO
5. Pacing Group Time – 60/75/90
6. Bus Spot – YES/NO
7. Breakfast – YES/NO

Email your reply to coaches@woodstockrunners.org.au

If anyone wishes to help with pacing, please send them through.

If you just want to come for breakfast too, you're more than welcome, just email that through so can include you in café booking. The café is likely to be Café Bondi - <http://www.cafebondi.com/>.

Any other questions - coaches@woodstockrunners.org.au

RACE DAY INFO

Since Bondi gets so darn busy, we invite you to come and celebrate your achievements in the biggest Fun Run in the world at Frank Hidvegi and Kath Bolitho's place at Dulwich Hill. Bring yourself, family and aching legs! Also bring your own refreshments (Alcohol particularly) and dietary requirements. Food will be provided (non-dietary requirement) and contribution is \$5. The day off work on Monday may be advised. RSVP to Frank Hidvegi via gronk69@inet.net.au Facebook for catering

After the race we will meet in Hunter Park near the turnaround at the finish. It's in the middle of this map, and we will have the flag up:

<https://goo.gl/maps/ggIKF>

C2S ESTIMATED TIMES

August 10th is nearly here, so I need everyone doing C2S to put on your thinking caps and send me your Estimated Time that you may achieve (simples!)

Please just email (teamscoordinator@woodstockrunners.org.au) or FB your estimated time through to me, so I can set up internal teams – there will be prizes for the winning team!

In short, for teams of three it works out to be total time of about 3:26:00 roughly !!! There will also be a prize for individual brilliance in estimating your time. Don't be conservative with your time... it will let your team down.

Also – if there is anyone else doing C2S who is NOT YET entered in the Woodstock Runners Team (I know you're out there !!) please come forward, I won't name and shame you.

See you at one of our running sessions.
'till next time

Frank
Woodstock Runners Team Coordinator

MAGIC MILE

WOODSTOCK RUNNERS

As you may know, from time to time at MNT or TNT will do a little progress update of our speed with a Magic Mile (1600m) race. An iconic distance, that many of us these days don't get the opportunity to pit our running wits against. It came into being through a UK based podcast - Marathon Talk and since then every year they pick a time of year when Magic Mile event are staged (normally a week in Aug/Sept). This year it is the end of July/beginning of August.



So, our event is on Monday 28th July 2014 at MNT (King George Park, Rozelle). The Race gun will go off at 6:45pm. We will also have a mini-session after the MM, as usual. But be there in good time to warm up. It is free!!!

To enter, you will need to register at Marathon Talk -

http://www.marathontalk.com/challenges/magic_mile.php?action=details

Your mile time (converted to an age graded result) will count towards the overall score for our Magic Mile event team. Get yourself ready for your mile between now and the competition period, then run your mile as fast as you can!

We will hold your MM time for our Woodstock rankings, but you will need to add your Magic Mile time through the Marathon Talk website with mile times need to be logged by midnight on Tuesday the 12th of August 2014. It would be great to get as many of us along to log some serious miles! If you want to have a look at the Marathon Talk fastest events, the top age graded performers and fastest milers head to their website. If you want to see Woodstock current MM times and rankings, go here... <http://www.woodstockrunners.org.au/woodstock-runners-rankings/>

There will most likely be some liquid lubrication after, subject to us getting a pub big enough! Happy Mile-ing!

Woodstock Coaches

Did you know?

- From July 1979 through to September 1993 (14 years), the men's record was held by 3 different people, 3 GB athletes.
- The men's record currently stands at 3:43.13 by Hicham El Guerrouj achieved in July 1999, 15 years, which is the longest recorded holder.
- 2 Australians have held the men's record – John Landy 3:58, 21 June 1954 and Herb Elliot 3:54:5, 6 August 1968
- The women's record currently stands at 4:12.56 by Svetlana Masterkova achieved in August 1996, near 18 years, which is the longest recorded holder.
- Since 1967 there have been only 9 different holders of the women's record.
- Mary Decker, set the record on three occasions, in 1980, 1982 and 1985, though she did this under 3 different names – Mary Decker, Mary Decker-Tabb and Mary Decker-Stanley

A MINUTE WITH A MEMBER



Name: Jenna Curtis

Occupation: I work in supply chain for a French fashion house

Running age group: 20-29

How long have you been a Woody: 6 months

Do you run on Tues, MNT, TNT or Sat morning: MNT and Saturday mornings

Why do you enjoy running: When you have a desk job, I think running is an especially nice way to exercise because it gets you out and about and reconnecting with the outside world! I also find it a good way to stay motivated because your progress is easy to track and, let's face it, it's always nice to see results!

Favourite running distance: 10km

Running highlight: Crossing the finish line of my first half marathon in just over 2 hours. I was stoked because I had only started training for it about 6 weeks earlier, and had also been nursing a couple of injuries in both the lead up to and during the race

Running lowlight: 3 injuries last year! One would go away and then I'd get another one. Really slowed me down!

Last race: Cooks river fun run 10km

Funny or unusual running story: In the dead of winter last year there was a particularly rainy Saturday, and so I hadn't gone for my usual run because...well, to be honest I was being precious. Anyway, at around lunchtime, the sun started poking through the clouds so I told myself there was no excuse and took myself off to run the bay. Just after I started, the clouds started rolling back in, and about one km in, it started BUCKETING down. Had no hat, no sunglasses, no rain jacket - rookie error! I was in a singlet and it was freezing and the rain kept getting in my eyes, so safe to say it was the most unpleasant run of my life. In saying that, there was a silver lining. Desperation to get out of the rain made me bolt around the bay nearly 3 mins faster than I'd ever done previously (or since, come to that!). Moral of the story: torrential rain - any form of weather shielding gear = new PBs. Try it sometime!

Other sports/hobbies: I practice yoga 3 times a week and in August I'll be swapping my runners for skis and will be carving up the slopes of Perisher most weekends. I also love cooking. At the moment I'm loving slow cooked dishes, and making naughty tasting treats that are actually nice for you.

Dinner partner: Mireille Guiliano - former CEO of Verve Cliquot and author of French Women Don't Get Fat. I find her career and general approach to life inspiring. Hopefully she'd do the cooking too!

Ideal holiday destination: Somewhere like the Maldives or Bora Bora. Basically I want to stay in an overwater bungalow and swim in beautiful, pristine water.

ANYTHING IN A MARTIN AMY NAME?



I first came across Amy Whitehead earlier this year when listening to Marathon Talk, the weekly podcast all about running, but specifically long distance running. If you've not tuned in as yet, I love hearing running stories, latest running trends, running achievements and of course, the weekly life updates of Tom and Martin, no seriously I do! So I recommend a listen.

Amy returned to Marathon Talk after the 2014 London Marathon, achieving a Personal Best time and being the first English lady to cross the line in a time which signed, sealed and delivered her 'more than likely' path as England's representative at the upcoming 2014 Commonwealth Games in Glasgow. An amazing effort! Her representation was confirmed later and Amy IS England's premier female Marathoner at the Games.

After hearing Amy for the second time, it dawned on me - Amy and Whitehead. Well, my Daddy's surname is Amy, my Mummy's maiden name was Whitehead. Both my parents are hugely fit people and runners, Amy is a runner too. So.....

So is there any connection, historical merging or tenuous link between Amy (Whitehead) and Mr. and Mrs. Amy (my parents), and are Amy's abilities somehow in part connected to or provided by some 'cosmic medium' from my parents.

The Names - Amy & Whitehead

A combination of both parents' surnames is probably not unusual for some. But when you have the names Amy and Whitehead, which are not the most common, you may delve a little deeper.

Amy is from Jersey in the Channel Islands, spelt either Amy or Amey, and is a very common name, equivalent to say either Smith or Jones in the UK. Whitehead is well, not the most common of names, with no distinct origin, bar mid-north England.

This situation is slightly more unique as my Mummy was born at The Firs Hospital, Sherwood, Nottingham (yes, Robin Hood's territory) and Amy is from Nottingham. The chances of this - 1 in 56million¹. Another surname association.



So, is then Whitehead a Nottingham-based name, hence the correlation? Well it appears there are significant connections. An exhaustive² 'Whitehead' search shows that 28 marriages involving a Whitehead happened between 1763 and 1813 and the 1888/9 household directory identifies a number of Whitehead coal and corn merchants living in Nottingham. Another weird coincidence is that in 1816, a Whitehead was convicted of theft (tea, tobacco, handkerchief, silver watch, watch chain, 2 watch keys, 10 sixpences and 1 purse) and transported, following conviction, for 7 years to Australia, weird why? Well, low and behold this now where I live.

¹This statistic is not sourced from anywhere.

²30mins via a generic search engine

Onto my Mummy and Daddy for a moment. They met in 1974, at the local badminton club, and the uni-ty of Amy and Whitehead happened in October 1976. Hugely fit and exercise enthusiasts, sport was and continues to be a major part of their lives. They took us everywhere for sport and encouraged us in all we did. The question is then, with this unification, did it then cast a future spell to create an elite athlete with the combined names?



Just to be clear, am not sure if Amy’s parents were even contemplating her entering the world yet, though she did come along though soon after, in 1978.

As mentioned above, the purpose of this, if there is a purpose at all, and which appears to have got somewhat off track, is to see whether or not Amy’s abilities have been influenced by her name being a combination of my Mummy and Daddy’s surnames. The only way I could think to test this, was to compare their personal best running achievement history.

The “Amy” & “Whitehead” Comparison Table
(the only type of table ever created³/Ages not identified in table for personal reasons⁴)

	Amy Whitehead ⁵	Daddy Amy	Mummy Amy
Marathon PB	2:33:44 (London - 2013)	5:15 (Jersey C.I. – 2011 – even more ferocious gales that London in 2012 according to Daddy)	4:13:30 (London - 2012 - ferocious gales)
Half Marathon PB	1:02:03 (Bath - 2012)	2:15 (Wokingham - 2011)	1:51:15 (Gosport - 2009)
10 Miles PB		1:33 (Great South Run - 2008)	1:25:17 (Great South Run - 2006)
10k PB	33:45 (Brighton – 2012)	0:55 (Stubbington - 2011)	0:53:44 - (Stubbington - 2009)
Park Run PB	17:31 (Colwick Nottingham - 2012) –	26:49 (Leamington Spa - 2012)	25:02 (Medina I.W. – May 2011)

³A 22 hour internet search revealed no similar table.
⁴Ages @ today, Amy – 35, Daddy – 65, Mummy – 63
⁵Happy Birthday Amy for Tuesday!

So is there any connection? The short answer is No and that's that.

As for my parents, I am continually inspired by their enthusiasm and energy for running and sport, which definitely keeps me on my running toes. We met up for a race in Maui - Hawaii in January earlier this year (2014).



The Commonwealth Games Marathon is in Glasgow on Sunday 27th July starting at (times) 9:00am UK; 6:00pm AUS EST. Channel Ten has TV coverage. Tune in to watch Amy race against the cream of the Commonwealth, which she is a part of!

GO AMY GO!⁶

Sources/Links – Below internet sites and social forums; Daddy; my imagination.

Marathon Talk

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

Amy Whitehead

Twr. @AmyRunningFeat - <https://twitter.com/AmyRunningFeat>

W. <http://www.runningfeat.co.uk/>

Athlete profile <http://www.thepowerof10.info/athletes/profile.aspx?athleteid=2629>

Park Run

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

Historical References

<http://www.archivecdbooks.org/resources/county/ntt/1177sam1.pdf>

<http://www.mesarfhc.org/books/Nottinghamshire%20Registers/942.52-N1%20K29n%20v.2.pdf>

http://www.genealogytoday.com/au/articles/convict_research.html

⁶Also wish the Australian and Marathoners well too!!!



WOODSTOCK RUNNERS

RUN REPORT

Bron Hager

Thank you to everyone who came along to the 2014 Cooks River Fun Run. The event had a record number of participants this year, 412, and raised \$2995 for Bowel Cancer Australia.

I would especially like to thank Kath Bolitho and Frank Hidvegi, who led the group warm up for the 10km event, and Matt Bulman who came along to provide his chiro services.

It is fantastic to see how much the event has grown in my two years working on it, and it's great that there is so much support from people in the club. This year, we had 18 runners in the 10km event and 9 in the 5km event.

There were some great results including age category wins for Tony Robinson (5km), Kerry Bray (5km) and Hal Pawson (10km), as well as PBs for Tym Blackwell, Clive Mooney and Jenna Curtis in the 10km. Well done as well to Matt Bulman, Maree Lucas, Dot Siepmann, Martin Amy and Brian Newtown who placed in their age category. And congratulations to Monique Lucas who did her first 5km race, and beat her mum! I also heard that someone in the club was third female in the 10km, but I can't remember her name.. sorry!

Looking forward to seeing everyone back again next year, for a bigger and better event once again ... Unless I'm retired by then!





CHRISTCHURCH AIRPORT MARATHON RUN REPORT

Peta Bray



As this was the coldest race I knew I would be running, with the temperature being a frosty zero degrees, I began with a 40mins walk to the start near the airport as a warm up, followed by a toilet stop and straight to the big tent to keep warm.

I stayed in the tent for as long as possible and finally had to check my bag in. While waiting, the announcer asked us to say the word, 'ice, ice'. I wondered what he was talking about and then he said, 'there's lots of it'. I actually forgot about the

ice until later during the race where there was some on the road having nearly slipped. I followed other runners to run on the grass and it turned out to be safer. We experienced it again coming back but I knew what to do then.

So with all races starting together (10k, 21.1k, 42.2k), it was very narrow running the first 4-5km until the road widened. We all settled into the race until my next 'cold' experience, which was having my first very cold water at the drink station. It felt like the water had been just sitting in the fridge. Unbelievably cold!

The half marathon continued with lots of straight long roads with occasional turns and a few turnarounds thrown in. As I ran along, I felt a little cold as we turned some corners, but was warm enough for most of the race. I'm glad I wore long thick tights, head band, gloves and arm warmers. Much needed!

The course continued with more long roads and not one hill. (First flat course I've ever done.) Not much scenery being near the airport either. The course reminds me of the Mudgee course, without the wineries. Still, the volunteers and supporters were encouraging along the way.

When I finished, I needed to remember to take my chip off my shoe and thankfully didn't have far to pick up my bag. I continued to walk quickly to the tent to finally put on all my layers, beanie and gloves on, but found them cold when I took them out. I warmed my clothes up by putting them next to a heater in the tent, where I stayed to warm up. After watching some marathoners finish, I decided it was time to walk back to my hotel and enjoy a warm shower.

PETA BRAY



The marathon and the other races originally started/finished in the CBD before the 2011 earthquake. It was announced that it would return to the CBD in 2015. I would like to do it again in 4-5 yrs for a different experience and hope that Christchurch's rebuilding has progressed.



ANSW COMMUNITY ATHLETE

WHAT IS A 'COMMUNITY ATHLETE'?

Athletics New South Wales has established the Community Athlete category to provide a membership entry platform for those athletes who are partaking in the sport of athletics at a social or recreational level.

This new category allows these athletes to receive some of the great benefits on offer for all members of Athletics New South Wales.

You may enjoy running down at your local club, participating in the odd fun run, officiating at your kids carnivals or simply running at your own pace?



By becoming a Community Athlete Member of Athletics New South Wales for a tiny fee you get the added benefit of being a part of Australia's largest and oldest athletics Association.

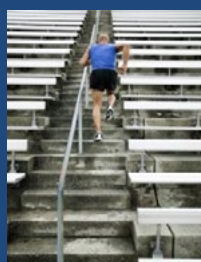


WHAT ARE THE BENEFITS?

Community Athlete Members get access to some fantastic benefits including:



- **Personal Accident Insurance Cover** – claim your non-Medicare funded medical expenses for running injuries or rehabilitation.
- **Access to the ANSW Athletes' Advantage Members Program** which provides great corporate discounts for ANSW Members. Partners include adidas, Event & Greater Union Cinemas, Victor Sports, Accor Hotels, Ministry of Paintball and Europcar.
- **Access to the ANSW Community** – be a part of New South Wales' biggest athletics fraternity. Get involved in our Social media competitions, stay up to date with all the athletics news through our eNews, Facebook and Twitter updates.
- **Get Connected with our Clubs** – Take your running to the next level and sign-up with one of our Affiliated Clubs if you haven't already joined. As an ANSW Member of a Club you can then take part in our Club and State competitions.



WHAT DO I NEED TO DO TO JOIN?

Simply by taking part in our ANSW Events or being a Member of your Club means you are almost there!



If you are already a Member of a Club

- Speak to your Club Registrar about becoming a "Community Athlete" Member of Athletics New South Wales. Entry is only \$10 and you benefit from a host of fantastic entitlements.

If you aren't connected with a Club

- Visit our website www.nswathletics.org.au to download a registration form, or simply call us on (02) 9746 1122 to find out more.



Join our Community and reap the rewards from your love of athletics!

To find out more visit www.nswathletics.org.au

Gold Coast Airport MARATHON

RUN REPORT

Kate Barns



Felt excited to be on the Gold Coast for the Airport Marathon. Beautiful weather, nice flat course, awesome travel companions.

5am Saturday morning, after scrambling for a maxi cab amidst the transport chaos (only full buses and yes the new trams are running but don't be fooled you cannot use them yet!), Bronwyn and I sat drinking coffee and watching from the grandstand as Anthony finished the 10km looking comfortable and making good time. Great start from the Woodies!

Up at 4am Sunday, not heading into the half with confidence, mostly due to my knee injury caused by falling on it only 6 days earlier, my aim was just to finish and enjoy the course. I wanted to maintain a comfortable pace so only used my Garmin for that purpose. I made sure to avoid looking at the time and distance for most of the run.

Started slowly as the road was too crowded, bit of side stepping, my pace didn't settle until about 2.5km. It was still dark and I felt in a bit of a sleepy daze. With each kilometre I got a bit perkier (must be the gel or my Weet-Bix kicking in) and enjoyed watching the sun rising and looking all reflective and nice on the water. This was definitely worth getting up so early for.

When I reached the 8km mark Bron came speeding past in the opposite direction approaching 12km. I yelled out my usual "Go Bron, woohooo Woodstock" and I knew she was running well as this was the first time ever I got a smile out of her! A little bit surprised by my own energy level from these cheers (definitely the gel).

I saw Therese not far behind when I made the turnaround at about 10.5km, although no Joe in sight, who I thought may have ditched her but alas the gentlemen he is later told me he was collecting drinks for both from the drink station. What a guy!

Sarah W nicked past me at about the same point and took off into the distance (am sure it helps to have long legs).

I cracked on for the next 7 or 8kms with the usual mental rationalising about the time/distance I had to go and what it all meant in relation to how tired/sore I felt...and how long it was before I could have a beer!

The knee had enough at about 20km but the pain I felt was overshadowed by the growing crowd that were all cheering, a group of girls were yelling to me "go Woodies", I didn't know them but still gave a cheer back. There were quite a few dogs on the sidelines too, which I always like.

At the '250m to go' banner I realised if I managed a sprint finish I could get a pb, so I did, and I did...by 28 seconds. Yay!

After the run I had to ice up the knee and we lay on the grass while watching the marathon winner finish, what a champ, breaking all the records on debut.

Later that night we enjoyed a nice dinner and drinks (happy birthday Bridget), lamented our challenges ("I will never drink before a run again" - Woodsy) and bragged about our achievements and skills (the challenge is on, right Di?!). Am sure to make it back to do this run again, what a great course, and maybe even a full marathon here one day!

RUN REPORT

Bron Hager

I registered for the Gold Coast half marathon with a bit confidence after running 1.25 at the SMH half marathon. After a slightly sporadic month of training in June, I arrived at the start line happy to just do whatever I could on the day.

Kate and I got to relax on Saturday while Tony ran his first 10km in a year, but by 4am on Sunday morning it was our turn. Despite the transport nightmare which spanned the whole weekend, we made it to the start line with a bit of time to spare.

My plan was to start at 3.55 pace, and make sure I didn't get caught up in the fast course and go out too hard. It worked well for the first few kilometres, before I started to notice I was running a little bit faster than I had planned. I was caught in between feeling really good, and wanting to conserve energy, but as the kilometres ticked over and I found myself enjoying the pace I decided to go for it and see what I could do.

My favourite part of out and back courses is that you get to see people during the run. At about 12km, I saw Kate, and while I was feeling good, it was her acrobatic cheering that got a smile out of me. Not long later, I saw Bridget, whole told me I was around 20th female.

After all of the Woodies had passed, I heard two guys chatting away behind me. They came up next to me at about the 15km mark, and a quick glance at my watch showing 3.56 pace convinced me that I was slowing down. Looking at my splits after the run suggest I may not have been, a good reminder that a single moment on your garmin might not reflect your overall pace! It worked to my advantage though, because I decided I needed to stick with them.

Leading up to the 16km mark, one dropped off and the other, obviously realising I was trying to keep up with them, started to chat and offer a bit of encouragement. With about 4km to go, I was working hard to keep up with him, and it made sense why when I went through the 19th km not far off my 5km pace! Being ahead of the 1.24 pacer, I knew if I could hang on I would run a PB. At 20km, the guy I was running with disappeared off to the side. It turned out he wasn't even officially in the race! I briefly realised I wouldn't be able to say thank you since he wouldn't be at the end, then turned my focus back to the long stretch of road ahead to the finish. I crossed the finish line in 1.22.13, taking almost 3 minutes off my time from SMH.

The funniest part of the day came after Kate had finished (in PB time as well!), and I said how much I wanted to go in the spa back at the hotel. Tony pointed out that cold water was probably better, and to highlight the point we noticed groups of people standing in the water next to the finish area. After laughing over how funny it was, we decided to join them! I think my legs definitely appreciated it.

I enjoyed this event and the fast course is a definite plus. Gold Coast marathon might be on the cards in the future! Thanks everyone for a great weekend :)

RUN REPORT

Di Galea

A marathon, no expectations or pressure, a stitch, a Scotsman in a kilt, sit ups and a PB After TNF 50 I took three weeks off and I've been following a new program that only started four weeks ago. It's a slow build up and I pretty much started from scratch again. My longest run before Gold Coast was only 16km. I had no idea what to expect and just didn't put any pressure on myself. I felt really good through the first 24 kilometres and was on target for a sub 4, though I tried not to think about it. I let my legs work and stayed within a zone I felt comfortable and manageable instead of obsessing over time.

For years I have suffered from horrible stitches and I can't count how many runs I have been disappointed with because of them. I could feel a stitch creeping on for a good 5 kilometres. I did everything I had read about, focusing mostly breathing techniques. They had never worked before and they didn't this time either. It got worse and worse, until I eventually stopped and walked. It was pretty heart breaking because I felt so good.

I was walking along and a Scotsman and his mate asked if I was okay? I responded with "yeah, I just have a stitch". I hardly expected him to respond by telling me to go to the side and do a sit up. I thought it was a joke and I'd be the laugh at the pub after the race. They insisted and took me to the side of Broadbeach amongst all the spectators and I did 2 sit ups. Up I leapt, jogged with them and they said how you feeling? I couldn't believe that pesky stitch that had me unable to run only a minute before was gone!

It crept back a couple of times during the run, overall I did 6 sit ups on that marathon, the last at the 41 km mark. Getting down to do them was horrid, and standing back up was harder... But it worked!

Despite having those three walking breaks, I still managed a 9 minute PB. I'm very thankful to those two boys and owe them a drink. I also happy that with persistence my marathon results have improved from 5:18, 4:28, 4:18 and now 4:09.

So always trust a Scottsman in a kilt on a run. If you ever get a stitch or are prone to them like me, add a couple of sit ups for a complete work out. Finally I have found the solution to a problem I've had for years.

RUN REPORT

Therese & Joe

Saturday night, alarm set for 4am wake up, every half hour or so checking on how long to go to wake up. Sunday morning, up and ready, started our walk down to catch the 4:28am bus, only to find some party goers heading home after what seems to have been a great HAPPY night out. We're on the bus at 4:45am, it was buzzing with runners from different countries/states/cities

greeting you, and then you would get high from the smell of Liniments. The bus pulled up at a set of traffic lights, and when it got going again all you could hear was loud bangs on the side of the bus. We think that was the HAPPY man greeting us with a good luck, we guess??

Arrive at destination at 5am, and follow the crowd hoping that someone knows the way. Finally jackets bagged and checked in, then joining the queue to plush port a loos; it was a little bit cold (6deg) at the time.

Time to go to the starting line, where all the hype and excitement is. 6am the half started! The nerves settled after a couple of km into the run, people cheering you on with words of encouragement all the way out and back to the finish line, so you never felt alone and you were inspired to go that little harder. Approaching the end, a sea of people are greeting and cheering you on right through the finish line.

Question: Would we do the Gold Coast again?

Answer: Wild Horses couldn't stop us!



A Tale of Heart and Art Westies Heart of The Lake 2014

By - Angela Haynes

Ahhh.... Lake Gillawarna, my old stomping ground! I'd run this course 4-5 days a week back in the 90s. At times going out far too close to dusk and having to finish the last few kms at a ridiculously cracking pace, totally in the dark and totally freaked out!

Mostly I remember the personal challenge of running 'that hill' to the look-out. At the top, a single bench-seat and a bloody spectacular 360 view that looked even better once I got fit enough to run

the whole hill from bottom to top!

Fast forward 20 years to an annual event called 'Heart of the Lake' hosted by the friendly Western Districts Joggers & Harriers, affectionately known as 'Westies'. Is 'Heart' a reference to how much ticker it takes to run that hill, or is it that runs like this, put on by like-minded clubs, are dear to the hearts of our own running community!

With 10km & 3km races on offer, I brought a friend, Kath Ward, from my softball team along, to do her first ever fun run. We arrived to find a sparkly Dot Siepmann helping at the registration desk. 'You doing the 3km Dottie?' I asked. 'Aye sure am, c'mon legs!' She replied. 'Oh geez we're in the same race and she's going to make me work hard out there today' I thought to myself! Did I mention she is 70 and I am 41!

Spotting the huddle of Woodies nearby we join in to stomp our feet and rub our hands together, it's a brisk morning. Woodies octogenarians Eddie Maclean and Derek White (both 86!) are getting ready for the 3km too. There's a medal on offer for the oldest competitor and Derek's 6 months on Eddie, means he only has to finish the race! These two have been friendly rivals since before I was born.

To the start line it is and at the gun we go. The combined age of the 4 Woodies in this race is 283 years old, so average age between us is 70! The race feels good, it's a flat 3km.

I chugged along with Dottie a while but got game and took a lead. With 1km to go, an official chimed 'go Woodstock' to me and a few seconds later I heard him say 'go Dottie'. She was on my tail and there was a hill coming up. I was planning to have a wee walk. I stayed at a trot and passed two 30 something fella's taking it way too easy so I nudged them to get a wriggle on as Disco Dottie was about to chick them!

On to presentation time and Derek White did win the medal for oldest competitor in the 3km with Eddie Maclean taking 3rd M70+. Their times were 1:17:38 and 31:11 respectively. I came in at 19:42, Dot Siepmann at 20:28 (3rd F70+) and Kath Ward 28:21. Well done on your first fun run Kath!

The 10 km saw podium finishes by Nic Bailey with 36:44 (2nd M30-39), Bron Hager 39:37 (2nd F overall and 1st F 18-29), Peter O'Sullivan 40:58 (3rd M40-49) and Kerry Bray 58:47 (1st F 70+) go team! Clive Mooney and Dave Miller ran solidly with 42:34 and 1:00:34 respectively.

Then something special happened...

Derek White had recently painted a picture of Lake Gillawarna and the Westies club house (it was really good!) and he'd kindly given it to Westies to award on the day as they chose. Fittingly, a painting by the oldest runner in the 3km was presented to the oldest runner in the 10km. But that's not all, furthering this lovely tale, both of these men were past presidents of their running clubs. Derek of Woodstock and Ken Saunders of Westies and both had made valuable contributions over many years. Ken had only left Westies when he retired and moved to Ulladulla. It was no surprise to see that lots of runners from his new club, the Ulladulla Rats, had travelled up for this event.

Enjoy the pics!



TEAMS WITH FRANK



Hi all

Teams have been set up for the following events,

The Bayrun

www.bayrun.com.au



Teams for C2S have also been set up

<http://www.city2surf.com.au/>



Sydney Running Festival
<http://www.sydneyrunningfestival.com.au/>



teamscoordinator@woodstockrunners.org.au

If you have any problems entering in teams events for any of the events above please don't hesitate to ask.

Keep on running !!

WOODIES UNIFORMS



Our standard
uniform range includes:
Woodstock 2XU tech running singlets
Woodstock t-shirt and long sleeved tech shirts
Woodstock caps
Email Chaia to order your gear

Style and Pricing

3/4 compression leggings – \$90
Full compression leggings – \$95
Compression shorts – \$60
Arm warmers – \$50
Calf guards without stir-up – \$50

Please send your size and style
with your order to Chaia when
ordering
<http://www.2xu.com.au/sizeguide>



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	91-96	96-101	101-106	106-112	113-117

We are considering seasonal items, depending on the minimum
order required by the supplier and the costs, keep your
eyes on the Rundow and Facebook

Email your orders, name, option, gender, size and quantity to:
uniforms@woodstockrunners.org.au or call/message at 0434 672 273

RESULTS

MONTHLY DATABASE RESULTS

5km COOKS RIVER FUN RUN on 2014-06-22

Name	Estimate	Pace/km	PB
Tony ROBINSON	22:30	20:18	04:04
Matt BULMAN	20:30	20:38	04:08
Ciara FOLEY	20:50	21:57	04:23
Kerry BRAY	29:00	27:57	05:35
Monique LUCAS	31:00	28:36	05:43
Maree LUCAS	32:30	30:32	06:06
Dot SIEPMANN	32:00	30:43	06:09
Angela HAYNES	35:00	33:28	06:42
Louise BROOKS	38:25	40:19	08:04

10km COOKS RIVER FUN RUN on 2014-06-22

Name	Estimate	Pace/km	PB
Martin AMY	38:21	37:35	03:46
Hal PAWSON	40:00	37:40	03:46
Tym BLACKWELL	39:00	38:25	03:51
Bronwyn HAGER	40:00	39:02	03:54
Brian NEWTON	44:00	40:38	04:04
Clive MOONEY	42:00	41:11	04:07
Peter O'SULLIVAN	40:00	41:54	04:11
Phil LOBSEY	41:00	42:23	04:14
Scott MITCHELMORE	42:00	42:51	04:17
Sarah WALADAN	52:00	46:31	04:39
David KINNANE	50:00	47:29	04:45
Jenny GIBSON	51:00	49:04	04:54
Greg MARSH	49:59	49:42	04:58
Jenna CURTIS	55:00	53:06	05:19
Kate BARNES	58:00	54:39	05:28
David MILLER	55:00	56:22	05:38
Carina GREGORY	53:19	56:56	05:42
Peta BRAY	59:59	1:00:03	06:00

5km SYDNEY MARATHON CLINIC on 2014-06-22

Name	Estimate	Pace/km	PB
Gwenola LE LU	21:25	21:14	04:15

10km RUN2CURE on 2014-06-22

Name	Estimate	Pace/km	PB
Dianne GALEA	1:00:00	53:06	05:19
DPB	PB haven't ran a 10KM event since 2011!		

6km SYDNEY CORPORATE CUP, THE DOMAIN

Name	Estimate	Pace/km	PB
Angela HAYNES		49:15	08:13

5km PARK RUN - ST PETERS (NSW) on 2014-06-28

Name	Estimate	Pace/km	PB
Nic BAILEY		18:43	03:45
3rd / 50th Parkrun			
Bronwyn HAGER		18:49	03:46
F 1st / 4th overall			
Peter O'SULLIVAN		19:50	03:58
Matt BULMAN		20:08	04:02
Clive MOONEY		20:30	04:06
Kerry BRAY		28:30	05:42
Peta BRAY	29:01	05:48	

25km WOODFORD TO GLENBROOK on 2014-06-29

Name	Estimate	Pace/km	PB
Greg MARSH		2:17:58	05:31

3.2km PARRAMATTA PARKRUNNERS on 2014-07-04

Name	Estimate	Pace/km	PB
Angela HAYNES		22:54	07:09

5km PARK RUN - ST PETERS (NSW) on 2014-07-05

Name	Estimate	Pace/km	PB
Matt BULMAN		20:25	04:05
Kerry BRAY		28:38	05:44
Lorna DOWNES		34:43	06:57

5km PARK RUN - CAMPBELTOWN (NSW)

Name	Estimate	Pace/km	PB
Carina GREGORY		28:25	05:41

5km PARK RUN - PARRAMATTA (NSW)

Name	Estimate	Pace/km	PB
Dot SIEPMANN		30:47	06:09

5km PARK RUN - MT PENANG (KARIONG, NSW)

Name	Estimate	Pace/km	PB
Martin AMY		18:24	03:41

5km PARK RUN - DARWIN (NT) on 2014-07-05

Name	Estimate	Pace/km	PB
Wesley HARRISON		18:05	03:37

10km SYDNEY STRIDERS SERIES / HOMEBUSH

Name	Estimate	Pace/km	PB
Phil COOTE		41:06	04:07

10km Gold Coast on 2014-07-06

Name	Estimate	Pace/km	PB
Tony ROBINSON		42:54	04:17

21.1km GOLD COAST HALF MARATHON

Name	Estimate	Pace/km	PB
Bronwyn HAGER		1:22:13	03:54
Sarah WALADAN		1:46:58	05:04
Lawrence ULLIO		1:53:54	05:24
Carol PAIPA		1:55:46	05:29
Bridget AKERS		1:57:55	05:35
Kate BARNES		1:58:31	05:37
Angela ROCHE		2:07:41	06:03
Erin MARDEN		2:09:06	06:07
Joe AYOUB		2:16:19	06:28
Therese AYOUB		2:16:19	06:28

42.195km GOLD COAST MARATHON on 2014-07-

Name	Estimate	Pace/km	PB
Phil LOBSEY		3:16:33	04:39
Dianne GALEA		4:09:45	05:55
Teresa WOOD		4:32:50	06:28
Gemma CUTTING		4:57:10	07:03

4km ANSW ROAD RELAYS / OURIMBAH on 2014-07-12

Name	Estimate	Pace/km	PB
Dot SIEPMANN		23:49	05:57

5km PARK RUN - PARRAMATTA (NSW) on 2014-07-12

Name	Estimate	Pace/km	PB
Lisa LINSSEN		25:46	05:09

5km PARK RUN - ST PETERS (NSW) on 2014-07-12

Name	Estimate	Pace/km	PB
Peter O'SULLIVAN		19:57	03:59
Matt BULMAN		20:32	04:06
Carina GREGORY		28:20	05:40

5km PARK RUN - PENRITH LAKES (NSW)

Name	Estimate	Pace/km	PB
Brendan DAVIES		16:53	03:23

5km SYDNEY HARBOUR 5K

Name	Estimate	Pace/km	PB
Dot SIEPMANN		31:20	06:16

5km SRI CHINMOY / DOLLS POINT on 2014-07-13

Name	Estimate	Pace/km	PB
Gwenola LE LU		20:36	04:07
Frank HIDVEGI		22:08	04:26
Kathryn BOLITHO		22:41	04:32
Peta BRAY	27:40	05:32	
Angela HAYNES		35:47	07:09
Louise BROOKS		39:39	07:56

10km SYDNEY HARBOUR 10K on 2014-07-13

Name	Estimate	Pace/km	PB
Nic BAILEY		37:17	03:44
Bronwyn HAGER		37:54	03:47
Frances CRANSTON		48:31	04:51

10km SRI CHINMOY / DOLLS POINT on 2014-07-13

Name	Estimate	Pace/km	PB
Mathew VERBERNE		42:48	04:17
Lorraine MADDEN		46:52	04:41
Kerry BRAY		58:41	05:52

21.1km SRI CHINMOY / DOLLS POINT

Name	Estimate	Pace/km	PB
Tym BLACKWELL		1:23:45	03:58
Peter O'SULLIVAN		1:32:02	04:22
Greg MARSH		1:52:16	05:19

42.195km SRI CHINMOY - DOLLS POINT on 2014-07-13

Name	Estimate	Pace/km	PB
Danny BURGESS		2:41:08	03:49