

### THE RUNDOWN ON MEMBERS

Kerry Bray

It has the same seasons as we here in Sydney and also, we can bring cheese from there into Australia. Yes, it's Tasmania.

What a wonderful Woodies' trip to The Apple Isle and I'm sure there'll be lots written elsewhere in The Rundown. Suffice to say, thanks all round are due to Bronwyn and Martin for the excellent organisation from the vision last year through to the wonderful itinerary of our time away. It was so much fun sharing the experience with a bunch of brilliant people. Thanks everyone.

On the day of the Cadbury Runs we bumped into Michael Bower, former member, who ran the Marathon and asked to be remembered to those who knew him. Noticing our presence there was the daughter of Neil Byrne, a very active member 20 years ago, now living in Winmalee. Unfortunately she did not approach us on the day, but contacted us via facebook. Both Kevin and I have been in touch with Neil. He is caring for his young granddaughter following his other daughter's death in a car accident.

Member from way back, Sharon Lane, is still very competitive, having won her age category in the recent Kurnell Triathlon. Lesley and Peta also competed in the Tri, with Peta finishing minus much skin and showing much bruising following a fall from the bike. Keith Jackson's son, Stephen, ran with us recently. We hope to see you again soon, Steve and bring your Dad along too.

Australia Day brought together a big crowd of Woodies who enjoyed runs of various lengths, a cool-down swim and a delicious breakfast. All of us greatly appreciated the hospitality and fabulous culinary efforts of both Maree and Kevin. Thanks heaps for your generosity, you two.

Congratulations to Nic on the launch of the Cooks River parkrun last Saturday. With over 200 runners including a wonderful show of Woodies, it was a great demonstration of the coming together of runners of all standards to compete against themselves and/or others and all at no cost. parkruns continue to be a great advertisement for our Club.

Thanks to Angela for the organisation of the forthcoming bus trips to Orange this month and to Canberra in April. You will need to be quick to secure a place for Orange as they are filling fast. Details are to be found in this Rundown, on the website and facebook.

A date for the diary is March 8, the Cronulla Breakfast Run. Spots are limited to 20 so first in, first served. See this Rundown for all particulars.

Happy running /walking /swimming

Kerry



#### January Birthday's:

Joseph Ayoub	1	John Donoghue	16
Brendan Davies	3	Alice Westwood	18
Ali Guerreiro	5	Alan Gibson	21
Paul Whiteway	6	John Phillips	22
Lawrence Ullio	7	Ken Murray	22
Melanie Stewart	11	Patricia Doughty	23



## WOODSTOCK AUSTRALIA DAY RUN

Monday, January 26

7 Mortley Ave, Haberfield

(enter from the side gate on Minto Ave)

**6:30am - 25km** - takes in iconic Sydney

landmarks such as

Harbor Bridge and Mrs Mac's Chair

**8am - 10km**

**8:30am - 5km**



Non-runners  
welcome

# Australia Day

Breakfast at 9am, bring swimmers

**A massive thank you to the Lucas's for another fantastic Australia day run!!**







Tasmania seemed like a pretty perfect fit for mine and Jimmy's first Woodstock getaway - we always spoke of going to Tasmania for a holiday AND it involved a run in a cool climate (definite win for the Irishman who struggles in any temperature above 24 degrees!).

Jimmy and I put all faith in Marty and Bron's planning skills and did not think about nor research anything leading up to the trip, and there was no need to, these guys had it sorted! We made it to Hobart without a hitch and welcomed the crisp Hobart air after days of suffocating humidity in Sydney.

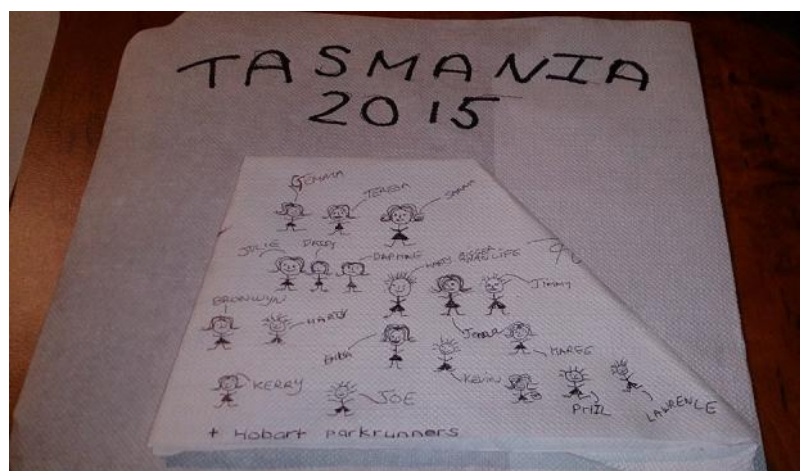
Hobart is undoubtedly a very unique town. For many reasons. Some of which are:

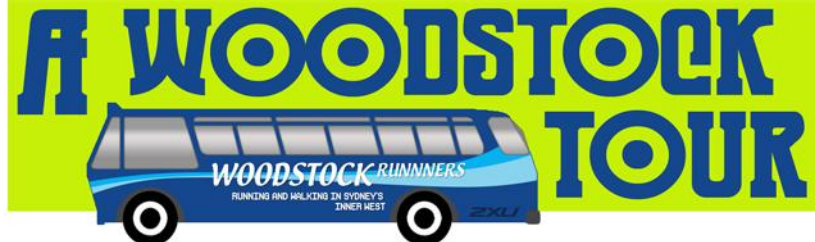
- **Peter:** the friendliest, most enthusiastic and oddly dressed park runner Tasmania (if not Australia) has every seen.
- **The pub food:** never before have I seen a plate of Nachos quite like the ones I received on our first evening out. Corn chips, a bit of salsa and CHEESE, enough to hide the contents under it, not to mention an entire tub of sour cream balancing on top!
- **The relaxed atmosphere:** Which caused us to listen to Marty when he told us to all wear our Woodstock jerseys to the pre race pasta party AND also rock up an hour late to the event because no one bothered to double check the start time. ... we were the only people in the room wearing our club gear and it took a good 5 mins before we realised everyone was tucking into dessert and our grand entrance was an hour too late. If we weren't going to win any medal at the running festival we certainly won the award for dopiest running club in Hobart that evening. THANK GOODNESS we convinced Marty to leave the Woodstock flag at the hotel. Oh the shame!

Race Day came along and the Woodstock team redeemed themselves with smashed PB's, multiple age winners and placing's, as well as impressive finishes from a number of injured members. Top this with a trip to the Cadbury factory post race and it was smiles all round on the bus ride back to the hotel.

Jimmy and I did not do as we hoped in our events - Jimmy reluctantly stopped after 10km in the half marathon after pulling a calf muscle and I had to drop down to the 5km race after falling pregnant in October last year and having recent difficulty running the longer distances. Despite this, we left Hobart looking to the 2015 calendar for the next Woodstock trip away and vowing to return to Hobart in future to give the Cadbury running festival another crack. We had the privilege to get to know people we'd briefly encountered since joining Woodstock in September last year and got the feeling that any Woodstock trip away, regardless of the place or the run would be just as enjoyable so long as it had the people. Definitely won't be our last Woodstock adventure!

Emma (and Jimmy)





### WOODSTOCK TOURS WOULD LIKE YOUR HELP!

We are looking at what tours our members would be interested in, so if you have a spare minute, could you please follow the following link and fill in a real quick survey?

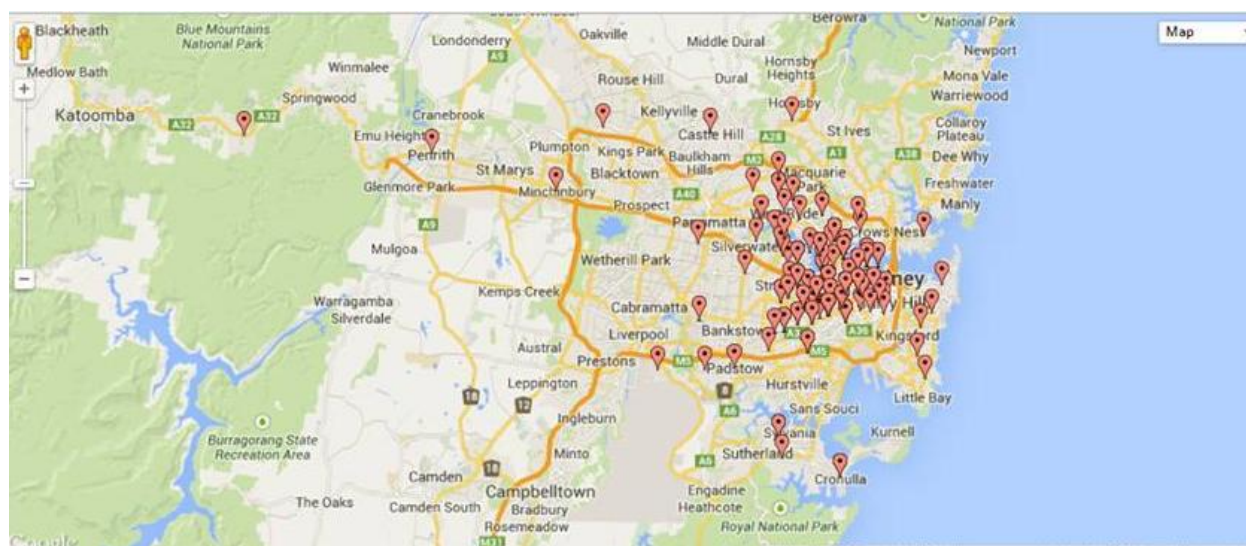
**It only takes a couple of minutes!**

Visit <http://www.woodstockrunners.org.au/woodstock-tours-survey/> (click here) and with a few clicks you're done.

**Thank you,  
Woodstock Tours**

## WOODSTOCK RUNNERS MEMBERSHIP SPREAD

Colin has run our membership through an app to show what areas our membership come from. A very interesting map!







# CRONULLA Sunday March 8

7.00am for 7.30am start  
(Walkers leave at 7.15am)

Park alongside Dunningham  
Park, Elouera Road in  
front of the North  
Cronulla Hotel

CRONULLA BREAKFAST

RUN 2015



**DISTANCES 6k – 15k approx - MAPS PROVIDED**

**For longer distances check with Martin**

**Breakfast at Alley Break Café - (alongside Dunningham Park) from 9.00am**

**BREAKFAST \$17.00**

**2 CHOICES**

**Cold Breakfast – Muesli, Fruit Salad and Yoghurt + hot or cold drink**

**Hot Breakfast – Bacon, Fried or Scrambled Egg + hot or cold drink**

**Additional drinks extra**

**Bring cozzies for a surf at beautiful North Cronulla**

**Please reply to Kerry asap as numbers are strictly limited to 20 NB In the event of rain the cafe may not be able to accommodate us all, especially at the reduced breakfast price. However, there are plenty of places to eat in Cronulla, even if we are unable to fit in the same venue. We're praying for a fine day.**





**Tour To**

## Australian Running Festival Canberra Including Bowral Parkrun!

**April 11 – 12, 2015**

- You can run one, all or just cheer with us!

**Saturday - 5km Bowral parkrun**

**Sunday - half or full marathon**

- Bus departs Ashbury 5:45am Saturday and returns approx. 7pm Sunday.
- First stop is Bowral parkrun for 8am race.
- Post race breakfast in Historic Bowral.
- It's the Canberra Wines Harvest Festival so trying for some Saturday afternoon relaxing among the vines with wine tasting & live music.
- Accommodation is at Pinnacle Apartments.
- Dinner at Caph's café (for our 4<sup>th</sup> year) which is within walking distance of our accommodation.
- Sunday morning racing, post-race showers at the apartments then lunch at the Australian Botanical Gardens.



**BOOK NOW!**

If this looks like your kind of weekend then book and pay via the 'Shop' link at:

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

*#Full payment required to secure your spot. Payments are refundable up to 72 hours before departure.*

- 1) Bus and Sat accom. \$160
- 2) Sat accom only (self drivers) \$80
- 3) Bus only \$90 (subject to availability)

**Enquiries to Angela Haynes –  
Facebook, 0419 444 010 or  
angpegasus@gmail.com**





14 FEBRUARY 2015 | SYDNEY OLYMPIC PARK



Official Partner  
Running Company  
Potts Point

*Ever wanted to see just how fast you can run a 5km?*



Have you run races on the track and felt you could go faster? Well, now you can. The RunNSW 5k is a go-to event for runners of all abilities. Entries Close this Thursday for the RunNSW 5k on Saturday, February 14. The event is open for athletes of all abilities. There will be 6+ races which will be graded based on the times you give when entering. To help you reach that PB there will be designated pace-makers targeting 40, 35, 30, 25, 20, and 17 minutes distributed across the races. There will also be 12 Nike vouchers to give away as well as live entertainment and music! Limited spots left so for more information and to register go to <https://www.runnsw.com.au/event/runnsw-5k/>

Click here to find out more information and to register

Athletics NSW is excited in having The Running Company - Potts Point as the official running partner of the RunNSW 5km. All competitors receive discounts in store - Click here to view the details.



# WOODIES UNIFORMS



Our standard  
uniform range includes:

Woodstock 2XU tech running singlets \$55

Woodstock t-shirt and long sleeved tech shirts \$55

Woodstock caps \$20

Little woodies uniforms - from \$25 plus shipping

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	91-86	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

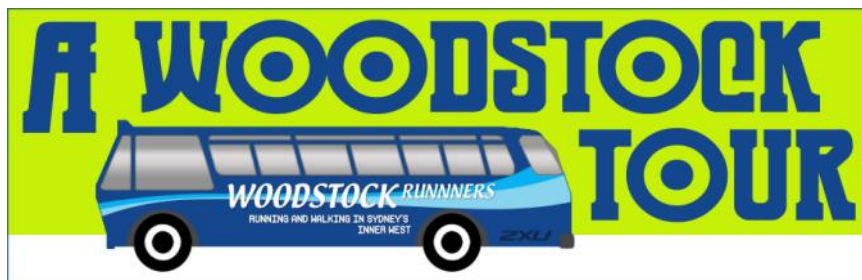
Email your orders, name, option, gender, size and quantity to:

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





28TH FEBRUARY TILL 1ST MARCH 2015



Bus departs Ashbury 6am Saturday and returns approx. 7pm Sunday.

First stop is Penrith Lakes Parkrun.

Then its onto Orange, NSW and accom. at staying the charming Duntryleague Golf Club Guesthouse.

Saturday afternoon is a group golf lesson (fun and for all abilities) together with drinks and nibbles on the grass, under the old Oak tree before we freshen up and head for our team dinner (venue TBC).

On Sunday, after an early continental breakfast we will go racing! Afterwards it is back to Duntryleague for showers and a team lunch before departing for Sydney.

**If doing the 5km, please join the Woodstock Runners team (password is woodstock)**



**BOOK NOW!**

If this looks like your kind of weekend then book and pay at

[Register Now](#) or go to the 'shop' link at:

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

\* Payments are refundable up to 72 hours prior to departure



There are self-drive and even Fri night accommodation options.

Full payment is required to secure your spot<sup>#</sup>.

#### **Options are:**

Bus and Sat night accommodation \$185

Sat night accommodation  
only (self drivers) \$95

Fri and Sat night accommodation only  
(self drivers) \$160\*\*

*\*\* Limited to 6 spots  
first in first served.*

**Enquiries to Angela Haynes  
0419 444 010**

**[angpegasus@gmail.com](mailto:angpegasus@gmail.com)**





# Tour to Orange 2015 - ITINERARY

## Saturday 28 Feb 2015

6:15am	Meet at Ashbury (text Angela 0419 444 010 for address)
6:30am	Bus departs
7:30am	Arrive Penrith Lakes parkrun
9:00am	Breakfast with Penrith parkrunners at Valley Café, Penrith.
2:00pm	Pick up race packs.
2:30pm	Check in Duntryleague
3:00pm	Group golf activity
4:00pm	Free time
5:30pm	Bus to dinner Union Bank Wine Bar
	Bus back to Duntryleague afterwards

### Helpful Contact Numbers:

Angela Haynes: 0419 444 010  
Joe Ayoub: 0419 373 326

## Sunday 1 Mar 2015

5:30am*	Continental breakfast buffet opens early – especially for Woodstock Runners!
	<i>*Mara &amp; half mara runners to check out of rooms</i>
5:55am	Half/full marathoners bus to start line
6:30am	Race start for half and full marathons
8:00am^	Latest time for 5km & 10km breakfast
	<i>^5km &amp; 10km runners to check out of rooms</i>
8:30am	5km & 10km runners board bus to start
9:30am	Start of 10km race
10:30am	Start of 5km race
11:30pm	Attend medal presentations
12:00pm	Bus back to Duntryleague for showers
1:00pm	Team Lunch at Duntryleague Brasserie
2:30pm	Depart for drive home
7:00pm	Estimated arrival back at Ashbury

### Team Accommodation Sat Night

Duntry League Guesthouse  
Woodward St, Orange  
(02) 6362 3466

### Team Dinner Sat Night 6pm

6pm – Union Bank Wine Bar & Dining  
A-la-carte  
84 Byng St (enter Sale St), Orange  
(02) 6361 4441

### What to Bring

- Parkrun barcode
- Collared shirt for Duntryleague
- Wet weather gear
- Bus snacks & Sat afternoon tea
- Money for meals
- Toiletries & towel for post- race showers

### What is Supplied

- Room towels, linen, soap.
- Sat PM golf activity
- Continental breakfast Sunday am

Please pre-register  
for your races!  
(No on the day rego)





# A MINUTE WITH A MEMBER

## NEW!!

**Name:** Phil Coote

**Recent race result:** Narrabeen Allnighter, 90km in 12 hours.

**What kind of training did you do for the event?** Very little. Maybe I should do some next year - it might hurt less.

**What is your next running goal?** 6 Foot Track in March. Realistic goal is just to finish in reasonable shape, but will be good to get back out on the long trails.

**Do you have any long term running goals?** Would love to do a sub-3 hour marathon...but I'm not sure my family would appreciate the time out for training.

**What is the best thing about being a Woody?** The cheer squad in the home stretch. It's enough to keep you going when the pain kicks in.



**Name:** Therese Ayoub

**Recent race result:** 2:13:18 Cadbury Half Marathon Hobart

**What kind of training did you do for the event?** Usual MNT, TNT, Tuesday night & some Park runs on Saturday plus longer training runs on weekends

**What is your next running goal?** To improve my Half Marathon times to sub 2hrs

**Do you have any long term running goals?** Long term goal to run 5km in under 25min

**What is the best thing about being a Woody?** The Fun, Support, Encouragement & Smiley Woodies whenever competing at events & trips away



**Name:** Joseph Ayoub

**Recent race result:** 2:13:17 Cadbury Half Marathon Hobart

**What kind of training did you do for the event?** Usual MNT, TNT, Tuesday night & some Park runs on Saturday plus longer training runs on weekends

**What is your next running goal?** To improve my Half Marathon times to sub 2hrs after an easy 2014

**Do you have any long term running goals?** Long term goal to run 5km in under 23min after an easy 2014

**What is the best thing about being a Woody?** The cheering & shouting of Encouragement of Smiley Woodies whenever competing at events & the trips away



**Name:** Jimmy Carroll

**Why did you join Woodstock?** I moved into the inner west and wanted to meet runners and like minded people. Oh yeah and run. Great bunch of people indeed.

**Do you run on Tues, MNT, TNT or Sat morning?** I do the TNT when I'm not injured. It's pretty good. I enjoy the stretches at the start and end of the session.

**How long have you been running?** About 3 years and I think the first run was a 10km. Did it in about 40 mins or so.

**Why do you enjoy running?** It's my form of meditation. I like how I feel when running and enjoy pushing myself to the edge, so speed work is great for that.

**Favourite distance?** 10km (soft I know).

**What is your most memorable or unusual running story?** This will be the recent 21km at Tassie.

Memorable because Marty wouldn't shut about my DNF. The trip & Guinness made up for the injury tho.

**What are your running goals for the next 6 months?** I would like to do a sub 2hr.50 marathon

**Which races would you like to run?** All of them before the baby comes.

**What do you do when you're not running?** Swim, cycle, listen to music and try keep the wife happy





# TEAMS WITH FRANK



28 FEBRUARY &  
1 MARCH 2015  
**ORANGE  
COLOURCITY**  
RUNNING FESTIVAL  
*enjoy the journey*

Teams only set up for 5km at Orange



**The Sydney Morning Herald  
halfmarathon**  
Sunday, May 17, 2015



*Australian Running Festival*  
**The Canberra Times  
canberra  
marathon**  
April 11 - 12, 2015



**The Sun-Herald  
CITY2SURF**  
**Westpac**  
**THE ONE TO RUN**



**BLACKMORES  
SYDNEY RUNNING FESTIVAL**  
Sunday 20 September 2015  
*The run that's fun for e*

WOODSTOCK  
TEAMS  
HAVE BEEN SET UP  
FOR EACH OF  
THESE RUNS

TEAM NAME IS:  
WOODSTOCK  
RUNNERS

PASSWORD IS:  
WOODSTOCK

If you have any problems  
entering any of our teams  
please contact Frank on:  
[teamscoordinator@woodstockrunners.org.au](mailto:teamscoordinator@woodstockrunners.org.au)



# WHAT'S ON?

<b>FEB</b> <b>5</b> Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Feb 5 @ 6:30 pm – 7:30 pm	+
<b>FEB</b> <b>7</b> Sat	Hell Hill 8km @ Brett Park (Formosa St side) Feb 7 @ 7:30 am – 9:30 am	+
<b>FEB</b> <b>9</b> Mon	Monday Night Training @ King George Park, Rozelle Feb 9 @ 6:30 pm – 7:30 pm	+
<b>FEB</b> <b>10</b> Tue	Parks Run 10km @ Woodstock Community Centre Feb 10 @ 6:00 pm – 7:00 pm	+
<b>FEB</b> <b>12</b> Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Feb 12 @ 6:30 pm – 7:30 pm	+
<b>FEB</b> <b>14</b> Sat	Balmain 9km @ Brett Park (Formosa St side) Feb 14 @ 7:30 am – 9:30 am	+
<b>FEB</b> <b>16</b> Mon	Monday Night Training @ King George Park, Rozelle Feb 16 @ 6:30 pm – 7:30 pm	+
<b>FEB</b> <b>17</b> Tue	Putney Punt 12km @ Woodstock Community Centre Feb 17 @ 6:00 pm – 7:00 pm	+
<b>FEB</b> <b>19</b> Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) Feb 19 @ 6:30 pm – 7:30 pm	+
<b>FEB</b> <b>21</b> Sat	Timbrell Park 8km @ Brett Park (Formosa St side) Feb 21 @ 7:30 am – 9:30 am	+



## More events from Cool Runnings NSW Calander

Wed	4 Feb	SYDNEY SUMMER SERIES 19 AT LANE COVE
Sun	8 Feb	GOLD COAST TRAIL RUNNING SERIES - ROUND 3 (QLD)
Wed	11 Feb	SYDNEY SUMMER SERIES 20 AT PYMBLE
Sat-Sun	14-15 Feb	FALLS CREEK MOUNTAIN RAID TRAIL RUN FESTIVAL (VIC)
Sun	15 Feb	WENTWORTH FALLS 16KM AND 13KM
Wed	18 Feb	SYDNEY SUMMER SERIES 21 AT GLEBE
Sun	22 Feb	THE HUME BANK CITY2CITY RUN
Sun	22 Feb	SYDNEY TRAIL SERIES - MANLY DAM
Sun	22 Feb	BIG BEACH CHALLENGE
Sun	22 Feb	SRI CHINMOY SYDNEY 2015 SERIES RACE 1 - CENTENNIAL PARK 14 KM, 7 KM & 4 KM CROSS-COUNTRY
Fri-Sun	27 Feb-1 Mar	SPARKE HELMORE NBN TRIATHLON FESTIVALL
Sat-Sun	28 Feb-1 Mar	COLOUR CITY RUNNING FESTIVAL