



# RACE RESULTS and EVENTS

## BEROWRA BUSH RUNNERS FEBRUARY /MARCH CALENDAR

### FEBRUARY

- February 5 BBR Handicap  
Traditional 10 or 5k  
AGM
- February 12 Cowan via Highway  
(Glendale to Turner)
- February 19 Bush Run—Reverse
- February 26 Beep Test

### MARCH

- March 4 BBR Handicap  
Reverse 10 or 5k
- March 11 Bush Run—Traditional
- March 18 Ferry Run via Alston— Currawong
- March 25 Sam's Creek Run
- March 25 BBR Family Social Event  
Berowra Tavern 3pm

## 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.

## RUNS TO LOOK FORWARD TO

- |                            |   |
|----------------------------|---|
| Saturday March 10, 2012    | <u>Six Foot Track (45 km)</u>                         |
| Sunday May 20, 2012        | <u>SMH Half-Marathon (21.1 km)</u>                    |
| Sunday June 17, 2012       | <u>Bay to Bay, Woy Woy (12 km)</u>                    |
| Sunday June 24, 2012       | <u>Woodford to Glenbrook (25 km)</u>                  |
| Sunday August 12, 2012     | <u>City To Surf (14 km)</u>                           |
| Friday August 24, 2012     | <u>Oxfam Trailwalker (100 km)</u>                     |
| Saturday August 25, 2012   | <u>Mt Wilson to Bilpin ("Willy to Billy") (35 km)</u> |
| Sunday September 16, 2012  | <u>Sydney Running Festival (21.1 / 42.2 km)</u>       |
| Monday October 8, 2012     | <u>Fitzroy Falls Trail Marathon (42.2km)</u>          |
| Saturday November 10, 2012 | <u>Great North Walk (100km / 100mi)</u>               |

## Inter-club Runs

- |                           |                                |
|---------------------------|--------------------------------|
| Sunday April 29, 2012     | GNW run with Terrigal Trotters |
| Sunday September 23, 2012 | GNW run with Terrigal Trotters |

## MEMBER RACE RESULTS

### CADBURY MARATHON, HOBART

Pete Fallows 3:34:13

### CANBERRA HALF IRONMAN

Mark Livy  
Swim 37mins  
Bike 2:47  
Run 1:58  
OVERALL TIME: 5:28:26  
Nathan Parker  
Swim 30mins  
Bike 2:30:00  
Run 1:30:00

OVERALL TIME: 4:34:15

### SMC MARATHON

Gavin Markey 3:29:39

LUXMORE GRUNT (NZ), 27km - December 3rd

Beth Cardelli - 3rd Female - 2:30:12

BOGON TO HOTHAM (VIC), 34km Shortened Race -  
January 6th

Noel Annett - 4:59:47

Beth Cardelli - 1st Female - 5:00:10

Peter Thomas- 5:55:06

KNAPSACK LAP RACE, 5km laps - January 26th

6 hour Event - Solo

Beth Cardelli - 1st Female, 2nd Overall - 12 laps,  
6:07:06

Noel Annett - 11 laps, 6:20:36

Peter Thomas - 10 laps, 6:33:52

Brian Cardelli - 6 laps, 5:00:42

3 hour Event - Team

Captain Doug (Hodder Boys) - 2nd  
Team - 7 laps, 3:07:54



**Running Wild**—A proud supporter  
of Berowra Bush Runners

# PRESENTATION DAY 4th DECEMBER 2011

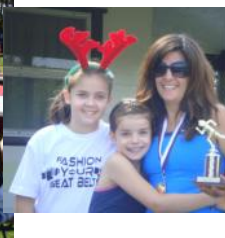
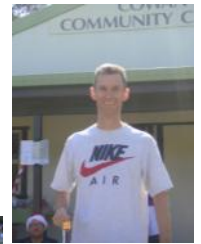


## 2011 FINAL POINTS TABLE

**CONGRATULATIONS TO OUR HANDICAP WINNER  
MICHAEL SIMS—CLUB CHAMPIONSHIP  
REBEKAH MARKEY - RUNNER UP**

**AND the FOLLOWING Monthly Handicap Winners**

|           |                |
|-----------|----------------|
| February  | Nathan Parker  |
| March     | Dave Gallagher |
| April     | George Munro   |
| May       | Michael Sims   |
| June      | Mark Livy      |
| July      | Leo Peterson   |
| August    | Kevin Heaton   |
| September | Peter Fallows  |
| October   | Rebekah Markey |
| November  | Michael Sims   |



# TRAINING TIPS FOR EFFICIENT STRIDE

The more efficient the stride, the faster the athlete. What's holding your stride back?

Your stride length is the distance covered from the time your foot hits the ground to the time it hits again on the same side, encompassing one complete gait cycle. Some variables can complicate the stride, such as terrain, power output, stride frequency, footwear and type of workout, and everyone's individual anatomy affects stride length. To find out if one of these issues is holding your stride back, find a physical therapist or chiropractor who specialises in running injuries and gait biomechanics.

## Lack Of Ankle Rocker

When your foot hits the ground, the ankle needs to dorsiflex, meaning your lower leg must be able to progress over your foot past perpendicular (greater than 90 degrees). Loss of motion means less shock absorption and decreased step length. Tight calves, bad mechanics and weak glutes contribute to this problem.

**Fix it:** Muscular tightness is often a protective measure to replace weakness. Stretch your calf muscles and do shin-strengthening exercises such as walking on your heels with your toes pointed upward.

## Lack of Hip Extension

Your gluteus maximus muscle should be the prime extensor of the hip, but many people rely too heavily on their hamstrings. The problem is that the hamstrings are a two-joint muscle; besides having less of a mechanical advantage for hip extension, they also flex the knee, which shortens step length.

**Fix it:** Strengthen your glutes and increase hip extension with supine bridges. Lie on your back, knees bent, feet on the ground and then lift the pelvis while contracting the glutes.

## Too Large Of A Progression Angle

Remember geometry? The bigger the progression angle (angle of your foot when it hits the ground), the less distance covered and consequently the more steps per kilometre. This can be due to genetics or muscle imbalance and is usually a blend of the two. There is no ideal way to fix this issue at the foot because the problem is usually not local, but often a gluteal weakness—especially in the gluteus medius—leads to poor pelvis control.

**Fix it:** Loop a therapy band around your ankles and do side-step shuffles. Improving gluteus medius strength can help reduce

the need to turn out the feet for added stability.

## Abdominal Under-Use

When your foot is in the air, the abdominal muscles, not the hip flexors, should initiate forward motion of the limb. If you use your hip flexors to bring the leg forward, your glutes will be neurologically inhibited; if they are inhibited, you won't be able to use them to extend your hip.

**Fix it:** Stop doing crunches for your abs—it's not a functional pattern (otherwise we would all walk bent over!). Do front and side planks with independent leg lifts.

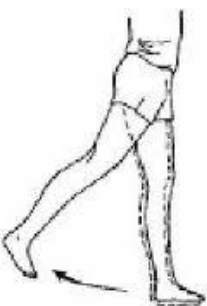
## Glute Under-Use

When the foot is on the ground, the glutes should be king. They control hip and pelvic stability, create rotation and extension, and they decelerate and accelerate the body and limb. If you are not powering each step with the glutes, you are sure to limit your speed, stride, power and acceleration.

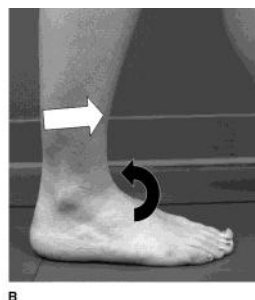
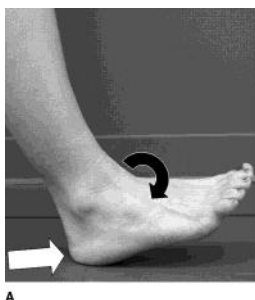
**Fix it:** Do lunges with the back leg glute contracted through the entire lunge.

Source Triathlete Europe

**Getting out of shape is much easier than getting into shape.**



The Bush Runner



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# The Five Most Common Running Injuries

It's this time of year when injuries start to nigggle. It's also a great time of year to sort them out. Let's take a look at the most common injuries and how to fix them.

**PLANTAR FASCIITIS:** Persistent heel pain is the most common of running injury. Most times, the culprit could be pegged as plantar fasciitis—a sharp, tight and painful sensation at the base of the heel that is annoying for some but excruciating for others.

Many describe the first steps out of bed in the morning or the first few strides of a run, as comparable to stepping heel first onto a nail. Eventually, the pain might go away as the day or run carried out, only to return afterward or again the next day. It's a vicious cycle for sure.

What causes plantar fasciitis? Overtraining, overuse and improper or worn-out footwear. The real problem lies in the tight and weakened muscles that aren't able to handle the training you are trying to do.

The fix: Orthotics and high stability shoes often serve as effective band aids and can help eliminate a lot of people's symptoms in a short period of time. They are by no means the only or the best way to make the pain in your heel go away. In the short term, avoiding bare feet, stretching the calves, rolling your feet around on a gold ball and icing the affected area will provide some much-needed relief relatively quickly. Long term, however diligent stretching, combined with strengthening the muscles in and around the feet will address the root of the problem and help offset a reoccurrence of this awful injury.

**ACHILLES TENDINITIS:** A closely related cousin to plantar fasciitis, pain that manifests itself at the back of lower leg just the above the heel is often an issue with the Achilles tendon – the thick band of tissue that attaches the calf muscles to the heel bone. Runners who suffer from Achilles tendinitis will often complain of pain and swelling close to the heel, which is often-times sharp and can be incapacitating.

*What causes Achilles tendinitis?* In some cases, the injury could be traced to tight calves. When lower legs are tight, a lot of strain is put on the Achilles tendon, and over the course of many months of hard training, this awful overuse injury develops. With so little blood flow to this area of the body, the healing process is often slow. Aside from tight calves, unsupportive footwear (Note: the definition of "supportive" depends on the individual) can overburden the Achilles tendon over time, or a quick increase in volume and/or intensity can have the same

effect much more quickly, so it's important to pay attention to both your feet and your training – especially when you're training hard!

*The fix:* Resting, icing and stretching will all help to relieve symptoms, and things such as orthotics, heel lifts and highly structured shoes are short-term solutions. Long term, however, it's worth your while to pay close attention to stretching and strengthening the lower legs, as well as what's on your feet. And of course, keep an eye on your training. Don't do too much, or go too hard, too quickly.

## **IT BAND SYNDROME:**

Iliotibial band friction syndrome is a common cause of knee and hip pain in athletes. Knee pain from this injury is most commonly felt along the outside (lateral) knee and the lower thigh. IT band syndrome may also result in a nagging or acute pain on the outside of the hip.

*What causes IT Band Syndrome?* The most common correlations involve downhill running or always running on the same side of the road. Both put a lot of stress on the side of the knee and cause friction between the IT band and the femur. Over time, the IT band tightens and may swell, pain emerges and eventually intensifies to the point where it keeps runners from running.

*The fix:* Stretching the IT Band, massaging the muscles around the area and foam rolling will help loosen things up, while a regimen of icing and taking ibuprofen will assist in reducing inflammation. Avoid downhill running, and if you always run on the same side of the road, switch directions every so often. According to Ross Tucker and Jonathan Dugas' book, *The Runner's Body*, "overcoming this issue is simply a matter of providing variety, which balances out the impact stresses and minimizes injury risk."

## **RUNNER'S KNEE:**

Feel a constant ache underneath your kneecap when you run? You are more than likely experiencing runner's knee, or patellofemoral knee syndrome. The main symptom is pain just below the kneecap that usually gets worse as the intensity of exercise increases, says Tucker and Dugas.

*What causes runner's knee?* As with the other common running injuries listed here, the answer varies depending on the runner. Everything from uneven running surfaces and poor shoe selection to weak quads and hips, as well as unaddressed biomechanical flaws can contribute to this common injury. In most cases, runner's knee can be traced to the inability of the tissues surrounding the knee to recover in between runs.

*The fix:* If your knee continues to hurt, don't run. If there's inflammation, work on reducing

it with the aforementioned ibuprofen/icing regimen. Long term, switching up the surfaces you run on, making sure you're running in the proper footwear along with employing some simple form fixes will help keep your cranky knee from getting angry with you.

## **SHIN SPLINTS:**

Perhaps the most misunderstood of all the running injuries, the term "shin splints" can refer to any number of ailments that involves pain in the shin area. At their worst, shin splints can turn into a stress fracture along the tibia, and pain will be felt with every stride; in less severe cases, the shin area may be tender and inflamed, and pain lessens a few miles into the run. Either way, shin pain is a sure-fire way to make your running experience rather unenjoyable.

The most common complaints of shin splints come from two different directions: during the first few weeks of a beginning runner's training program, or at the start of high school track season. Why? In both cases, the shin pain could almost be certainly traced back to the sudden spike in volume and intensity during the first week or two of running workouts.

*What causes shin splints?* As mentioned in the preceding paragraph, quick increases in volume and intensity can usually receive the biggest blame. Think about it. When you start running, especially if you haven't been doing much of – or any – of it, what takes almost all of the initial impact forces that run through your body? The lower legs. Combine that with regular running on hard surfaces and worn out or improper footwear and you have a recipe for imminent disaster. And as with many of the aforementioned injuries, tight muscles don't help matters much, either. The less mobile the muscles surrounding your shin are, the more stress there is on the entire area.

*The fix:* Rest, ice and ibuprofen will do wonders right off the bat and will help reduce the tenderness and inflammation. As you ease back into running, pay attention to your training, as well as your equipment and environment. Increasing volume and intensity too quickly will almost always lead to trouble. Running on soft surfaces such as trails or grass will help reduce the impact on your lower legs, and paying close attention to the mileage on your running shoes will ensure that you're not trotting on tired treads.

Source: Triathlete Europe

# 5 Ways to Win the Handicap by Pete Fallows



As we come to the start of a new year, you may be thinking that maybe this is the year for you to become the Berowra Bush Runners' annual champion. And if that is the case, just how many monthly handicaps will you need to win? Well, I can't speak from personal experience, as the best I have ever managed is the 4<sup>th</sup> runner-up in a 5-way tie for first place in 2006. But what I can do is go through the history, and let the records speak for themselves.

ever, if scores are tied at the end of the year, then the person with the most handicap wins will be the winner. If that doesn't resolve it, whoever attended the most races will be the winner. Failing that, the person who has shown the most improvement over the year will be the winner. These rules were required in 2006 when 5 people ended up on 15 points. Mark was declared the winner because he had the equal most wins (1) and the most appearances (9) out of the 5.

**Be nice to the handicapper.** The handicapper is not a heartless automaton ready to punish you as soon as you have a good result. He can actually give you a generous handicap if he so wishes. Therefore, it pays to stay on his good side. Its easier when you are the handicapper, as Chris was when he won in 2005!

So, there you have it – be a new runner, win 2 races (including February), turn up each month, score 18 points and be nice to the handicapper. Or, you could just score more points than everybody else.

## Winners & Runners-up

| Year | Winner          | Points | Runner-up      | Points |
|------|-----------------|--------|----------------|--------|
| 2011 | Michael Sims    | 17     | Rebekah Markey | 16     |
| 2010 | Sarah Trehay    | 19     | Beth Cardelli  | 17     |
| 2009 | Warwick Johnson | 22     | Jeff Hodder    | 18     |
| 2008 | Beth Cardelli   | 21     | Brian Cardelli | 17     |
| 2007 | Tim Watts       | 19     | David Koenig   | 17     |
| 2006 | Mark Peterson   | 15     | Nigel Smith    | 15     |
|      |                 |        | Noel Annett    | 15     |
|      |                 |        | David Cannings | 15     |
|      |                 |        | Peter Fallows  | 15     |
| 2005 | Chris Graham    | 17     | Ted West       | 15     |
| 2004 | John Taylor     | 21     | John Quigley   | 17     |

To start with, here is a list of recent winners and runners-up, and the points they tallied during each year.

From this, my top 5 tips for winning the annual handicap are:

**Score 18 points.** In all the recent years, only once has someone scored 18 points in the year and not won overall. However, the way to get to 18 is ...

**Win 2 months' races.** More often than not, the annual handicap winner has won 2 months' races along the way. And **winning in February** also helps. From the last 8 years, the annual handicap champion has won 2 races in 6 years out of 8, while in 4 years the winner of February has gone on to be the overall champion. While winning February's race is no guarantee for the rest of the year, it does give your handicap as much amount of time as possible to recover from the battering that the handicapper will give you after winning in a month.

Winning two months is easier said than done, however one way to do this is to **be a new runner**. Beth, Warwick & Michael had all been running with the club for less than 2 years when they won the annual handicap. Not that that was the only reason for their success. Each of them was able to lower their personal best (PB) time by more than 3 minutes during the year. Beth managed 6 PBs on the way to winning in 2008. Running multiple PBs is often achievable by a new runner.

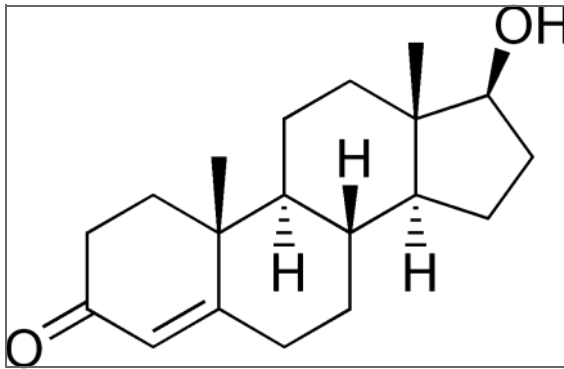
**Turn up each month.** The rules of the handicap are that results from the best 8 (out of a maximum of 10) races are counted towards determining the annual Handicap Champion and Runner-Up. How-



**Without goals, training has no purpose**



# Testosterone should be a banned performance enhancer



Lunch that day was at my brother in-laws hill side farm behind Brunswick Heads. Lunch was excellent and all was well until the after lunch property inspection revealed a billy cart in one of the sheds, brakeless with a plastic seat. It may have been over 45 years since the last time but I could still demonstrate the riding of

Over 30 odd years I have often driven the Pacific Highway, 8 hours nonstop, to visit my in-laws in Ballina. When, after the Black Stump, 2 hours at the wheel was my limit due to the pain in my right hamstring, something needed doing. As Ballina is flat in a way you can't compare to Cowan, I had plans for some major miles of solid 'tempo' type running during to round out preparations for the Overland track, so I duly fronted the first Chiropractor in the phone book who, with a mixture of chiropractic, physio and a few other treatments I can't pronounce, had me feeling much repaired. The next day Doug, Lachlan and I set out for a leisurely 12k. Lachlan was a little sore from the Black Stump so Doug was imperiously cruising away from us as we got to the Richmond River breakwater. 900 flat metres of concrete filled with early morning strollers, joggers and riders as usual. 200 metres to Doug and I was wearing a shirt proclaiming I could run 100k. Prudence would dictate that I left well enough alone but with a burst of testosterone I caught him a couple of strides from the finish line, turning to tell him where it was as I crossed (1-0)! A brief wait for Lachlan and the first few strides on setting off again suggested that I hadn't been as smart as he. To the 6k mark, where the underpass takes you home in a k. Prudence would dictate curtailment but I had set out to run 12k so with a burst of testosterone I carried on eventually shuffling the last k with a limp (2-0).

it on the 'nursery' slope by that shed. The home paddock beckoned. 150metres of grass with a zig and a zag to avoid the trees. The boys were bailing after the first zig. Prudence would dictate spectating only but you just had to steer left a little, just there, and a full run beckoned, so with a burst of testosterone I was steering left, just there, but the seat was slippery so the left leg was pushing hard to keep me in forcing the cart to the right. I didn't bail (dolt), as the cart veered right increasingly out of control, but hit the ground hard when my backside finally bounced/slipped out of the seat. The time till I could see the chiropractor again passed on trying to find a position, other than face down, that was mildly comfortable for my sacrum (3-0). To his credit he didn't laugh (much), put things back in place and advised a few days rest. The next day (dolt) things were sore but working so another run was in order. 16k was available on a mix of roads and paths that circumnavigate Ballina. Things started gently but the route takes you along the riverside walk in the centre of town, crowded with walkers and diners in the numerous cafes at this time of day. Prudence would dictate that I ignore them but I was wearing a shirt proclaiming I could run 100k so with a burst of testosterone a 4 minute k sort of happened (4-0). At the end of the run I walked, with a limp, home having ignored the underpass, again (5-0). The run up from Ballina to Lennox and back via the headlands and

beaches is a favourite but prudence would dictate that I forgo it when market day came around on Sunday and I did (5-1); almost; I decided to run back only (6-1).

It was a glorious day with a stiff northeast sea breeze at my back keeping me cool and pushing me along. I wore my new knobbly soled shoes I had acquired for the mud in Tasmania and had some fun through the slushy bits feeling increasing sure of the grip they offered. The southern end of the last beach offered a rock field to traverse to get back onto the riverside path. Prudence would dictate walking through it but I had my new shoes on so with a burst of testosterone I rock hopped toward the path. Knobbly soles or not smooth basalt with a dusting of fine sand is very slippery and I soon found myself astride a rock having done a sideways splits. Any lateral movement was excruciating, the strains around my sacrum were now tears. I limped home again (7-1).

A recent fall had my mother-in-law walking with the assistance of a frame. I passed the remainder of the visit plotting to steal it from her. 7-1, I should have married someone named Prudence not Lynette.

By Jeff Hodder

**Distance running is like cod liver oil. At first it makes you feel awful, then it makes you feel better.**



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# RUNNER IN PERSPECTIVE—Noel Annett



## **When and Why did you join the Bushrunners?**

I first came along as a 'visitor' at the end of 2003. I joined for the 2004 season running my first official

handicap in February that year. I came from a triathlon background and was developing an interest in getting out into the bush to run, BBR seemed like a logical choice. After a couple of years I found myself as club coordinator, I did this for 4 years before handing over the reins to Brian.

## **What is the best part of being a bush runner with BBR?**

The running education and camaraderie. When I first joined I was still a cyclist who ran, the club turned me into a runner who seldom gets on the bike any more. I have learned so much from the seasoned runners in the club over the years, especially about dealing with longer distances. I have made some great friends out on the trails and met people from all walks of life who share my passion.

## **What is your biggest BBR challenge?**

Continuing to extend myself by going further and longer, pushing the limits of my endurance. I'm realistic enough to know that the days of going faster are long gone!

## **What is your goal/motivation?**

Initially my goal was to run under 40 minutes for 10km, before I turned 40. I didn't manage it in my first year but in May of my second year I finally got there with a massive PB at the age of 40 yrs 4 months. Now I hope to be able to do it when I turn 50 - we'll see. Another goal would be to continue to find new trails and run them. My knowledge of Kuring-Gai Chase NP and Lane Cove NP is pretty extensive now so I try to explore other places when I get the chance - getting up into the Blue Mountains is always a highlight.

## **What is your running highlight?**

Well this is a hard one. I can't really separate my top 6:

1. Sub 3 hour marathon in Canberra 2007 - 2:55:49 with everything coming together just right, haven't got close since.
2. Finishing the GNW100 mile late last year - the longest and most difficult event I have finished.
3. Being part of the 2009 winning

Trailwalker team from BBR - so satisfying to finish well with a great team.

4. Finishing my first 6 Foot Track in 2006 - this opened up a whole new world of possibilities.

5. Running under 10 hours for 100km in the Centennial Park Ultra 2011 - my most consistent mental effort.

6. Completing Bogong to Hotham in 2010 - still the toughest event km for km in my experience.

## **What are you currently training for?**

Another Six Foot Track looms on the horizon and a little further down the track I will be tackling The North Face 100 having not done it since the inaugural event in 2008. Later in the year I hope to run GNW again.

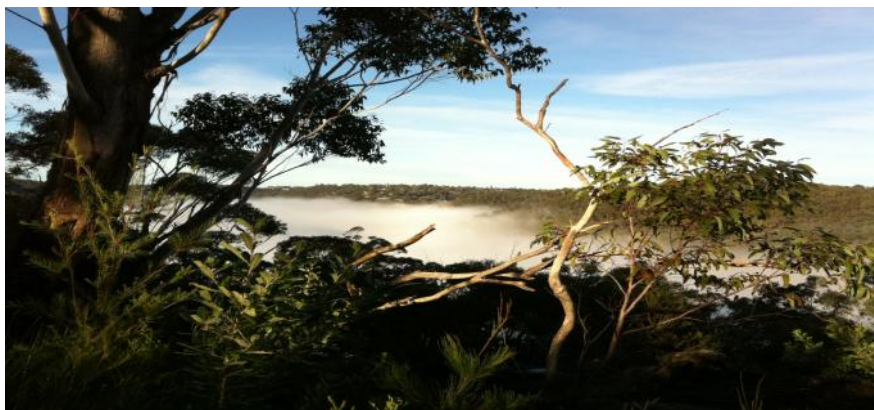
## **What's your best running tip?**

Nutrition - discover through trial and error what works for you, then stick to it. And, don't try anything new on race day, even little things like socks or an unfamiliar brand of drink/gel can turn everything upside down.

## **Interests/Hobbies?**

I have a wonderful family that I love to spend time with. There is the music of course and I enjoy reading crime fiction and historical accounts,

## **My Favorite photo from 2012. Alston Drive to Ferry**



## RUNNER IN PERSPECTIVE— Kevin Heaton



### When and Why did you join the Bushrunners?

I am a newbie to the Bushrunners, I have quite a few friends so decided to join so I could do the 10km handicap with them each month.

### What is the best part of being a bush runner with BBR?

The monthly handicap and the

group of people who are members. Could not meet a nicer group of people being helpful and supportive of each other.

### What is your biggest BBR challenge?

To keep improving and not let age get in the way of anything.

### What is your goal/motivation?

Keep enjoying my running and staying fit enough to keep up with my children.

### What is your running highlight?

Being the only person ever to Finish the Australian Ultra Grandslam 2 years in a row 2009/2010.

September Glasshouse 100 miler.

October GOW100 miler.

November GNW100 miler.

December C2K 240km.

### What are you currently training for?

A Race is C2K but I also have GNW100 before that.

### What's your best running tip?

Enjoy yourself.

When/if it stops being fun have a rest and come back to it later.

### Interests/Hobbies?

My wife/children and our little dog. Love them all to bits. So If not running try to spend as much time as possible with them.

### 1 year from today I will.....

Still be having fun running with lots of friends; And hopefully have a different job doing something completely different to programming.

## RUNNER IN PERSPECTIVE— Mark Livy

### When and Why did you join the Bushrunners?

I joined the bush runners in early 2010 and joined to get back the fitness I had in my early twenty's. A few mates were doing triathlons and training with others is easy motivation to get out of bed.

### What is the best part of being a bush runner with BBR?

I think the availability to run on any given day that suits your timetable, there are always members keen to do extra sessions and there is always someone training for their next race/event. I really enjoy the handicap runs and the people we run with.

### What is your biggest BBR challenge?

I guess my biggest challenge is to continue to run faster over the handicap course, I think I have found a time that will be hard to knock down much further.

### What is your goal/motivation?

My goal at the moment is to train in the lead up to Ironman in May and keep my body from falling apart as I increase my training.

### What is your running highlight?

I don't think I have a running highlight as yet, it will be completing ironman, but until that happens.....

### What are you currently training for?

Ironman in Port Macquarie in early May

### What's your best running tip?

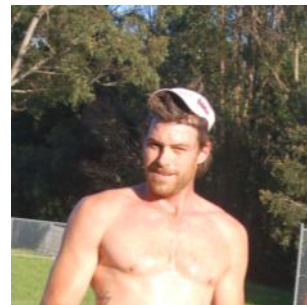
What works well for me when I am hurting is focusing on my breathing in conjunction with my stride, and trying to keep as balanced as possible.

### Interests/Hobbies?

I enjoy most sports, doing a lot of triathlons at the moment ,AFL and spending as much time away from work and with family and friends as possible.

### 1 year from today I will.....

Hopefully running the handicap in approx 42 mins, we will see I suppose.



**There is nothing boring about running. There are, however, boring people who run**

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

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

**WE ARE ON THE WEB!**  
[www.berowrabushrunners.com](http://www.berowrabushrunners.com)



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

**It's 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 2012...

*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.*

*Membership is open to all, this includes Juniors (under 18)*



Brian  
Cardelli

**President**



Jackie  
Watts

**Secretary/  
Treasurer**



Peter  
Fallows

**Web Master**



Chris  
Graham

**Handicapper**



Rebekah  
Markey

**Sponsorship/  
Publicity  
Newsletter**

**THE BEROWRA BUSH RUNNERS COMMITTEE**

## **Berowra Bush Runners AGM**

The AGM will be held immediately after the February Handicap  
If you have something you can offer to the club and would like to  
join the committee,

feel free to stand up and let us know.

The committee is made up of like, minded runners that move the  
club forward with the members in mind.