



The Bush Runner

CHRISTMAS EDITION

PRESENTATION DAY—4th December 2011
RAFFLE PRIZES AND OUR SPONSORS



GNW 100s SPECIAL
A word from our runners

Kevin Heaton—
another “Brick” in the
wall

Chris Graham—
The Thriller from Manila...

ALL THIS AND MORE INSIDE.....



RACE RESULTS and EVENTS

BBR DECEMBER CALENDAR

4-12-11

Cowan Special followed by End of Year Function—Cowan community hall—BBR and FAMILY

11-12-11

Ferry Run via Kokoda

18-12-11

Wombat Run

25-12-11

CHRISTMAS DAY—Santa Run!

2011 POINTS TABLE

CONGRATULATIONS TO MICHAEL SIMS FOR TAKING THE CLUB CHAMPIONSHIP AND REBEKAH MARKEY FOR RUNNER UP

Michael Sims	17 points
Rebekah Markey	16 points
Sarah Trehy	15 points
Peter Fallows	13 points
Justine Laughton	13 points

10K HANDICAP

1st	Michael Sims	40:52
2nd	Joseph Jones	41:40 PB
3rd	David Cannings	47:27
4th	Kevin Heaton	42:30 PB

5K RUN

Lachlan Hodder	20:32 CR
CR = COURSE RECORD	
Douglas Hodder	21:48
Michelle Graham	25:41

CALLING ALL RUNNERS

Know someone that would love to join us for a run? Then bring them along no matter how fast or slow they are. Give them a taste of the Bush Runners friendly spirit whilst they enjoy the spectacular surroundings that Berowra offers.

RACE RESULTS

<u>WENTWORTH FALLS</u>	16km
Brian Cardelli	2:07:08
Justine Laughton	2:13:26
KEVIN HEATON	
Hills Athletics 5km 16-11	19:44
SMC ANSW 4x 1500	5:03 PB
Bronze Medal	
SMC 20-11	1:34:51
Half marathon	
4th in age group	
<u>J P MORGAN CORP. CHALLENGE</u>	
Paul McNay	
5.6km	28:41

VALLEY STAMPEDE

19 NOV 11 5 km Obstacle Mud Run	
Rebekah Markey	47:34
Gavin Markey	47:34

UPCOMING EVENTS

DECEMBER

MUD RUN

3 DEC—Equestrian course
6km—Obstacle

COAST TO KOSCIUSZKO

9 Dec—Mt Kosciuszko
240km

TERRACE FALLS

11 DEC- Running Wild—12K

SMC ROAD RACE SERIES

18 DEC— Smithfield
5k, 10k, 1/2 marathon

HILLS ATHLETICS 3/5km

JANUARY

BEYOND THE BLACK STUMP

1 JAN—Berowra
7am Community Hall Berowra
Party Pooper option 16km
Full Monty 33km

RUNNING WILD NARROWNECK

14 JAN—Katoomba
14k and 20km Night runs

HILLS ATHLETICS - 3/5km track time trial— EVERY 3rd WED of Month

GNW 100s RESULTS

FANTASTIC RESULTS FOR OUR BBRs—WELL DONE!

12/13th November 2011

Noel Annett

3rd in Category
100km (checkpoint 4) 13:59
100mile 28:24

Jeff Hodder

1st in Category
Race Record holder
100km 14:52

Michael Sims

2nd in Category
100km 15:16

Kevin Heaton

100m DNF
100km 15:45

Gavin Markey

3rd in Category
100km 15:56

Andrew Layson

2nd in Category
100km 15:56

Peter Thomas

100m DNF
100km 16:27

NEPEAN TRIATHALON

13-11-11
1km swim, 30km bike, 10km run

TEAMS

Run leg only

Jodi Gallagher 44:42 (1st Team)

Pete Fallows 41:51

Angus Dodd 57:52

INDIVIDUALS

Mark Livy 2:00:56

Brent Livy 2:12:25

CENTRAL COAST HALF MARATHON

Peter Nuttall 1:38:35

Mark Peterson 1:54:26

Marysville half Marathon

Paul Rhodes 2:27



RACE RESULTS cont

CONGRATULATIONS TO JEFF HODDER FOR MAKING A NEW 50+ RACE RECORD OF 14:52

Previous 50+ record 15:16
Held since 2007

GNW by Jeff Hodder

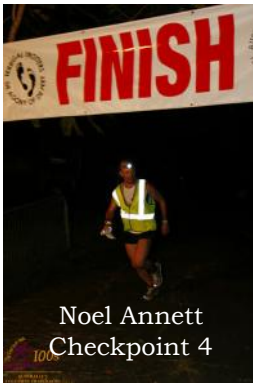
It was hot but not as hot as some other years.

It went up and down and along a lot.

It was long but not as long for some as for others.

It was dark just before the start and just after the finish.

Some were faster than others.



Noel Annett
Checkpoint 4



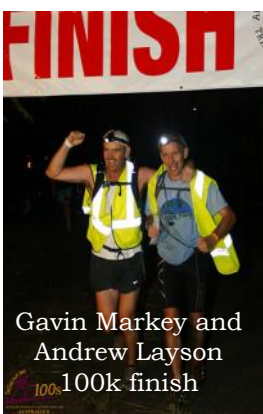
Jeff Hodder
100k finish



Michael Sims
100k finish



Kevin Heaton
100k Checkpoint 4



Gavin Markey and
Andrew Layson
100k finish



Noel Annett
100mi Finish



PRESENTATION DAY FUNDRAISER

We are holding a raffle with some incredible prizes to raise money for the club. With the funds raised we will be purchasing a banner for Warrina Street Oval so that in those moments that are not so lucid you know where to go.. AND a gazebo branded with the Berowra Bush Runners to give our runners the shade or shelter they deserve when they are giving themselves to the passion of running.

TICKETS on sale NOW—3 for \$10

Everyone WILL win a prize! Thank you to our supporters for the following prize



Movement for Life Fitness

PRIZES in the RAFFLE

- Auckland Marathon 1 half or full marathon entry
- Running Wild Fitness 6 x 10 visit passes value \$150each
- R4YL magazine 2 x 1 year subscriptions
- Northside Running 3 pairs of shoes and \$20 vouchers
- Athletes Foot 2 x \$25 vouchers
- 4 x 4 pack running socks \$35 each
- Terrigal Trotters 1 x confirmed entry to GNW100's \$220
- Fitness First 2 x 1 month membership \$143 each
- 1 x 20 visit play zone crèche pass \$60
- Bags, Water Bottles and Sun hats
- 7 day & 3 week passes to FF Hornsby
- Wrigley's Various Chewing Gum and Skittles
- The Distributors Various confectionery
- GlaGla Shoes Aust. 1 x pair of GlaGla shoes \$70
- Misfits PT 1 hour Personal training session \$80
- 180 Nutrition 3x 1.5kg Protein powder \$70 each
- 3 sample packs \$12.95 each
- Hammer Nutrition 2 x starter packs \$65 each
- 2 beginner packs \$45 each
- Movem't for Life Fitness 1 term women's Boot Camp \$140
- Coles \$50 for our presentation day expenses
- Footprint Mosman \$100 voucher

AND SO MUCH MORE....



GNW 100's RACE REPORT—My Nutrition Plan by Michael Sims



Target time: 15hours

Actual time: 15hours 16minutes

Saturday 12th November 2011 was the day, the day I was going to tackle my first 100km individual ultra-marathon. 100km sounds like a long way; instead I saw it as a challenge that could be broken in 3 parts – mental strength, nutrition and physical fitness. In this report I will focus on the nutrition side as I probably spent 33% of my time reading books and looking at what I had to feed my body to get it through the 100kms. In the lead up to the event I did one long run of 7hours in which I tried my nutrition plan, what would happen after 7hours and could I keep up the same consumption for 15hours to finish this event and still feel ok. The answer to this question can be seen below when my actual consumption on the day pretty much went to plan with a few lessons learned along the way.

Nutrition Plan for race day

During my reading I concluded that I needed about 350 calories an hour to get through the event. Even though the body most likely burnt 600-700 per hour it is almost impossible for the body to digest especially later in the event when fatigue kicks in and as the heart rate rises. I also concluded that I could technically get through the event on liquids but decided to mix it up with some solids. What I focussed on was food rich in complex carbohydrates (basically no REFINED sugars). Every hour I planned to consume the following: -

- 250ml of Hammer Perpetuem (<http://www.hammernutrition.com.au/products/perpetuem/>) – about 125 calories
- Half an energy bar - Clif Bar (<http://www.clifbar.com/>) or Hammer Bar (<http://www.hammernutrition.com.au/products/hammer-bars/>) – about 125 calories
- 1 gel - Gu Gel (<https://guenergy.com/>) or Hammer Gel (<http://www.hammernutrition.com.au/products/hammer-gel/>) – about 100 calories
- 1 salt/magnesium/potassium tablet <http://www.hammernutrition.com.au/products/endurolytes/>
- 250ml water

Actual Consumption on race day

For the first 6 hours of the race I ate what I planned until it became quite difficult to swallow the energy bars. Once they were inside my stomach they were fine to digest it was getting them in there that was the



problem. I quickly replaced my energy bar calories with 250ml more Perpetuem per hour (or mother's milk as Brian would say) and also just consumed gels when I needed them rather than every hour.

At the checkpoints I consumed the following; - bananas/mango and muffins. The biggest mistake I made was at the second checkpoint when I saw Jeff Hodder drinking Solo; it looked nice so I quickly grabbed a V drink. In my mind it sounded nice but what did I say above NO RE-

FINED SUGAR, it took me the next 3-4 hours to get this through my stomach. Never again!

A few Simple Tips

For next year – have plenty of ICE to put down my shirt at each checkpoint along with Cold Drinks. Frozen water bottles worked well.

Rule #1 for first timers – get a good support crew and make sure you fully communicate your requirements prior to race day. My wife Hannah along with fellow BBR support crews did a fantastic job supporting me at each checkpoint, it sounded like it was easier to run than drive between checkpoints.

A big thankyou also goes to my fellow BBR friends who went in the event, it was soo much fun to run into so many of you on the course.

Could I go faster, let's see next year?

Michael Sims

Don't wait for perfect weather to run. If you do, you won't run very often.

Running is always enjoyable. Sometimes, though, the joy doesn't come until the end of the run.



GNW 100's—top 5 tips by Jeff Hodder



My top five tips for 100k are :

*Tell your mother what you are doing so she can talk you out of it – you always listen to your mum ! Become a full time athlete. My contract finished on Tuesday so had plenty of nana naps Wed-Fri. Sleep is such a weapon, invest heavily in it. I still think I can flourish on 5 hours a night like when I was a teenager. I can't, merely survive. It really is the best recovery, training tool there is.

*Take any drugs you can. I took Iron and CQ10 (supplementation is used primarily in the treatment of high blood pressure) for a few weeks leading up to it. CQ10 is apparently the latest beauty care additive so my skin looked great in the photos. Seemingly the Mitochondria worked well too.

*Find someone who wants to pour a bucket of water over your head and give them written instructions. I did spend lots of time on legs thinking about what I wanted at each checkpoint and would promptly forget it on arriving till I was out and on the trail again. At least with prior written instructions the necessary got done with little time lost.

*Duplicate. I had 2 of everything bar my phone so Lynette and the boys had lots of time to be ready for me and weren't flustered when I flapped in and out. Again, the necessary got done with little time lost and no angst. Anything else was optional.

*Carry ice. Lynette didn't chill my liquid replenishments as it wasn't written down. It would have been nice though and we had a fridge in the car. Maybe add some ice to the water, I think Pete did this.

*Keep it simple. I did a lot of research about and ultimately practice with liquid nutrition. I didn't necessarily believe totally so had a big sugar hit of tinned fruit at the school and had stomach pains for a couple of hours after. Once they passed and I was back on liquids only I was back to, food in one end, gas out the other, system working ok. I was able to run the Cedar Brush road in 1:02 so something must have been right. It is also very easy to keep track of consumption rates etc. I'm a believer (I think). I did also carry a few gels, bars and some dried fruit in case I had to stop, sit down and wait in the forest for any length of time.

*Treat yourself. I had enough treats and other food for a four year old's party. I didn't touch it bar the once above but it was nice to have it to look forward to and fantasize about. I did have a few mouthfuls of Ginger Beer or Solo at each stop just for something different to taste and cleanse the palette. Maybe sorbet next time for more of a treat. I also had some elaborate and practised plans for pizza at the finish. There was no way I could stomach it when the time came but it was good to, again, fantasize and look forward to it.

*Beware of teenagers. We had my food and drink and

theirs. A couple of times early on the boys had some of mine. Fortunately Lynette noticed and set them straight (it's not the fridge at home) and replenished the necessary. As it turns out I didn't need or want any of it but it potentially saved a dummy spit. Having four teenagers I don't often get precious or selfish over such things, just on special occasions. Seemingly much of my conscious thought thru the legs was on what I might have to eat (but didn't) at the stops as I had shopped for me and knew what I had to choose from.

*Run with or without company. Running is an individual sport but we are herd animals. Last year I was on my own for 75k. This year it was great to run in company with Andrew, Gavin and Michael for a ways. You have to be prepared for both but ultimately you still have to do what's best for you. I seem to be able to lope downhill quicker than most so had to use it when I could because almost everyone is faster than me uphill. Whilst there wasn't a lot of conversation it was very comforting to know someone was looking over their shoulder occasionally to check on you and cared how you were going – thanks guys.

*I was cramping from 50k on. Much more than last year so need to look into that some more. I used my food bottle for Gastrolyte from the water drop in leg 3 which seemed to help but was feeling very spent by the time I got to the Basin from no food (or 80k). Had food and Gastrolyte from the Basin on and seemed to get much better after an hour or so.

*Check your elastics. When I put my favourite shorts on on Saturday morning the elastic had finally given up and things were flapping in the breeze. Body glide worked for the first 80k till I went out with a leaking backpack from the Basin. 3 hours constantly wet caused some chafe for the things flapping in the breeze. Maybe carry some Vaseline just in case next time. My feet were also constantly wet through the last leg so even though I had avoided the blistering of last year I still finished with them in a mess. I did realise what was happening but thought the end was close enough – just. I didn't change shoes or socks for 100k but am thinking of it for next time to look after the feet a little better.

*It also helps if you can't count to 5, can turn off all conscious thought, and generally disconnect from the sane world. Have a great time

*Find a support group. I have had a lot of enjoyment running with my son Lachlan this year. I almost inspired him to run a couple of years ago after my first FFFM. He may be smart in waiting a while and letting me peak and burn out first. Whilst we made our own little group there is a quite special supportive, encouraging culture within the BBR. I would certainly not be doing some of the things I am without the unselfish support and encouragement of all the club members. Previously to running I raced yachts most of my life and whilst people were friendly there was always an undercurrent of holding something back to gain a competitive technical edge. With running there is only you and fast or slow, everyone at BBR supports you. Make the most of this special group and let them help you.

Jeff



GNW100s RACE REPORT by Gavin Markey

Now I know why!!

I'm not sure if it was when I saw the incredible views, the green rainforest tracks, the feeling of euphoria when running towards the finish-line (with tears in my eyes when I saw Bek) or the point when you know your going to finish this brutally gruelling race (about 65kms), but that's the point when you realise "This is why I'm doing it" and can finally answer all those people/critics that asked you why and thought you're mad!! The unfortunate thing is that once your finished, that exact answer that was so clear in your head while running, just seems to fade away and all you can answer is "because it was incredible", once again relegating you to the "mad" category.

For each person it is different, and that is perhaps why it is so hard to understand, but I now know why!!! I just can't remember....

What an event, from the overall organisation, to the course and to the amazing support, it is a day in my life that I will never forget and one that I can look back on and say "I was truly alive and living life to the fullest".

Being my first long ultra, I had no real idea on what to expect, which is why it came as a real shock to me when 2 Km's into the race and the first slight uphill, everyone began walking!! What's this? isn't this a running race? No, this is an endurance race!! one where much more than just training and running play the part. It will come down to guts, determination, mental strength, conservation, preservation and the all important nutrition and hydration.

Was I prepared enough? well I can answer this in two ways, 1. Training- probably not, not enough hours on my feet and not enough hill training, both up and down. I think another month on my legs would have gone a long way, which plays a huge part towards helping you during those mental battles you fight (some of which I lost, but at least I won the war!!), 2. Planning/support- Yes, this is what I believe got me through the event and helped me to finish strong and thinking of next year!! My nutrition and hydration plans were well executed and I was lucky enough to have a fantastic support crew, in Rebekah, that really made a huge difference in me being able to focus on just running. The 6 p's really helped when setting everything up for each stage (Prior Planning ,



Prevents Piss Poor Performance).

As for a description of the day and the run itself, I can't really tell you much as it really does go by very quickly. I know that it was hard, with plenty,

plenty, plenty of hills and also plenty of hills and then a few hills, it finishes on and incline, was very dark after the sun went down, was very hot when it was up, had awesome views, amazing camaraderie between all competitors and support crews and at the end, a medal (which I think is hanging in my daughters room now as part of **her** achievements), a pat on the back and a huge hug and kiss from Bek, which, I think, is what its all about.

Yip, I am alive and living!! that's why.

Cheers Gav

A word from me! - Bek

Thanks to you all for the support that you have shown to me with this newsletter. I have to come clean that without you all inspiring me with the topics of interests that you have all chatted to me about and **Pete Fal-lows** spell checking and correcting my errors AND his articles, I would not have got the first or any of them off the ground.. Now its been 6 months of newsletters and I hope that you are all enjoying them as much as I am writing them. Its been great.



We really have an amazing club... You are all so supportive of each other and I believe that is what will keep us strong both in the club spirit and the continuance of this incredible club..

I really cannot believe that it took Gav all those years to turn me into a "real runner" and to meet all of you amazing people..

Wishes for an awesome Christmas and a safe and Happy 2012!

Until the new year.. Where I will either be running in the Black Stump or Hosing you all down!

Take care and **THANK YOU!**

Beks (ps. Thought it apt to put it on Gavs page)



KEVIN HEATON

ANOTHER BRICK IN THE WALL

DNF 103.7KM into a 173.7Km Race by Kevin Heaton

This will be very short because I am not in the mood to relive the emotions I have had in the last 36hrs.

I start GNW100 feeling great. Ran well and in total control and even got into and out of the basin in the light never seen the basin in the light before. Feeling great running towards CP4 and arrived at the road on night fall. Jogging/walking up the road and night falls properly and I was totally alone no light no people nothing very quiet and quite relaxing. Then thing started to go belly up I started vomiting. Vomiting during the day is kind of normal for me but it was cooling down and to start this at this time in the race was just wrong. I must have vomited about 4 times and was feeling quite tired. I see a sign that says 3.5km to Yarramalong and I think all going well only another 35 minutes and then I can have a sit down. Then suddenly I felt like I was going to pass out very light headed so I slowed to a very slow walk. It got no better and then got worse and I felt like I was going to pass out. So I sat down and then lay down on the side of the road. Yes I lay on the side of the road, only a couple of minutes and then started walking again. I guess I went about another 1.5kms then the same again, lay down.

This time I fell asleep being woken up by 2 runners. It was David and John. I walked in to CP4 and then spent the next 1:35 minutes lay down in medical feeling like crap. Some great friends most BBRs looked after me as well as the doctors and I felt like I came good again after a number of cups of tea and 3 cups of soup and I felt OK again. I left CP4 with Paul Every a great friend feeling good.

We just walked I think it was about 35 minutes later and my breathing suddenly started getting very shallow and then my heart rate went very high. I stop and could not get my breath at all so I sat down. Not sure how long I was waiting but a couple of runners turned up. No idea who it was but everybody was talking to me and saying I was OK. I just told them to keep going I could not think and my head was spinning and I just wanted to be alone.

I turned around and walked back to CP4.

After a while walking down the hill my head came good again and I did think about going back up the hill but I remember Jane passing out last year in the last section so I did what I think was the correct thing and continued on to CP4 and a DNF.

Got a lift home from Michael McGrath thanks mate.

Needless to say I am a little upset and down at the moment but that is ultra running. Some days it goes well, others it kicks your butt. I don't know what went wrong maybe not enough food/drink but I don't think I did anything differently to normal. Maybe I need to do something differently with my nutrition and liquid intake.

If anybody has any good ideas always willing to listen and learn.

I still think I did the correct thing pulling out and my wife knows how stubborn I can be and she is proud of me for pulling out and knowing my limits. And all said and done if I finish or do not finish a race it makes no difference to anybody else but me. At least I live another day and have fun with my wife and kids.

Thanks to everybody for your help and support.

And to the Terrigal Trotters for what is still a great race.

I will be back next year. Cheers Kevin (Brick)

KEVIN. WITH ALL OF YOUR ACOMPLISHMENTS YOU DID WELL TO RECOGNISE THAT YOU SHOULD STOP! WE WILL LOOK OUT FOR YOUR NEXT ACCOMPLISHED RESULT.

**GOW
100Km
15 Oct**

**Bogong 2
Hotham
64Km
9 Jan 11
11:28:55**

**Hills
Aths 5k
21 Sept
18:37:36**

**12' track
90km
12:20:00
13 August
11**

**Penrith
Lap the
Lake 10km
1 Oct 11
38:59**

**100 miler
161km trail
Glasshouse
21:21:41
10-11 Sept**

**ANSW
Miranda x/c
4k Relays
Race
28 May 11
15:29**



**3kms
Hills Ath
19 Oct
11:47**

**ANSW HALF
MARATHON
1:27:43
4 Sept 11**

**SMH Half
Marathon
1:29:10
20 May 07**

**ANSW 10km
road
championships
39:15
4 June 11**

**Melbourne
marathon
3:19:23
9 Oct 11**

**Berowra Bush
Runners 10k
handicap
6 Nov 11
42:31**

**Centennial
park 100km
10:34:47
27 Feb 11**

**100km Trail
TNF100
13:58:27
14 May 11**



THE THRILLER FROM MANILA By Chris Graham

I spend a fair bit of time in Asia for work, and as anyone who has been to that part of the world knows, running outside is usually not easy. Usually there is nowhere obvious to run unless you want to dodge cars and people (think of the start of the C2S, yet with more chaos), and even if you could find somewhere you have to put up with the heat and humidity which makes a sauna look more comfortable. Thus, I now confine myself to the treadmills in the hotel gyms.

A few days ago I was in the middle of another trip, and having spent 5 days on treadmills in Bangkok I was starting to get itchy, especially as I had another 8 days to go before I was back in Oz. I was flying to Manila and would be there over the weekend, so I thought that perhaps an opportunity to run outside might be on the cards. "On the cards?" I hear you say, "in Manila! Where can you run there?" Bloody good point. The hotel I stay in, is in Makati, which is really the CBD of Manila, and there is nowhere to run there whatsoever, well except on Sunday mornings when they close down a 1km block till 9am in the morning to allow the locals to walk, run or ride on the street. Better than nothing I thought. But then I remembered that on previous trips, that they have fun runs, so time to search the WWW. And hey presto, I discovered that there were fun runs almost every weekend for the rest of the year, and that on my weekend, Adidas was staging the last of series of events across Asia, called King of the Run close by at a place referred to as the "Fort" (I believe the area used to be one of the US Army bases before being reclaimed and redeveloped when the US moved out). The next question was how far, as I wanted some distance – even better, a Half! So how do I enter? Mmm, problem! Entries closed a few weeks prior. Bugger! Still, I wondered if they may take pity on a foreigner, so I checked with the hotel concierge to see if they could help. Could they help! As it turned out, the Concierge had a mate, who happened to be the supplier of the timing chips for the event. A few phone calls later and I was in. Next problem – I was advised that I needed to register by 3am. Yes, 3 in the morning, as the race was scheduled for a 5am start. 5am! After organising a hotel car for a 2:45am departure, I hurried off to get some dinner and try and get some sleep, knowing that I would have to get up around 2:15am.

Not surprisingly, I got little sleep (constantly checking the clock to see how much more time I would have didn't help either – sound familiar, anyone?). Dressed

and ready to go, I walked out into the hallway to find the first of my amusing sights of the morning – a couple was staggering out of a hotel room, the girl not looking particularly stable on her 4" high heels, and hanging on for grim death to her boyfriend's arm. Interestingly, they declined to get into the lift with me – nervous perhaps at the sight of this fit guy being in the lift with them?? Now down in the lobby, I walked past the hotel's bar to see a bunch more people staggering out. Just imagine – here I am walking out the door wearing singlet and shorts (it was already 26 degrees) amongst couples dressed to the hilt (well perhaps dressed for a good time). Something seemed odd – for me it was them, and for them I am sure, it was me.

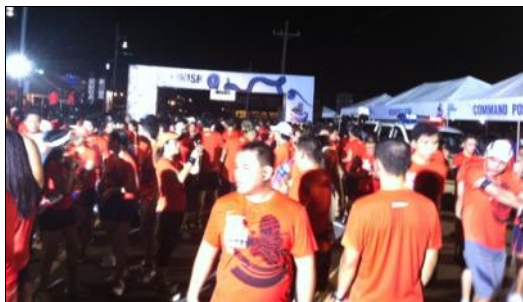
A quick 5min drive to the registration tent, followed by handing over my money (1050 pesos or \$25 for the half – my kind of race fee!) and picking up race number and singlet. Now, where is everyone? Yes, as I thought, no one turns up 2hrs prior! Probably from about 4am onwards people started appearing. So for the next hour I wandered around the Expo. Talking about massive. There must have been 30-40 stalls from sponsors already set up and manned by the locals with free gifts to be handed out. As I discovered post-race, the locals love a freebie – the queues looked longer than the number of people at the start line.

There were 3 races on the day – the half marathon, a 10mile race and a 5km race with supposedly over 14,000 people running, 4,000 of which were lined up for the Half. Having visited the lovely portaloos (mmm, they looked similar to the ones in Aus, except they were more like a pit toilet – no doubt there would be some ugly smells later in the day when they warmed up!) in the dark (now where's that toilet seat), I moved off to check out the noise. Lo and behold, there was a DJ revving up the crowd, and for that matter the whole of the town as the speakers were on full tilt. Then came the gym instructor with a warm-up. "lift your arms, march on the spot, 10 more...." It was like being in an aerobics class with everyone following the instructions. What planet was this!





THE THRILLER FROM MANILA By Chris Graham



Other than the fact that everyone must have been bugged from their 10min warm-up routine, the

other amazing sight, was the sight of 4,000 people all wearing 4 or 5 different fluorescent Addidas singlets – now there is some good marketing. As part of the entry, they gave everyone a singlet, and clearly the locals love them, as everyone was wearing them. I was glad that I had made the decision to put mine on, otherwise I would have stood out for more than one reason.

Then the countdown began, and bang, off we went. 40 seconds later I was across the start line as I had decided that considering how warm it was (I later learnt that they start marathons at 2 in the morning to help beat the heat) that there was no point in going crazy at the start. Of course, the desire to run quickly soon overtook me, and I was weaving my way around people who like every other fun run were up the front when they should have been down the back. It took me a good couple of km to get into a position whereby I didn't need to side step around someone. From that point on, it was time to knuckle down.

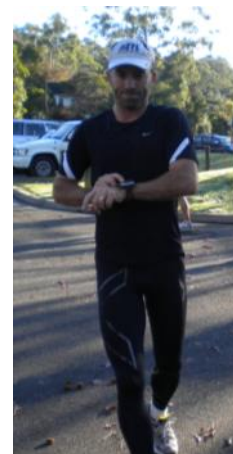
My split for the first 2km was well over 9min, and when I saw the next km go by in around 4:30 I knew that any ideas of a fast time were fanciful, especially as I thought I was running pretty well – the heat was already making things seem much harder. Based on this, I decided that I would just aim to keep below 4:30kms and try and run a steady race. The first few kms saw us running around in all sorts of loops, such that I had absolutely no idea which direction I was going in, or where I was in relation to the start/finish area. As I noticed afterwards when looking at the map generated by my GPS, I had indeed run around and around in different directions, so at least I go that bit right. As it was still dark, and the street lights were poor you had to watch where your feet went, so it made the first few kms go by really quickly, that and the fact that there were still plenty of people to catch and pass. Apparently the year prior they had few hydration stations and they also ran out – to make amends this year, they had them every 1 to 1.5km and they had thousands of drinks. For me, who hates running in hot and humid weather at the best of times, this was just what I needed, so at every hydration stop I was grabbing a drink. Even

more impressive they seemed to get the mix right for the sports drink – as most of us know, this isn't often the case.

So, the run kept going, and I kept overtaking people. In hindsight, I don't think anyone passed me after the first couple of hundred metres – it's always a nice way to run, catch and pass the person in front. After about 8km we headed out onto a long and out and back section that with daylight upon us, gave me the chance to check out some of the local scenery. Probably the next most interesting part of the run was after I had turned around and was heading back to the start/finish area. We had to cross a couple of major road intersections – boy, the locals were not happy as they watched several thousand people run through. It even got to the point where it looked like the cars at the front were just going to ignore the organisers and drive through. As I was up near the front, they probably hadn't been there that long – they were already honking the horns big time in frustration - so I can only guess what might have happened over the next hour as everyone ran by.

The rest of the run ticked over pretty uneventfully, with only a few more people passed in the last 5-6km (where was everyone?). My speed was fairly consistent all the way. One long small incline to the last turn around at about 19km and then it was off to the finish line which was packed with people finishing from the 5km race. Across the finish line, and in search of drinks I went! Having downed some bottles, and wondering how much weight I had lost despite my drinking efforts, I then staggered around for a while checking out the stalls before picking up my gear, and finding a taxi back to the hotel. Back in my room for a nice shower at 7:30am followed by some waffles and ice-cream. The day had begun. Now I wonder if that couple were still going strong or had collapsed somewhere.

For those that care – I finished in 1.31:30 (well outside my PB, but a pretty solid hit out) with pretty well even first and second half splits, with an average HR of 171 (that's what heat does!) and placed 10th out of 2461 finishers (not sure what happened to the other 1500 people??). As per usual, there were several Kenyans up front with the winner doing around 70min, not bad considering the conditions. Cheers
Chris





GNW 100s - 2011 by Noel



First time 100 miles +

Having competed in the 100 km event in 2010 it was time to step up to the big daddy, the 100 miler or in this case the 107.9 miler (and believe me, the extra 7.9 miles does make a difference). The Great North Walk course is no stroll in the park, 175km of trails, tracks and roads with over 6,000m of ascent and descent. I would be taking on one of the toughest events on offer in Australia

and even though I felt comfortable with the terrain and the course I really needed everything to go right to make this a successful bid. I had never attempted to go beyond the 100 km mark before so this was going to be a whole new experience. I had no idea how, or if I would cope, whether my body would hold up and how it might affect me if I didn't succeed.

Pre-race

Preparation had been mixed with five weeks out through August and early September due to a suspected stress fracture in the left tibia. I still had eight weeks or so to get up to speed and did all I could to get ready. In hindsight I think the break did me good, I did a lot of kms on the bike and gave the legs a good rest from impact. I knew I had the volume from earlier in the year and as I kept telling myself "it's 20% physical – 80% mental". Yeah right!

I managed to get out to train on the course quite a bit in 2010, this time around I didn't have quite the same access. I felt OK about the first 100 km as I had run it in training and as a race. The last 70km was a different story, so I concentrated on the last 3 legs in training this time, managing to cover most of it. I even got out in the dark and ran much of the final leg with the head lamp on. The going was extremely slow and it caused me to drastically reassess my likely finishing time.

Kevin Heaton headed over Friday night to stay so we could get the early start we needed. Even though we would be staying up through the following night there was no avoiding the 3:00am start. I managed about 5 hours of fitful sleep and as usual woke before the alarm.

Justine Laughton, my champion crew, arrived right on time. Pete Thomas who would also travel up with us, turned up soon after and the four of us were on our

way. The journey to Newcastle was full of the usual running related chat with Kevin reinforcing the dangers of going out too hard – I think he thought my expected splits were a bit ambitious. We made the start area with time to spare and followed the check-in procedure, this included a weigh-in. A number of races now use this system to monitor competitors' weight loss (& gain) throughout the event as a safety measure, we were to be checked again every 50km or so.

With the race briefing over, photos in the bag and everything organised the race got under way right on time.

The run

The field this year was of a significantly higher calibre and I knew it would be suicide to try and go out with the front runners so I held back at the start and concentrated on running my own race. Last year I had spent a great deal of my preparation time running with Beth Cardelli who went on to win in a new female record, we ran together for much of the opening leg, pacing each other. This time Beth was injured and unable to run so I was on my own and determined not to let anyone else influence my plans.

The early parts of the race are well populated with runners and there is usually someone to run with for a bit of a chat. I came across some old friends, some fellow Berowra Bush Runners and I met some new faces, helping the hours and kms pass quickly. On the descent into Heaton Gap I was in front in a group of four (Nikolay, Dan Bleakman & Damian), we passed a course marker that someone had placed 3 jelly snakes on top of (why?). As I passed, without thinking of the implications I said "look, snakes!" Needless to say the reaction from behind was not kind once they realised I was talking about lollies.

The massive climb from Heaton Gap didn't seem as bad as I remembered (a benefit of not seeing the course for a year), the rainforest was negotiated with no errors and the first checkpoint reached with little fuss – except for the cramps. After about 20km I got the first of many, pulling up to stretch and wait for the pain to dissipate.

Cramps would hamper me from time to time for the next 80km making for some comical visits to the checkpoints. Interestingly there was no problem in the back half of the race, maybe the cool of night or the ridiculously slow pace made me less susceptible, either way I was glad to see the back of them.

Justine was all set for a fast turn around and I was in, fuelled up and out in just 5 minutes, slightly up on my expected splits.

I spent much of the next leg alone and had an uneventful run into Congewai. The final 6km into the checkpoint is



notorious for its open road exposed to the heat and humidity. Though not as hot as last year it certainly didn't disappoint. I adopted a reward strategy here, run 900m then take a walk for the next 100m. This kept the kms ticking over and I was soon at the checkpoint 40 minutes ahead of my ETA. Weighing in I'd dropped almost 2kg (well within the allowed variation of 5%), so I was OK for now. It seemed odd to me that we were weighed at the start, full of food and fluid, then weighed as soon as we entered CP 2, before having a chance to eat and drink anything.

A blister had developed on my heel which needed attention. Sitting down was not an option my cramping legs were prepared to countenance so with the help of the 'assistant crew' I got my shoes off, cut the blister open with scissors, bandaged it up, changed shoes and got ready to head off. This checkpoint had been a disaster in the previous year as the mandatory gear check went pear shaped, this time I was ready and on my best behaviour. 13 minutes was a little longer than I'd planned for but I did what had to be done. The little out and back here gave me the chance to see a few of the others as I exited. The climb to the communications tower shortly after CP2 is brutal. I really suffered here last year and this time I hoped I could get up a little faster. Over 2.5km the trail ascends 320m with a nasty kick at the end. I had to take a couple of short breaks to get the heart rate down and eventually made it to the top. I had been passed by a couple of others including Nikolay and Andy the Welshman but was not concerned. At the top I took a short break to refuel and regroup before heading off. I was now amongst a small group including Gordi, Jess (eventual 2nd place female) and Meredith (who would go on to win the female title in record time), we stayed together until I got another bout of cramp on the descent into Watagan Creek. I caught them again on the climb to the unmanned water stop (another killer 200m+ in 1km) and here I kicked on with Meredith through the rainforest into The Basin and Checkpoint 3.

I was feeling quite good at this point and as the leeches were removed from my feet I watched Meredith take off again – I didn't care and knew I would probably get her on the next climb. A quick 6 minute turn around from the crew (I felt like a Formula 1 car coming into the pits) had me heading back out onto the trail that had brought me in. This 3km out and back is another chance to see who is behind and how they are fairing. Michael Sims, Jeff Hodder were looking solid. Dan, Gordi, Nikolay and Damo were all there and Jess was hot on my heels. At the stairs that lead to the next section I saw Kevin, he was looking good and running within himself.

I did catch Meredith and soon after ran into Andrew Layson, he had made a wrong turn and was doubling back – I felt his pain. I pushed on and made the most of the fact that I was feeling good. I reached Cedar Brush Road and with 11 relatively easy kms to Checkpoint 4 and the 100km mark I was well on track for a decent time. In fact I worked out that if I could run this section well I might just get under my 100km time from 2010 (14:08). Head down, tail up, I employed the 900/100 strategy again and made good progress, this ended up being my strongest leg. Nearing the checkpoint darkness descended and I had to stop and don the safety vest and headlight I was carrying. I flew over the last 1km as I could see the 14 hour mark approach – and made it, 13:59, a 9 minute PB. Absolutely stoked with how it was going there was no question of pulling out now, I was going all the way.

The weigh in was fine, up 300g, ye-ha. I decided to take a bit of time here to eat some solid food and have a good drink before teaming up with my pacer, Chris Graham and heading out. [It is permitted under the race rules to run with support in the form of a 'pacer' from CP4 to the finish. This pacer is there for safety, companionship and to aid in navigation. They have to carry the same mandatory equipment as the runner and are not permitted to assist by taking food / water for the runner].

The climb out of Yarramalong, up Bumble Hill is another one of the major obstacles on the course. We took our time here reaching the road at the top with little difficulty. This is where my legs started to feel sore for the first time, it wasn't going up that hurt, it was going down. And this was the start of a long descent.

After reaching the field archery centre we headed along the trail and soon things didn't feel right, remember it's pitch dark by now. We hadn't seen a course marker for over 2km and I began to feel like we'd missed a turn. After consulting the course directions (why didn't we look at the map?) it appeared we had missed a turn, so we doubled back. Still nothing to indicate where we'd gone wrong, so back down the track we went. As it turned out we were right all along, if we'd just kept going a bit further beyond the original turnaround point we would've seen the next turn. It just goes to show that it's easy to get a bit paranoid, which creates uncertainty which leads to bad decisions. In the end it cost 4+kms and an estimated 45 minutes. It could have been worse, others made detours and wrong turns that cost far more. Ultimately the damage was more psychological than anything, bouncing back from a situation like



this is difficult when there isn't much spring left in your step.

We carried on Ourimbah Creek Road with a mixture of running and walking. The final 6 or 7km into Somersby would prove too much for me as I began to crumble. There will always be highs and lows in a race like this and getting through the lows to fight another day is what it's all about. I was at my lowest here and started to tell Chris I think I might pull out. He was great, he didn't try to talk me out of it, he just encouraged me to keep going "then we'll see". My legs were in a lot of pain now, going down any incline or step was agony and I couldn't see how I could get another 50km out of them. My stomach had been playing up and keeping food down was also becoming an issue.

We eventually made it into Somersby much to the relief of Justine who was getting concerned. Despite having lost over an hour we were not a long way off the target I had set myself. Beth and Brian were at the checkpoint with Justine, they weren't going to let me pull out that easily. I spent over half an hour here, had a lie down for a bit, went to the toilet, ate some food, drank some dry ginger ale (my checkpoint drink of choice) and without too much convincing (Beth kept telling me this was my "favourite leg") got back on the pegs and headed out.

We shuffled along out of Somersby and it was true, I did like this leg, maybe it was because it was relatively flat and short. I started to pick up and aside from the downhill past the dam, where my legs were screaming, I had a much better time of it into the final checkpoint.

Chris and I approached Mooney Mooney Creek Bridge as the sun started to make overtures to a new day. The birds were going berserk and there was light at the end of the tunnel. Suddenly full of energy we entered the checkpoint and all I wanted to do was get on with it. Chris had some pizza but I didn't eat much as I just wanted to get going. We received news that National Parks had an operation involving helicopters moving trees over the track, we may be held up for a bit. The other problem was that a runner ahead of us was in difficulty, we would be next on the scene and the race director asked if we could check on the situation and report back. It turned out he was alone, had stopped completely exhausted, fell asleep and was now in pretty poor shape. He had been there for 3 hours but when we got to him he was moving along and would eventually be next to finish after me, the last 25km having taken him nearly 8 hours. I was anxious to get going so we departed with Chris still eating pizza and me forgetting my hat.

This final leg was the part I had run in the dark, ironically the sun was rising on what would be another warm day and the whole leg would be in the light. This made a huge difference. I had allowed 5 hours to cover this section, in the end it took 4:46 so I was pretty pleased. We made a minor navigational error after crossing the suspension bridge, but nothing too major. I shuffled along still finding anything like steps and downhills rather painful. It got to the point where I had to go down steep sections backwards to make it bearable. Some of the fire trails here are quite runnable so some of the time lost on the difficult terrain was made up here. Onto the Waratah Road and the end was in sight, we passed the trig station then it was a long steep descent to the beach, just what I didn't need. At this point Nikolay came storming past and looking like he'd just started. I was his sixth scalp on this final leg but I didn't care, I wanted to finish and it didn't matter where.

We eventually hit Patonga Beach and with the sound of the clanging bell in our ears we pressed forward running as best we could in the wet soggy sand. My son Tristan had come out to meet us, he ran along with me and I knew I'd made it. I had eyes for one thing – the pier. I made a bee line for it and missed the finish line completely. The crowd was yelling at me to cross the line which I eventually did. The ceremonial kissing of the final GNW marker out of the way I received my finishers medal and felt the relief of being able to stop.

Post race

I hadn't felt tired at all through the night but now I was really sleepy. I had a dip in the water to wash off, enjoyed an icy pole then lay down on a towel where I stayed for some time. Nikolay and I had fish and chips as we lay in exhausted conversation. I could hear others finishing and I wanted to watch but just couldn't get up. Then I slept. The volunteers who looked after us all the way were incredible. An event like this would be impossible without them and I thank them and Race Director Dave Byrnes from the bottom of my heart – a truly remarkable piece of logistics.

Thanks to Beth, Brian, Lynette and all the other 'assistants' who helped me through the checkpoints, it's all a bit of a blur as to who was where when but I know I was grateful you were there to help.

Above all I have to say a huge thanks to Justine and Chris for giving up their weekend in order to follow some crazy idiot through hundreds of kms of driving and running to see me safely to the line, completing what was an incredible journey. Justine's dedication stretched beyond belief when she turned up at my house the next day with printed photos. Amazing.



GNW 100s - 2011 by Noel Annett cont

I had a swollen ankle and a few blisters but was otherwise unscathed. After a day or two and some sleep I came good and was back running a few days later.

The wash-up

The winner was Andrew Vise in 22:02, smashing the record – what an amazing run. Meredith finished in 25:03, another extraordinary run and record.

As for me, I'd set out thinking 28 hours was realistic, I finished in **28:24** and was pretty happy with that for a debut. I was 15th overall and 4th in the 40-49 age group (3rd was only one minute in front of me – wish I'd known). I managed to stick to the plan pretty well only under performing in one sector. The weather was favourable, many say the best conditions ever

throughout the day and night, so we may not be so lucky in the future.

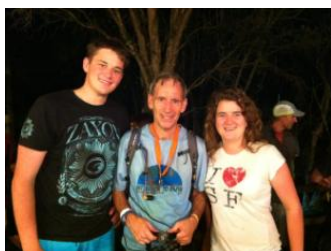
If you are interested in the full results they can be found at: http://www.terrigoaltrotters.com.au/GNW100s_Past_Years/GNW100s_Results_2011.htm

Will I do it again? It's hard to think I won't give it another go. Now that I've tried and survived I feel the need to put what I've learned into practise on a more ambitious schedule. I think I can take a couple of hours off if all goes well.

And the best thing of all – now 100km just won't seem that far! Noel

PHOTO BOARD





It's always something silly that catches you. I'd been training for my first GNW for months, testing different foods/drinks during training runs, soaking up advice from GNW veterans and closely following a training program.

Then two weeks before the event I strain myself lifting a wheel-barrow full of pool salt! Several trips to the physio (thanks Jacqui – you work miracles), a week of rest and appropriate taping and I found myself at the start of my inaugural GNW.

Happy to be there with my support crew (Ben and Belinda), it was great to meet up with other Bush Runners and soak in the pre-race buzz. A few photos, a pre-race briefing and we were off – at what seemed like a shuffle. You know it's a long run when virtually the whole field starts walking after 1km on the first hill.

The first leg flew by. It was great to spend time with Gavin and Jeff (and a couple of other runners) running/clambering our way through the rain forest. Really beautiful territory – but had to be careful not to trip on the vines. We took the first serious hill to the Communications tower and CP1 at an easy pace, to find the checkpoint a hot house of activity. All the support crews had been sitting around for some time, and were ready to go. Ben & Belinda had a tin of baked beans warmed and ready – and I enjoyed scoffing them down while they refilled my camel back. Jeff was very quick out of the CP - little did I know he was headed for a course record for his age group – I wish I'd stuck with him.

The energy of the CP was infectious, and I found myself powering along. It took me a few minutes to recognise I was probably a bit too pumped, and slow myself to a more sustainable (over 100km) pace. The second leg was pretty uneventful – I ran for some time with Jess – a runner who was doing her first 100 miler. It was great to have the company because the stretch along Georges Rd is a bit boring. I'm a bit slow down hills, so I lost Jess on the run down to Congewoi Rd. Congewoi Rd was hot and dusty with little shade (it turned out to be the hottest part of the day), and I was glad to get to CP2. On weighing in I'd lost 1.8kg. Pretty happy with that, and enjoyed another tin of beans and a bottle of mango/banana nectar while Ben & Belinda attended to my backpack. A bottle water over the head to cool down, and I started onto the hilliest leg of the course. Soon after leaving CP2 I met Gavin coming the other way – it

was distressing to see he was struggling with his knee. I hoped he'd be able to keep going.

The run to CP3 had it all. Huge hills that just keep going, fantastic views, rainforest, and a massive storm. The rain drops were massive, within 3-4 minutes the track turned into a river. Another runner stopped to put on his rain coat, but I was loving the rain and felt energised. I sloshed along wondering whether being at the top of the Watagan Mountains in a Thunderstorm was really the smartest place to be. Still, there's nowhere to hide, so nothing for it but to keep running. My biggest scare of the race occurred when I hit Murrays Forest Rd. I suddenly started to cramp in my left thigh. Fortunately a few stretches and a dose of hydrolyte fixed me up and I didn't lose much time.

The turn-off to CP3 is well known to be a bit tricky. Beth had warned me NOT to go up the hill at the sign – but in a rush, I took the wrong turn and did exactly what I shouldn't have done. So dumb! It's a funny thing that you don't take 30secs to read a sign properly because you're trying to keep moving, but are prepared to waste 15mins going the wrong way as a result. I realised my error after 5-10mins, and was rewarded for my stupidity by the embarrassment of meeting Noel who had been to CP3, and was well on his way to the next CP.

CP3 is located in an idyllic camping spot. I enjoyed a hot cup of coffee while Belinda taped up blisters on my feet. Clean socks, a visit to the long drop and I checked out for the final leg. It was great to get an Icy Pole on leaving the CP. A great morale booster.

Shortly after leaving I ran into Gavin. It was great to see he'd pushed past his knee problems, and he was powering. Following the (now correct) trail took me to the top of the final big hill. It's all down hill (ish) from here! As darkness fell, Gavin caught up with me, and we ran into the darkness together. We were both glad to be able to share a wonderful experience in the forest running down to the Cedar Brush Track head. I started seeing lights flashing all around me. At first I thought I must be more fatigued than I was feeling, but was relieved that Gavin was having the same experience. We were surrounded by fire flies! All around, it was as if someone had hung Christmas lights in the bush – just for us. It was like a scene from Peter Pan. Ethereal. Unreal.

Brush Creek Rd seems to never end. The elevation profile says it's almost all down hill – NO WAY. The darkness makes it hard to work out the slope, but definitely not the downhill we expected. No matter, the end was in sight, and the final turn at Ravensdale Rd gave us both a kick. We ran solidly to the finish and crossed together. A really special moment and a great memory to share.

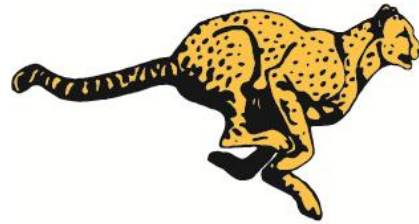


Such a buzz to finish, and great to see BBR's there to support.

What will I remember from my first GNW? The camaraderie between runners and support crews – soooo different from the big commercial runs. My daughter overcoming her foot phobia to tape my blisters at CP3. Running through the bush at night surrounded by fireflies. Finishing the run in good company (good on you Gavin).

The experience was made all the better because I could share it with friends and family. Thanks Ben and Belinda for all your support – you made it a great day.

Overall a great experience and one I'd highly recommend. Can't wait for my next one.



Running Wild Fitness
Berowra Heights

A WORD FROM RUNNING WILD FITNESS by Meredith Huxley

Is it time to supplement your running with some cross training?

Runners often find the Spin class useful for cross training or while carrying an injury.

Specific gym exercises are helpful for muscle imbalances, strengthening and rehabilitation after an injury.

The gym can also be useful when the weather is extremely hot or wet outside. There is a great range of cardio equipment—treadmills, cross trainers, program bikes, spin bikes etc.

There are resistance machines, free weights and all manner of other equipment.

Check out our website www.runningwildfitness.com.au for more information and our current timetable.

Or phone 9456 3242 or better still call in for a chat. We are at Marketplace, under IGA, in Turner Road, Berowra Heights.

RUNNING WILD FITNESS

Supports the Berowra Bush Runners..

Why don't you pop down to see Merridy and her team at Running Wild fitness in the Market Place Shopping Centre. or call for a fitness assessment on 94563242

Running Wild Fitness offers a great timetable to help you obtain your running or fitness goals.. www.runningwildfitness.com.au

GYM TIMETABLE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am - 1.00pm	6:00am - 1.00pm	7:00am - 1.00pm	6:00am - 1.00pm	7:00am - 1.00pm	7:00am - 1.00pm
&	&	&	&		
4:00pm - 8:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm	4:00pm - 8:00pm		
CLASS TIMETABLE					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SPIN 6:00am - 7:00am		SPIN 5:30am - 6:30am			SPIN 7:00am - 8:00am
	BEGINNERS SPIN 9:00am - 10:00am	TAI CHI BEGIN'RS 9.00am - 10.00am ADV 9.30AM - 10.30AM	SPIN 9:00am - 10:00am	BEGINNERS SPIN 9:00am - 10:00am	YOGA 8.00am - 9.15am
KIM'S GROUP P.T 10.00am - 11.00am		CAS'S CIRCUIT 10.30am - 11.30am	BOXERCISE 10.00am - 11.00am		MITTS & PADS BOXING 9.30am
	SENIOR CIRCUIT 11:00am - 12:00 noon			SANDRA'S GROUP P.T 11.00am - 12.00am	ZUMBA 10:30am - 11:30am
BEGINNERS STRENGTH CLASS 12:00 - 1:00pm		ACTIVE BALANCE 11.30am - 12.30pm			
			BEGINNERS SPIN COMBO 4.30pm - 5.30pm		
ADV SPIN COMBO 6.00pm - 7.00pm	BOXING CIRCUIT 5:30pm - 6:30pm	BEGINNERS STRENGTH CLASS SPIN 6:00pm - 7:00pm	BEGINNERS SPIN COMBO 5:30pm - 6:30pm		
ZUMBA 7:00pm - 8:00pm	BUTT, ABS & THIGHS 6:30pm - 7:30pm	PILATES 7.00pm - 8.00pm	CRAIG'S CIRCUIT 7:00pm - 8:00pm		
	YOGA 7:30pm - 9:00pm				
					as at 29 October, 2011
		BEGINNERS STRENGTH CLASS SPIN 6:00pm - 7:00pm	BEGINNERS SPIN COMBO 4.30pm - 5.30pm		
ADV SPIN COMBO 6.00pm - 7.00pm	BOXING CIRCUIT 5:30pm - 6:30pm	PILATES 7.00pm - 8.00pm	BEGINNERS SPIN COMBO 5:30pm - 6:30pm		
ZUMBA 7:00pm - 8:00pm	BUTT, ABS & THIGHS 6:30pm - 7:30pm				
	YOGA 7:30pm - 9:00pm		CRAIG'S CIRCUIT 7:00pm - 8:00pm		



**GET YOUR SHORTS
ON AND MEET US
SUNDAY MORNING
7.15am
WARRINA OVAL,**

Its your club and your voice.. So lets hear it!

THE BEROWRA BUSH RUNNERS was first founded in 1987 by a local group of friends for a regular run together.

Now, in 2011...

BBR aim is to promote fitness through running and walking in Berowra and surrounding districts. To provide an awareness of the value of physical fitness through the local community. To provide an opportunity for members of the Berowra Bush Runners to meet and run/walk together as a group. To provide an opportunity for members of the BBR to improve there fitness through participation in handicap runs and to compete as a team in applicable fun runs.

LETTERS TO THE EDITOR
should be sent to
info@australiancharters.com.au
All submissions, tips, blogs,
photos or articles are to be
received by 20th January for the
February newsletter, thanks
We look forward to hearing from
you.

Mem-

WE ARE ON THE WEB!
www.berowrabushrunners.com



Brian
Cardelli

President



Jackie
Watts

**Secretary/
Treasurer**



Peter
Fallows

Web Master



Chris
Graham

Handicapper



Rebekah
Markey
**Sponsorship/
Publicity
Newsletter**



WE ARE ON FACEBOOK..
Have you found us?
[BEROWRA BUSH RUNNERS](https://www.facebook.com/BerowraBushRunners)

THE BEROWRA BUSH RUNNERS COMMITTEE



**WE WISH TO YOU AND YOUR FAMILIES A VERY
MERRY CHRISTMAS AND A SAFE AND HAPPY NEW
YEAR..**

**LET THE NEW YEAR BE INJURY FREE, FULL OF PB'S
AND BRING YOU ALL THAT YOU WISH FOR
AND MORE.**

**SEE YOU LATER 2011,
BRING ON 2012**

