

THE RUNDOWN

MAY 2014

WOODSTOCK RUNNERS *Running and walking in Sydney's Inner West*

www.woodstockrunners.org.au

www.facebook.com/groups/woodstockrunners

THE RUNDOWN ON MEMBERS

Kerry Bray

While Sydney experienced terrible weather the weekend prior to Easter, Sunday in Canberra was an outstanding day and perfect for running. This was demonstrated loud and clear with an extraordinary number of superb performances from Woodstock Runners in events from 10k through to the 50k. Check the results further on in The Rundown, but special mention should be made of Bronwyn's amazing debut Marathon, establishing her as our new Woodies Marathon record-holder. Many thanks to Angela for organising the trip; Joe, for his wonderful driving and Martin for the comedy provided. Our next bus trip will be to Mudgee in August and a great time is guaranteed.

Organisation was once more to the fore when Angela hosted a most enjoyable Anzac Day Breakfast Run from her home in Hunters Hill. While the courses were extremely hilly, the routes were quite spectacular and Chaia demonstrated her chef skills in cooking a yummy breakfast for all.

Congratulations to Brendan for his 6th placing and first Aussie in the Japanese 100 mile trail race. Well done also to Peter O'Sullivan achieving 11hrs31mins in the Port Macquarie Ironman. We wish Alex Hill the very best for his first Ironman next month in Cairns. 3.8k swim, 180k cycle and a Marathon is a massive event.

Siobhan and Conor ran the Sydney Marathon together in 2012; married soon after; travelled overseas and have finally moved back into the Inner West and now with an eight month old little one. Congratulations to you both.

Kate ran a 3min PB in the Sydney 10 and the following day she and Anthony took off on a trip to the US. Melinda Bowman will leave next month for South America and the World Cup in Brazil. Peta is running the Half Marathon in Christchurch on June 1. Hope you all have a fabulous time.

The Sydney 10 held recently at Olympic Park was a great Event with large numbers in all races. Woodstock recorded many fantastic runs on the day and finishing on the track in the Athletics Centre was a highlight. Maybe you should enter into your diary 2 May 2015 to give the Sydney 10 a shot. It was inspirational seeing the very elite of Australia, racing each other as they were scorching the wet road heading back, while we mortals were running in the opposite direction.

MNT, Monday nights at King George Park are increasing in popularity with good numbers attending each week. With Tuesdays, Thursdays and Saturdays as well, our great Club is offering something for everyone; all this with so many qualified coaches. This current weekend we thank those additional members who are giving up their time to complete the coaching course.

Good luck to all running the SMH Half Marathon next weekend along with the many Fun Runs in the next few weeks. I'm visiting Melbourne and will join in the Albert Park parkrun there.

Happy running and training
Kerry



WEBSITE



FACEBOOK



TWITTER



YOUTUBE



EMAIL

QUICK OPINION

WOODSTOCK RUNNERS

Last month's question - What do you think of Woodstock's new night, Monday Night Track (MNT)?

Matt Bulman

MNT is a great run with a fantastic location. Speedwork is the best way to improve your times, and the coaching staff on Mondays are very motivating. All Woodies should get to at least one MNT session to try it for themselves.

Clive Mooney

Best location ever.. Track surface is great. Moon reflection on the water and other runners/ walkers watching you def brings out the competitive side.. Looking forward to a 5k time trial there..

Kath Bolitho

MNT is fantastic! Location location location couldn't ask for a more scenic place to run. Track has good drainage and oval lighting is ample and we all seem to run a little faster when other runners are checking us out.

Tym Blackwell

Love it. The backdrop of the water is a wonderful setting. I also like the fact that you have people going past on the bay run. Feels like you need to run faster! (And it's great club promotion).



SUNDAY 1 JUNE 2014 SYDNEY | MELBOURNE | CANBERRA

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THE WOODSTOCK TIMES

SNIPPETS OF NEWS FROM THE WOODSTOCK RUNNING WORLD

EGGS

2014 ANNUAL GENERAL MEETING

Tuesday 20 May '14
From 7.30pm

Woodstock
Community Centre,
Burwood

22 Church St, Burwood (Car park accessed via Fitzroy St)

There is a nomination form at the back of the rundown. If you would like to nominate please complete and hand to your run leader.

COOKS RIVER FUN RUN BREAKFAST

Kazu has kindly offered his house for post race breakfast again this year. Entry is only \$5 and it's a great way to wind down after what is a well represented Woodstock event.

See Facebook for more info or ask your Woodstock leader.

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.

THURSDAY NIGHT TRACK - TNT

Currently the council is doing some work on the oval and have disconnected the power to the lights. Please keep an eye out on Facebook and in your inbox for updates on alternative runs or plans.

MONDAY NIGHT TRACK

MNT is going strong and is it any wonder with such an amazing backdrop? Come on down and join us for some track work!

RUNDOWN CONTENT

You will have noticed our 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!

This month, What do you eat for breakfast before a race?

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

MAY BIRTHDAYS

John Dawlings	3
Thalia Anthony	4
Brian Newton	7
Alex Hill	22
Brian Sandiforth	23
Angela Haynes	25
Kate Walsh	27
Scott Murray	29
Ray Dean	31

NEW MEMBERS

Marcus Wunderlich
Nicolas Strybosch
Marcus Kaye

AN OPEN LETTER FROM DEREK

UNAVOIDABLE

Having reached that stage in life which is unavoidable, - when running has become a slow and somewhat painful shuffle, I thought my fellow members and readers of "The Rundown" might be interested to read how I am finding the task of dealing with this situation.

I joined "Woodstock Runners" in early 1983, having eight years experience with the State Veterans Club to add to school athletics in England 1935 to 1944, followed by fifteen years seafaring.

Never considering more than being a second rate-for-age runner, but very keen, I became a shuffler in 2009 following an injury and a stroke. I have now been diagnosed with mild epilepsy accentuated by age eighty-six.

I have found that the following helps:-

- 1.) Keep shuffling.
- 2.) Maintain membership of an active club like Woodstock.
- 3.) Keep a regular eye on your past awards, especially notable ones.
- 4.) Recall your P.B.s, favourite finishes etc. and how they stack up with current results in "The Rundown".
- 5.) Count your blessings, eg. "I can still raise a brief foot"!

Cheers to all.

Derek



COOKS RIVER FUN RUN

PROUDLY
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Devine

ENTRIES ARE NOW OPEN

**THIS IS A WOODSTOCK HOME RACE
SO BE SURE TO SIGN UP AND JOIN
THE FUN**

Look out for a request if you enter for your estimated time for an Internal Teams event like we do for C2S - Teams Coordinator

Kazu will be holding his post race breakfast again this year with personal Sushi lessons so please reply to the Facebook event set up by him so that he has numbers. \$5 on the day for brekky and great company!

A MINUTE WITH A MEMBER



Occupation

Musician and a heavy vehicle mechanic.

Running Age Group

30-39

How Long Have You Been A Woody

Since October, 5 months.

Do You Run On Tues, MNT, TNT or Sat Morning

Tuesdays, TNT and now and then I get to MNT. I also regularly run at St Peters parkrun

Why Do You Enjoy Running

I really enjoy the connection to myself. The feeling of knowing how far I can push my body and mind and then testing that to go further and harder. I find running the perfect place to think, to find peace and to get ideas. I also love the communal aspect of running and meeting other like minded people from all different walks of life. There is nothing that makes me feel more alive than going for a good run, even better in beautiful surroundings!

Favourite Running Distance

I would have said 10km as the feeling of running this distance at a high intensity feels great when it all goes right! But I'm now enjoying applying this same approach to the half marathon distance and finding out how far I can go with it. I imagine I will then want to do the same for a marathon... so I'm not sure I have a favourite!

Running Highlight

A recent highlight was running in the UK. A 32km long run following lots of the places I used to ride a bike as a teenager. Running in the cold, wet weather through mud and over rolling English countryside jumping over fences and through gates. I couldn't wipe the grin off my face!

Running Lowlight

I haven't had a specific low point in my running. However struggling through my first SMH Half Marathon in 2011, on not much training, and ending with a comparatively poor time was the catalyst for a long held desire to really push myself and see how far I could take my body and mind in a sport that I love. I'm still continuing to ride this commitment and fellow Woodies have definitely helped me with this.

Last Race

Sri Chinmoy Centennial Park Half Marathon.

Funny or Unusual Running Story

When I was travelling around Australia I worked in Broome for a month. One morning I went for a run along Cable Beach, a clothing optional beach with hard packed flat sand perfect for running on. A few kilometres down the beach I passed two nude women doing yoga, this was definitely one of the more unusual sights I've witnessed whilst running.

Other Sports/Hobbies

I play proper football or soccer as some of you may know it by! I enjoy getting out on a bike but don't do it enough.

Dinner Partner

Tom Waits. The man has been making consistently interesting music and evolving for 40 years.

Ideal Holiday Destination

I miss snowboarding and haven't been since moving to Australia. I would love to go again soon!

HANDICAP² SERIES

14



HANDICAP RUN #2 - 31 MAY 2014

It's almost time for the second installation of the 2014 Bay Run Handicap Series.

Everyone gets to estimate their own finishing time for the 7km Bay Run loop. You are then racing to beat your own estimate. But don't estimate too conservatively! Anything more than 59 seconds faster than your estimate and you are disqualified! No watches allowed either!

Purpose is to challenge yourself a bit, but also to be a good gauge of your pace! Series points will be on offer, so estimate carefully!

You will be issued with a start time and bib no. As a guide to when you'll be starting. Everyone will aim to finish at 8:15am. So whatever time you estimate, subtract that from 8:15am.

Please email your estimated time by no later than Wednesday 28 May 2014 to bayrunhandicap@woodstockrunners.org.au

If you are not sure whether you're going to run, please email through your time anyway. It is trickier to add people on the day as opposed to taking them out.

There will be prizes for place-getters and of course the lucky draw prize!

There is a gold coin entry of \$2 for members and \$5 for non-members. Please bring coin from car to start. As without your \$2/\$5 you won't get a BIB!

Bay Run Handicap Team

bayrunhandicap@woodstockrunners.org.au

WOODSTOCK RUNNERS TAKE OVER THE *The Canberra Times* canberra marathon

Bronwyn Hager

Towards the end of last year, I stuck a post-it note on my mirror with an estimated time for my debut marathon. Finally having the time and motivation to put in the training, I entered Canberra with a few goals in mind. The first was to see if I could break the club's female marathon record of 3:16:51, which Dot set in the same year I was born. The second was to see if I could run the time I put up on my mirror – 3 hours 9 minutes.

I drove down to Canberra with my dad the day before the marathon, and after a solid few months of training and no recurring issues from my stint in the moonboot, I was feeling pretty confident. The pre-race dinner with the Woodstock crew was a relaxed night. While the anticipation was rising, it wasn't a nervous feeling – I was ready to run!

My plan was to start with Nic, who was expecting to finish between 3 hours and 3:10 to get more experience before trying for a sub 3 hour marathon. I was aiming to start at 4:30 per kilometre, increase it slightly if I felt good after 10km, and then see what I had left after 30km. As we lined up to start just behind the 3:15 pacers, I was barely able to contain my excitement, while Nic was quiet and looked like he would have preferred to stay in bed.

The new, one lap course included several "out and back" sections, meaning there were plenty of opportunities to see the other Woodies running the marathon and ultra. The first 15km were fun, with plenty of chatting between runners as we settled in. Just after turning around at about 8km, we saw Frank who told us we need to hurry up because Phil was ahead of us. When we caught up to Phil around the 14km mark, a well placed photographer took the photo below.

My dad was waiting to cheer us on at 10km, and I remembered our conversation in the car the day before. He said that by 10km I would have a good enough idea of how I was feeling to know if it was going to be a good or bad day. After waving and smiling as I ran up the hill, I knew things were going well. We increased the pace and even though there was a long way to go, I was looking forward to the feeling of running a bit harder.

We ran strongly and passed a few people over the next 5 or 6km, and I started to think about my third goal of finishing in the top 10 women. Just before half way, I started to feel like I was working a bit harder than I expected to be at that point. Around the same time, I noticed that Nic was chatting a lot more than he had been, and my responses were becoming limited to "yep, yep, yep, what, yep, okay".

My dad, who did a great job of driving around the course, was waiting just before 27km. While I thought I was still going okay, he told me later that I looked quite tired. The undulating nature of the course started to feel more challenging after that point, and the excitement of making it to 30km was overshadowed by the toughest hill on the course. Nic left me with some last minute encouragement before he decided to pick up the pace.

My focus for the last 10km was solely on maintaining the pace. Tiredness mixed with small bouts of energy until about the 37km mark, when I hit distances I had never run before. My mind was counting down the minutes to go while trying to ignore the feeling of having nothing left. There is also a good chance I hallucinated seeing Buzz Lightyear on the course somewhere around then, since no one else seems to remember him being there! After what felt like the longest final kilometre of my life, I crossed the finish line in 3:09:32 and was 7th placed female. I'm happy that I managed to achieve all the goals I set myself for this event, and I'm looking forward to challenging myself to improve next time.



Congratulations to the other marathoners – Nic (3:06:52), Phil (3:19:43), Matt (3:20:46), Jenny (3:46:44) and Vass (3:54:18), and the ultra marathoners - Marty (3:39:34), Frank (4:22:58) and Teresa (5:21:22). Speedy recovery to Clive and Kath who were injured and Di who was sick.

I would also like to say thank you to Kath and Katie, who inspired me to run a marathon after Blackmores last year, the Sunday long runners for the training in the lead up to Canberra and all of the Woodies who have encouraged or supported me. A huge thank you also goes to Nic for running with me for 32km and helping me through some of the tough parts.

Alisa Thompson

I'm not much of a runner, but I started training 6 months ago to achieve this goal and to raise much needed money for charity!

Sadly, most of us have been touched by cancer in some way and too often in many ways! A good friend of mine, only in her 20's was recently diagnosed with Leukemia and lives her life week to week with many questions unanswered. Some other friends of ours also suffer the consequence of this horrible sickness including children and I wanted to provide hope to all those effected and to their families that questions will be answered and treatments will be found.

On the day I felt proud to be a Gold Runner and if nothing else, the effort was for a good cause whether I finished or not!?

Travelling with the Woodstock Running Group was great! You guys were so hospitable, friendly and supportive to us amateur runners! The whole experience was seamless, fun and took the stress out of travelling and the big day! So thanks, you're all awesome! Except the co-pilot in the front sea, he was ...interesting!



Not too many nerves hit the morning of the race, I really just wanted to pump out those K's and get the job done. I had only run 33km in training so there was a bit of a gap to go. I felt great for the first 28km running with the 4 hour time keeper most of the way. I spotted my co-runner Bel a few times and we gave each other high fives to spur each other on. It was nice running around the lake, the hills were not steep but were quite a long slow gradient at times which was different to training on the north shore.

About 36km my quads really started to fatigue and ache and I wondered if I could keep going? It came on quite suddenly but after a short time the main aching left as quickly as it came. I decided to slow a little as I wanted to finish if nothing else, time to me didn't really matter. The last 6 km were exhausting! I've never raced before and never run these sort of distances before.

I thought about the reason I was running and was thankful that my discomfort would soon be over, unlike those I was running for.

Finishing this race was awesome! It felt great and emotions welled up a bit at the end. All the early morning runs before the kids were even awake were worth it. I was completely depleted although on top of the world. My App told me I'd burnt 4400 calories! Time for a big lunch and a large coffee!



Gold bib Finisher :) \$2750 raised.

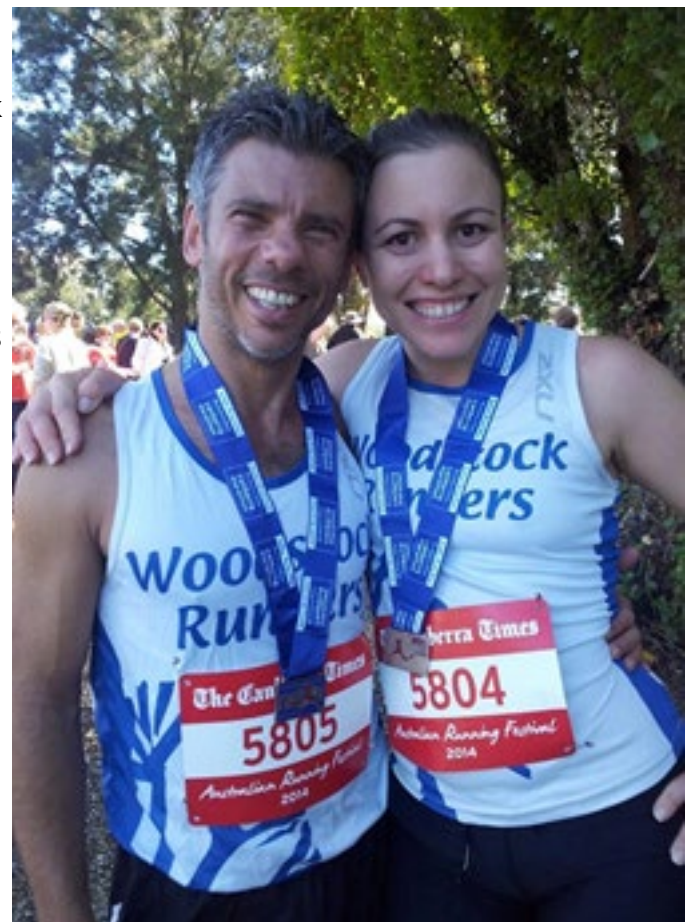
Australian Cancer Research Foundation
#Fuel Hope #Find Answers #Give if you can

Ali Guerreiro

I had a fantastic weekend away. It was my first Woodstock trip away and my first half marathon so very special for me. The run itself went better than I could have imagined, probably because it was also the first time I had tapered and hydrated properly prior to a run!

After settling in for the first km or so I found my pace was much faster than planned but I felt very relaxed and decided to take a chance and go with it. It paid off because I was able to hold the faster pace reasonably well throughout and came in more than four minutes faster than my goal time!

The weather was perfect and the course nice and scenic. I also loved the course because of all the switchbacks - it let me see all the other Woodies, faster and slower. When I was focused on looking out for the Woodstock blue and white tops I found the time went quickly. Also fabulous was the support of the cheer squad, who managed to find us on the course at three separate locations. As a debut run, I really couldn't have asked for anything more. I had a great time!



Eddy Guerreiro

Thank you tired little legs for carrying me through my first half marathon. Felt great, well, mostly. I was no doubt better prepared than I anticipated having partially ridden on the coat tails of Ali's training regime - credit where it is due.

Also, I was totally buoyed and motivated during the run by the Woodies cheer squad, 5 minutes gained, at least – and a great lesson in humility from a group of awesome runners who could not run on the day. Respect to you fine people.

Yes, all round painfully pleasurable masochistically enjoyable fun. Hand me my birch, I'm ready for the next one!

Melinda Bowman



The Canberra half marathon was something I was determined to achieve after my Mum (Mary Bowman), almost double my age, was able to complete it the year prior.

I definitely underestimated the difficulty of running 21km with only a couple of decent training sessions. Me being the competitive person I usually am, set myself an almost unachievable goal, but with the encouragement and support of the Woodstock runners and support crew I was able to be proud of what I have achieved.

After saying that I will never run that far again, I already have my sights set on the next 21km. Not only was I able to achieve another goal of mine, I also got to know what a great bunch of people the Woodstock crew all are.

Michael Anderson

I thought I'd make a quick note about my weekend to express my thanks to the Woodstock crew. It was my first weekend away and my first real competitive run since 2012. I was nervous about getting back into it but a bus trip, dinner and morning with the crazy/experienced/funny/caring/smelly/excellent people of Woodstock made it a happy and memorable experience.

On a side note, I have to say, Clive copped a bus load of abuse all weekend and took it like a champ. Who doesn't love an Irish joke?

I got my pb which was a great feeling but I also got another important view of our awesome club. It won't be my last trip I can assure you, and if you have yet to experience one yourself make sure you don't leave it as long as I did!

TEAMS WITH FRANK



Hi all

Teams have been set up for the following events,

SM-H Half Marathon Teams have been set up, if you have not done this one now is your chance
<http://www.smhalfmarathon.com.au/>

The Sydney Morning Herald
halfmarathon

Teams for Gold Coast Airport Marathon have been set up

<http://goldcoastmarathon.com.au/>



Teams for C2S have also been set up

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

The Sun-Herald
CITY2SURF

Westpac

THE ONE TO RUN

<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	91-86	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 or call/message at 0434 672 273

Snapshotazzi:

*Pics of
Woodstock Runners
out and about*



Send your pics of our Woodies in their Woodstock gear to rundown@woodstockrunners.org.au



RESULTS

MONTHLY DATABASE RESULTS

km NSW TRIATHLON CLUB CHAMPIONSHIP on 2014-04-06

Name	Estimate	Pace/km	PB
Kazuaki TAKAHASHI	1:48:54	13:37	

5th in age 1k Swim 30K bike 8K Run 1:48:54 (swim 19-59 bike 54-32 run 29-44)

21.1km NEWCASTLE FESTIVAL OF RUNNING

Name	Estimate	Pace/km	PB
Martin AMY	1:25:36	04:03	

7th Overall

5km PARK RUN - ST PETERS (NSW) on 2014-04-12

Name	Estimate	Pace/km	PB
Bronwyn HAGER	23:58	04:48	
Nic BAILEY	23:59	04:48	

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

Name	Estimate	Pace/km	PB
Raul UNAS	23:49	04:46	

5km CANBERRA / AUSTRALIAN RUNNING FESTIVAL

Name	Estimate	Pace/km	PB
Dot SIEPMANN	30:00	31:12	06:14

1st F70-79

Richard AYOUB	37:17	07:27	
Anna AYOUB	37:23	07:29	

21.1km CANBERRA / AUSTRALIAN RUNNING FESTI

Name	Estimate	Pace/km	PB
Michael ANDERSON	1:38:00	1:37:57	04:39
DPB	PB by 2.5mins - 231/2152		
Eddy GUERREIRO	2:00:00	1:46:25	05:03
Debut half marathon			
Murray CLARKE	1:45:00	1:46:28	05:03
Debut half marathon			
Greg MARSH	1:54:00	1:52:39	05:20
9/38 M60-69 839/2154 Overall			
Ali GUERREIRO	2:00:00	1:55:20	05:28
Debut Half Marathon			
Bridget AKERS	1:56:00	1:58:18	05:36
Kate BARNES	1:59:00	1:58:59	05:38
Joe AYOUB	2:00:01	2:02:49	05:49
David MILLER	2:05:00	2:06:52	06:01
Carol PAIPA	2:17:00	2:07:24	06:02
Debut half marathon			
Peta BRAY	2:06:00	2:12:51	06:18
Kerry BRAY	2:22:00	2:14:10	06:22
1st F over 70 and oldest female (thanks Di Galea)			
Therese AYOUB	2:26:00	2:24:04	06:50
Melinda BOWMAN	2:19:00	2:27:42	07:00
Debut half marathon			
Riccardo BENVENUTI		2:42:36	07:42

42.195km CANBERRA / AUSTRALIAN RUNNING

Name	Estimate	Pace/km	PB
Nic BAILEY	3:09:00	3:06:52	04:26
Bronwyn HAGER	3:14:00	3:09:32	04:30

Debut Marathon 62/1217 - 7/412F - 2nd F20-29

Name	Estimate	Pace/km	PB
Brett JONES	3:12:10	04:33	
6th M50-59			
Phil COOTE	3:13:00	3:19:43	04:44
Matt BULMAN	3:17:00	3:20:46	04:45
Jenny VASSILIOU	3:45:00	3:46:44	05:22
Debut Marathon			
Vass VASSILIOU	3:45:00	3:54:18	05:33
Alisa THOMPSON	4:20:00	4:15:31	06:03
Rick COLLINS		5:07:26	07:17
Belinda FOWLER	5:00:00	5:13:19	07:26
Jeff MORUNGA		5:16:33	07:30

50km CANBERRA / AUSTRALIAN RUNNING FESTI

Name	Estimate	Pace/km	PB
Martin AMY	3:47:00	3:39:34	04:23
Frank HIDVEGI	4:20:00	4:22:58	05:16
Teresa WOOD	5:30:00	5:21:22	06:26

202.028km 24 HOUR NATIONAL CHAMPIONSHIPS

Name	Estimate	Pace/km	PB
Larissa TICHON	24:00:00	07:08	EPB

3 U25 Australian Records and 5th placed PB by almost 10km!

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

Name	Estimate	Pace/km	PB
Lisa LINSSEN	24:37	04:55	
David MILLER	26:56	05:23	

5km PARK RUN - ST PETERS (NSW) on 2014-04-19

Name	Estimate	Pace/km	PB
Nic BAILEY	18:00	03:36	
Carina GREGORY	27:51	05:34	

5km PARK RUN - FINGAL BAY (NSW) on 2014-04-

Name	Estimate	Pace/km	PB
Mary BOWMAN	30:05	06:01	

7km SRI CHINMOY / CENTENNIAL PARK on 2014-

Name	Estimate	Pace/km	PB
Bronwyn HAGER	27:40	03:57	
1st F			
Kerry BRAY	41:01	05:52	
Peta BRAY	41:52	05:59	
Louise BROOKS	1:02:42	08:57	
Dot SIEPMANN		1:05:42	09:23

21.1km SRI CHINMOY / CENTENNIAL PARK on

Name	Estimate	Pace/km	PB
Nic BAILEY	1:22:27	03:54	
DPB	5/135		
Greg MARSH		1:52:57	05:21

168km ULTRA TRAIL MT FUJI (UTMF) on 2014-04-2

Name	Estimate	Pace/km	PB
Brendan DAVIES	21:53:57	07:49	

6th / cumulative altitude gain 9500m

5km PARK RUN - PARRAMATTA (NSW) on 2014-04-

Name	Estimate	Pace/km	PB
Raul UNAS	22:50	04:34	

5km PARK RUN - ST PETERS (NSW) on 20

Name	Estimate	Pace/km	PB
Phil LOBSEY	20:50	04:10	
Carina GREGORY	27:13	05:27	
Louise BROOKS	41:46	08:21	

45km RUNNING WILD MT SOLITARY

Name	Estimate	Pace/km	PB
Wesley HARRISON		6:41:19	08:55

5km OATLEY PARK FUN RUN on 2014-04-27

Name	Estimate	Pace/km	PB
Melanie STEWART	27:37	05:31	
Kerry BRAY	29:01	05:48	
Angela HAYNES	34:06	06:49	
Louise BROOKS	38:52	07:46	

5km SYDNEY MARATHON CLINIC on 2014-04-27

Name	Estimate	Pace/km	PB
Mary BOWMAN	30:18	06:04	
Dot SIEPMANN	32:42	06:32	

10km SYDNEY MARATHON CLINIC on 2014-04-27

Name	Estimate	Pace/km	PB
David MILLER	59:14	05:55	

1.1km SYDNEY MARATHON CLINIC on 2014-04-27

Name	Estimate	Pace/km	PB
Phil LOBSEY	1:34:15	04:28	

PARK RUN - ST PETERS (NSW) on 2014-05-03

Name	Estimate	Pace/km	PB
Mathew VERBERNE	19:59	04:00	

10km SYDNEY:10 (ANSW ROAD CHAMPS HOME-BUSH) on 2014-05-03

Name	Estimate	Pace/km	PB
Nic BAILEY		35:31	03:33
Martin VU		37:50	03:47
Bronwyn HAGER		38:41	03:52
Clive MOONEY		42:31	04:15
Kathryn BOLITHO		45:53	04:35
Joe DEGABRIELE		48:22	04:50
Kate BARNES		53:02	05:18
Jeff MORUNGA		53:57	05:24
Carina GREGORY		54:39	05:28
Kerry BRAY	1:00:00	57:31	05:45

Best 10k time for 3 years

MAY 8 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) May 8 @ 6:30 pm – 7:30 pm	+
MAY 10 Sat	Saturday Training @ Brett Park May 10 @ 7:30 am – 9:30 am	+
MAY 12 Mon	Monday Night Training @ King George Park, Rozelle May 12 @ 6:30 pm – 7:30 pm	+
MAY 13 Tue	Tuesday evening run @ Woodstock Community Centre May 13 @ 6:00 pm – 7:00 pm	+
MAY 15 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) May 15 @ 6:30 pm – 7:30 pm	+
MAY 17 Sat	Saturday Training @ Brett Park May 17 @ 7:30 am – 9:30 am	+
MAY 19 Mon	Monday Night Training @ King George Park, Rozelle May 19 @ 6:30 pm – 7:30 pm	+
MAY 20 Tue	Tuesday evening run @ Woodstock Community Centre May 20 @ 6:00 pm – 7:00 pm	+
MAY 22 Thu	Thursday Night Training @ Campbell Athletic Track (entry via Andrews Ave) May 22 @ 6:30 pm – 7:30 pm	+
MAY 24 Sat	Saturday Training @ Brett Park May 24 @ 7:30 am – 9:30 am	+

The below calendar is from Cool Runnings - <http://www.coolrunning.com.au/calendar/nsw.php?TargetCal=NSW&Months=12>

Sat	10 May	SDAC WINTER SERIES - DARKES FOREST #2
Sun	11 May	PARRAMATTA MOTHERS DAY CLASSIC WALK RUN FOR BREAST CA
Sat	17 May	SDAC WINTER SERIES - JACANA GROVE & STEAK 'N ALE TRACK, EA
Sun	18 May	WALLAROO STATE FOREST FUN RUN
Sat	24 May	SDAC WINTER SERIES - ULoola FALLS, WATERFALL
Sat-Sun	24-25 May	KATHMANDU ADVENTURE SERIES
Sun	25 May	SMC ROAD RACE SERIES
Sun	25 May	ALBIE THOMAS ROCKDALE FUN RUN

Woodstock Runners Executive Committee
Nomination Form for 2013(nominations close 19/5/2014)

Please email this back to secretary@woodstockrunners.org.au

For the position of **President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **President**.

Signed: (Nominee)

For the position of **Vice President**, I, nominate.....

Signed: (Nominator)

I,, accept nomination for the position of **Vice President**.

Signed: (Nominee)

For the position of **Secretary**, I, nominate

Signed: (Nominator)

I,, accept nomination for the position of **Secretary**.

Signed: (Nominee)

For the position of **Treasurer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Treasurer**.

Signed: (Nominee)

For the position of **Social Secretary**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Social Secretary**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2013(nominations close 19/5/2014)

Please email this back to secretary@woodstockrunners.org.au

For the position of **Team's Co-ordinator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Team's Co-ordinator**.

Signed: (Nominee)

For the position of **Walker's Representative**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Walker's Representative**.

Signed: (Nominee)

For the position of **Uniforms Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Uniforms Officer**.

Signed: (Nominee)

For the position of **Publicity Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Publicity Officer**.

Signed: (Nominee)

For the position of **Welfare Officer**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Welfare Officer**.

Signed: (Nominee)

Woodstock Runners Executive Committee
Nomination Form for 2013(nominations close 19/5/2014)

Please email this back to secretary@woodstockrunners.org.au

For the position of **Website Administrator**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Website Administrator**.

Signed: (Nominee)

For the position of **Rundown Editor**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **Rundown Editor**.

Signed: (Nominee)

For the position of **General Committee Member**, I,nominate

Signed: (Nominator)

I,, accept nomination for the position of **General Committee Member**.

Signed: (Nominee)