

THE BUSHRUNNER

NEWSLETTER of THE BEROWRA BUSHRUNNERS

*a running club promoting community health and fitness
Sub-club of Berowra RSL, Bowling & Community Club Ltd.*

Published Bi-Annually - August 1994 Edition

Welcome to another edition of " **The Bushrunner** " , in this edition we include the long awaited anecdote from one of our most consistent runners, the secret thoughts of the spouse of a runner, along with the usual health tips, Handicap info, Club Calendar and other good stuff.

The **ANNUAL GENERAL MEETING** is looming up again, in fact it will be held after the Bushrun on the **24th August**, the AGM apart from being a time where we elect the organisers of our club, is a fun morning where a **sausage & egg sizzle** is provided by the club, family are most welcome and all gets under way around 0845.

A little bit on the AGM this year..... remember that the club's success is largely attributed to the behind the scenes organisation provided by your elected executive. Executive positions for this year are as follows :

President - currently held by Bruce Beesley
Treasurer - currently held by Dave McMahon
Handicapper - currently held by John Lang
Committee (3 positions) - currently held by Paul Gunning, Chris O'Neill, Bob Smith.

This has been a good size committee and we believe that the set goals have been achieved, with the club in good shape.

In order to streamline the formalities this year it has been suggested that nominations for executive positions be lodged with the returning officer prior to the date of the AGM.

The returning officer for this years election will be **Bernie Kestel** with assistant returning officer **George Walker**.

This situation will be put to the meeting for discussion and resolution however whilst advance nominations can be lodged, they will also be accepted on the day.

There is no facility at this stage for proxy voting; however absentee votes can be lodged in writing with the returning officer prior to the AGM.

Another issue for discussion at the AGM will be to move the date of the AGM closer to the end of the Calendar year, which is more in line with our financial year, say around the end of November to early December.

The MacQuarie Princess cruise from Berowra Waters turned out to be another great day, the weather was magic, the trip well patronised, and even though most of us have lived in Berowra for many years, the Skipper still was able to make the trip interesting, pointing out landmarks that are not normally noticed.

*

This years Rota-Run whilst not well attended was by far the best organised, and I'm glad to say, the Rotary club owes a lot of the success to the Bushrunners. For the first time we were brought in early and involved in the organising sub-committee where a lot of the expertise and ideas offered were used, we also organised some great prizes donated by Ansett Australia and HBA health management as well as the usual attractive pair of engraved glass goblets as prize for first local male and another for first local female.

Mike Scicluna through hard training was able to realise a dream and snatch a well deserved win in the Club Championship from last years winner John Lang. Well done Mike.

Alan Miller was second in the Club Championship, Andrew Forsyth third and Hugh Hodge fourth, John Lang was fifth what a fall from grace.

Andrew Forsyth put in a large effort not only coming second in the Club Championship, but also winning his age group, well done Andrew.

The weather was threatening and cold, however could not dampen the enthusiasm at the usual Spit BBQ after the event. This was made special by the attendance of Andrew Lloyd, his friend Sue Thompson and Andrew's parents who were great fun and made peoples day with autographs and good conversation, not to mention a tremendous offer to take advantage of a Reebok promotion, where we could acquire excellent running shoes at substantial discounts. More on this as it comes to hand.

A big thanks to Dave and Margaret for opening their home and yard to again provide a wonderful venue for this years Spit BBQ .

As in all these occasions we owe gratitude to Pam, Margaret, the Executive and other helpers for without their commitment and diligence the events would just not happen.

*

Let's put some pressure on our new Club Champion to produce an article for the next newsletter, including some training tips, return from injury, etc., should be able to come up with a literary sensation,..... no pressure really Mike, someone out there must want to share their thoughts with fellow runners Dick should be able to come up with a good written story also.

Don't forget heart beat at double its resting rate 3 times per week
GOOD RUNNING.