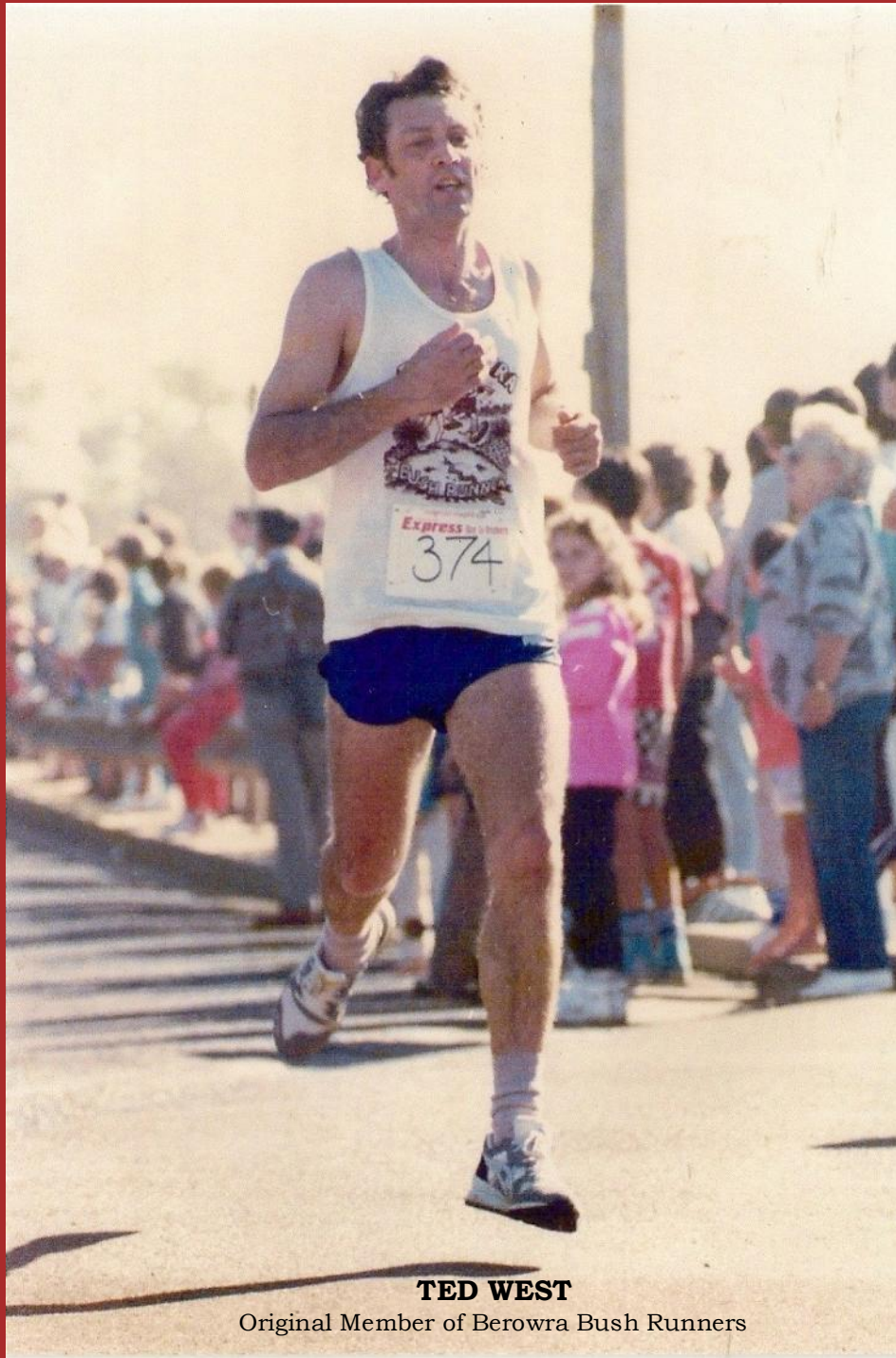




“The Bushrunner” MARCH 2012



25 years of Berowra Bush Runners March 1987 to March 2012



TED WEST

Original Member of Berowra Bush Runners



RACE RESULTS and EVENTS

BBR MARCH CALENDAR

- March 4 BBR Handicap Reverse (10k) or 5k
- March 10 6ft Track
all BBR supporters welcome!
- March 11 Bush Run—traditional
- March 18 Ferry Run via Alston-Currawong
- March 25 Sam's Creek Run

March 25 Family Social Event –Berowra Tavern

2012 RESULTS AND POINTS TABLE

10K HANDICAP

Stephen Mills	39:55	5 points
Brent Livy (PB)	43:53	4 points
Preben Kelgren (PB)	52:49	3 points
Jodi Gallagher	46:28	2 points

5K HANDICAP

Angus Dodd (JR)	27:57	4 points
Oliver Dodd (JR)	29:47	3 points
Alyssa Markey (JR)	40:01	2 points

BEEP TEST RESULTS:

- 6.1 Mata
- 7.1 Rebekah
- 8.1 Ted, Mark, Balaze
- 8.2 Jeff
- 8.4 Paul
- 9.6 Brian
- 10.3 Mark
- 11.5 Craig
- 12.2 Beth, Lachlan
- 12.11 Leo
- 13.1 Steve

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

HILLS ATHLETICS 5K

Kevin Heaton	18:54
Lachlan Hodder	19:35
Jeff Hodder	22:45

NARRABEEN ALL NIGHTER

Peter Nuttall 102km 12 hours

TRI HUSKY II Triathlon Festival

Brent Livy	5:39:29
Swim 2k	39:35
Cycle 83k	2:57:25
Run 20k	2:02:28

Mark Livy DNF

Swim 2k	35:51
Cycle 83K	2:51:36
Run 20K	DNF

2012 OVERLAND TRACK ULTRA

Jeff Hodder 11hr53min

TOKYO MARATHON

Peter Nuttall 3.35.16 (PB)

CURRENT RECORDS HELD

10K HANDICAP OFFICIAL RECORD

Male	1995	John Lang	35:32
Female	2010	Beth Cardelli	41:31

10K HANDICAP UNOFFICIAL RECORD

Male	2010	Ray Wareham	35:21
Female	1998	Dawn Tiller	39:05

5k HANDICAP UNOFFICIAL RECORD

Male	2011	Lachlan Hodder	20:32
Female	2011	Ellie Gallagher (JR)	23:00

Official handicaps are after two runs. Until that time , results are unofficial.
5k not Handicapped in 2011

(JR) - Junior Runner

Ode To The Handicapper". 1996 by the Smith brothers

it's been twelve months since we were all last here
 with plenty to eat and plenty of beer
 the smith brothers are back with a tale quite tall
 it's about the Bushrunners and includes most of you
 all
 it's the first of the month, the week we all come
 a competition like no other: it's the handicap run
 tactics are talked on the way down in the car
 maum says "it's only 10k, it really not far"
 but for us it's all glory, competition, a hard run
 it's always flat out from the start of the gun
 what on earth makes an old man like me want to run
 is it some sort of ego trip, or is it really for fun.
 To finish a marathon for me is just great
 event though for three days after I'm a sorry state
 but once a month there's a harder run that comes
 around it's called the handicap and around the streets
 of Berowra we have to pound.
 It 35 past and jims off on his way
 his dog with an erection after smelling bums before
 today
 we go and check the sheet, "what am I on today?"
 "its time they caught up with you" I hear Jim Fairley
 say
 I hear a screech around the corner and a beat up car
 comes in.
 It's paul in his old laser, his directors parking spots
 been taken
 more runners start to fade away, Yvonne, Dave and
 John
 to catch these people and get bonus points I really
 hope would come
 someone asks, "where's Hugh Hodge" as we see
 Jeanette arrive
 "he's home in bed-a year off- and his handicap times
 taken a dive"
 Dave Cannings, fresh from caving tells how tired he
 feels
 but still he's gone in a flash and races up all the hills
 the time has come, we line on the start, ted treats it
 like a joke
 but quick as a flash Pam and Margaret say "go!" And
 we try and get past that old bloke
 20 minutes my handicap time and I'm told to go
 ted west along side me he never runs slow
 as I turn into Kaloona the pain I start to feel
 as I start to reel in Christopher O'Neil
 and then Danny McCaffrey, but he's way ahead
 I'm thinking ill give up and go home to bed

its gotta be Kerry, rushing to the start,
 who's only 20mins late
 there's Graham Mc Taggart as along the waters road
 I fly
 this blokes hard to pass but I'll give it a try
 I've got past graham now Greg McCann is in sight
 and he is not slob
 as I run alongside him he says go on bob
 that sort of encouragement is a bush runners way
 of saying go on mat you can win this today
 I go over the roundabout and into turner real quick
 the smell of greasy food makes me feel a bit sick
 Brian Potts as it appears on the handicap sheet
 is already going past the end of Warrina street
 "come on mate" I say, "you're going well", with a
 glance
 "slow down" I really think, "and give me a chance"
 I run alongside of Barry cold and his dog
 the poor bloody thing just looks like it could lay down
 and sleep like a log
 bob and Di I've left on the first hill
 these medical people should invent a run faster pill
 but my mind on the run I've got to keep going
 and pass George and Bernie and not start slowing
 the end of turner has finally come
 it means the handicap is half way done
 back up the road I start to pull
 and the brow of the hill I pass Pete Nuttall
 but just when I think I've run well over the hill
 Andrew Forsythe runs past me like I'm standing still
 ill try to keep up with this young bloke who runs like
 the breeze
 but Alan miller just passes us both with relevant ease
 further along more people are picked up, Derek hale,
 chris graham, Steve Lennox and all
 these guys run pretty hard and never seem to daw-
 dle
 and if Dick Slater's there you can hear him complain-
 ing
 about all the short cuts that everyone's taking
 further along I hear a steam train behind me
 its Scicluna's deep breathing, as I turn around and
 see

ODE TO THE HANDICAPPER cont'

I struggle past Stuart, Steve and Phil
Stacey, thank god there going slow
Phil Gowenlock is caught along Wideview, always in
the same place
he tags along behind, "bloody hell" I think, "I could
do without this sort of race"
and I see Ron Lusk coming, as slow and ugly as ever,
he's been out already by himself, a splitter, a separa-
tist Bushrunner
as I turn at the end of wideview I'm still going I think
fast,
that bloody Dave harris just bolts on past
he's a great runner and runs without it seems strain,
unlike myself every step now is pain
and mark Sleemans a new guy, with heaps of poten-
tial
his handicap will increase in no time at all
Jacki watts is streaking out in front already
it must be that short hair cut that gives her a stream
lined body
and the walkers are on the corner, just chatting
there, I think
they should make themselves more useful, and give
us all a drink
9 and 1/2k's, finally I'm nearly at the end
just hold on to this pace as I turn around the bend
a quick look behind, no one coming, no footsteps

sound,
I think I'll slow up, keep
my handicap time down
as I turn down Woodcourt
I've run my best
and to make me feel great, vie beaten ted west
as I cross the line my heart now has a fast pace
I'm told Robyn and Bruce were first and second in
this race
the ovals now empty and Sunday has begun
another week for the Bushrunners has finally been
run
but Dave crammer keeps watch, with his white
head band on
the person may of left us, but his spirit hasn't gone
to run with all your heart, be consistent; try your
best
you may not always win, but you'll be better than
the rest
this is the nature of the Bushrunners, that makes us
what we are
there's those who love 10 kilometres, and those
that run quite far
so finally the smith brothers, this year would like to
say,
persevere with running handicaps; you might be
surprised some day .

**"When standing in
starting lines, remember
how fortunate you are to
be there."**

Runner in Perspective—Hugh Hodge



When and Why did you join the Bushrunners?

About 1991/92,
after an appalling
City to Surf run
trying to keep up

with my 12 year old son moti-
vated me to join the Bushrun-
ners.

What was the best part of being a bush runner with BBR? Other runner's company, winning, running in the bush and sharing the tap with various dogs at the end of the Sunday run.

Your best memory? Probably my second attempt at the City to Surf when I made up for my appalling first attempt.

Your funniest memory? Swim-
ming in the Warrina Street Oval
after an incredibly wet Sunday
run.

What is/was your biggest BBR challenge? Running sub 4 min-
ute kms for the fun runs.

What is/was your goal/motivation? To run faster
**What is/was your running high-
light?...That second City to Surf
when I did sub 4 minute kms.**

sional bike riding

What is your best running tip?...Watch your diet, stretch, massage, listen to your body and rest often.

Interests/Hobbies?...Collecting books and junk.

1 year from today I will.....be still ocean swimming somewhere in the world

**"If you get lost in the bush
just follow the powerlines
"Hugh Hodge BBR"**

Berowra Bush Bash 10k and 3k—5th September 1999

The Berowra Bush Bash 10km run just gets bigger every year. Almost 500 competitors entered the combined field of 10k and 3k events, some from as far afield as Melbourne. A carnival like atmosphere before the race masked the serious attitude of the elite athletes who had no doubt been attracted by the decent cash prizes on offer for the top four finishers in the 10k event.

The 10k started at a frenetic pace, down the main road and quickly into the quieter leafy streets of Berowra. A group of three runners, Paul Arthur, Jamie Harrison and Ben Du Bois soon established themselves at the head of the pack, and were already 200m clear of the chasers when the route entered the bush

trail section at the 3k mark. A little further back an even tighter tussle for supremacy was shaping up in the ladies race, with local star Dawn Tiller working hard to hang on to Jenny Truscott and Annette Chase.

The 5km fire trail section offered competitors a different sort of challenge with frequent small hills. For those further back there was also the opportunity to admire the superb views of Berowra Waters. The City to Surf has Heartbreak Hill, the Berowra Bush Bash has Heartbeat Hill ! It was here at the 8km mark that Paul Arthur made his decisive move and was just too strong for the other contenders finishing in fine style in 32min:25sec. from Jamie Harrison, Ben Du Bois and Lahzar Hamadi The run was billed

as "the toughest 10k in Sydney" and most of the runners probably agreed with the last steep hill finishing off an overall challenging route.

The ladies result was in doubt right to the end with Annette Chase winning in 40min:08sec from Jenny Truscott, Dawn Tiller and Jane Rowse. The age group categories also showed some fine performances with the most outstanding probably that of perennial runner Adolf Blonner who won the 61+ age group in a startling 41min:18sec. With and extensive prize draw, free childcare, entertainment and food the Berowra Bush Bash has something for everyone and is establishing itself as one of the "must runs" in Sydney.

First Name	Last Name	Category Name	Time	Outright Place
Paul	Arthur	10K Male 31-40	32:25	1
James	Harrison	10K Male 31-40	33:14	2
Ben	Du Bois	10K Male 20-30	33:54	3
Lazhar	Hamadi	10K Male 20-30	34:40	4



Jackie Watts 1st local female



RUNNER IN PERSPECTIVE— Ted West



When and Why did you join the Bush Runners?

I had been a consistent runner, using the streets around

Berowra by myself since moving here in 1978. It was in 1987 that several guys started meeting on Sunday mornings at 7.30am to run, starting from the old hardware store in the village, that I joined them. I was there from the start of the Bush Runners Club and remained ever since, now having the dubious honour of now being not only the longest serving member but the oldest in years as well.

What is the best part of being a BBR?

Being fortunate in the many and varied friendships made over the years,

and being recognized by many other people as belonging to the Berowra Bush Runners, as it is well acknowledged "its reputation goes before it".

What is your biggest BBR Challenge?

To continue to welcome NEW runners and to keep people motivated.

What is your goal/motivation?

To run as long as possible and to always perform to the best of my ability.

What are your running highlights?

I have been privileged to have many of them over the years, being fit enough to have participated in over some 150 handicaps with the club, to have been asked by much younger runner to compete with them in their first Trailwalker, and

to win it in 2004 at the ripe old age of 54.

And to have been a member of the prestigious "F-k r We" runners.

What are you currently training for?

Good health and next years Willy to Billy

What is your best running tip?

Don't look back

Interest/Hobbies?

Being anywhere in the bush, working with wood, water skiing.

1 year from today I will be... One year older and still running.

Ted West is currently the only original member of the Berowra Bushrunners still regularly running.

RUNNER IN PERSPECTIVE—John Quigley



When and Why did you join the Bushrunners?

I joined in 1997 after running solo for about 10 years. I knew several bush runners

& needed to improve my running & enjoy the company of other runners.

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

Just running in great locations with friendly helpful runners.

What is your best memory? Best memories are various, funny incidents (spectacular falls followed by remarkably funny verbal replays of the fall), great conversations where many world problems were discussed and solved, encouragement provided by members and running tips both practical & plain stupid,

etc.

Your funniest memory? Getting lost while guiding a new member down to Berowra Waters via the Kokoda track (bush bashed down a small creek & came out about 1K down stream from the steps at the bottom of the hill)

What is/was your biggest BBR challenge? Sydney 2000 Host City Marathon (training with the marathon group & solo to complete the marathon) a buzz.

What is/was your goal/motivation? To keep healthy & maintain friendships.

What is/was your running highlight? Sydney 2000 Host City Marathon.

Do you still compete in races? No.

What are you currently training for? To maintain fitness.

What's your best running tip? Just do it. Get out the door & run regard-

less of conditions, challenge yourself.

Interests/Hobbies? Running, reading, travelling, staying fit & enjoying life

1 year from today I will.....be running, cycling, walking around beautiful Berowra.

John Quigley ran with the Bush Runners from 1997 through to 2010.

Don't Forget! Heart beat at double its resting rate 3 times per week = Good running -The Bushrunner 1994

RUNNER IN PERSPECTIVE—Danny McCaffrey



When and Why did you join the Bushrunners?.

To let Paul, Bob and Dave know that smoking

didn't slow me down.

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

The company and the places they took me to.

Your best memory? We did the Ferry by road, return by bush, it was over 30 degrees and another of my inspirations, Tony Ross, was lagging on the Bush track about 2 kms short of the Turner rd summit re entry, he said he heard something coming up behind him and thought he was riding rear scout, stopping to see if they needed assistance, he realized it was actually his heart trying to jump out of his chest, he walked back and rethought his running strategy.

Your funniest memory? The most memorable run was on a morning

that was to be all the Fire Trails reverse, Bob and Nigel Smith, Ted West, Mark Sleeman, Bernie Kestel, Hugh Hodge, Yvonne Wall, Phil Stacey and Ron Lusk, I think the rain was coming down at the rate of 30 mm/hour and kids were riding their boogie boards down Lonsdale St, by the time we got to the rise at the back of Cliffview, the water was running like Niagara falls, running up it, you couldn't see the ground and we were like salmon heading up river to spawn, we called it the Salmon run.

What is/was your biggest BBR challenge? Westfield relay

What is/was your goal/motivation? Getting up with the pointy end of the group

What is/was your running highlight? Completing the Host City Marathon and my first sub 60 City to Surf

Do you still compete in races? No

What are you currently training for? Agility at Eighty

What is your best running tip?

Stay off the red

Interests/Hobbies?

Smiling

1 year from today I will.....Still smile

Never run alongside very old or very young racers. They get all of the applause.

DID YOU KNOW.. Murray Watts, Current BBR Member won the design competition for the Berowra Bush Bash T-shirt...



**“the more people we inspire to have a healthy lifestyle, the greater the chance of a hospital bed being available for someone that might really need it”
Danny McCaffrey**

WE ARE REPRESENTED IN MOST RACES

The Berowra Bush Runners have been a strong presence in an assortment of races over the years. We have been represented by our runners in Trailwalker events every year since its beginning in Sydney in 1999.

The Six foot track Marathon has been represented by a Bush Runner every year since the club's beginning in 1987.

Great North Walk 2011 the

Berowra Bush Runners contributed over 7% of the field and had all our runners complete 100km. One went on to finish with a record in his age group and one going on to complete the 100mile.

We are a small club but we are a strong club, and without the support and

friendships this club has, we would not be here 25 years later. Well done to every member, young and old, past and present

for the friendships we have maintained, the races we have run and the support we have all given each other.

Keep it going and keep the club strong!



Mick Joffe original 1987 design for the club logo.



Runner in Perspective—Paul Gunning



When and Why did you join the Bushrunners?

A small group of friends started jogging roughly about the same time - all individual and for different reasons. Fitness - family history of heart attack - increasing awareness of community health. Some of us used to have a drink at the RSL particularly of a Friday afternoon. Out of that come the formation of the Berowra Bushrunners. We put an add in the Bush Telegraph to meet of a Sunday morning outside the old shopping centre at Berowra Heights. A good group turned up and we agreed to meet each Sunday morning at 7.30am. We quickly moved the meeting place to

Warrina St Oval.

Your best memory? With the support of others training to complete a marathon - one and only.

Your funniest memory? Prize giving at our Xmas Gathering whereby we presented each runner with a silly prize that reflected a weakness in their characters - a foible - some silly mistake or remark etc.

What is/was your biggest BBR challenge? Training and running the marathon. Beating good friend Bob McCreath in the City to Surf.

What is/was your goal/motivation? Health and fitness and then the well being that emanated from that. Friendships made and support with a common goal.

What is/was your running highlight? Canberra mara-

thon and a 75 minute City to Surf.

Do you still run? No - after 3 knee operations - although minor but the injuries were caused by running it was time to take up walking. I now walk for an hour each weekday morning.

What are you currently training for? Walk to keep shape and fitness and an ordered retirement life.

What is your best running tip? Run with others on a regular basis. i.e. meet weekday mornings at suitable early time and the commitment to the group becomes part of the motivation to be there.

Interests/Hobbies? Veggie and fruit gardening, wood work, computing, travel
1 year from today I will.... In the same good shape I am in now.

FEB 2012—BEEP TEST PHOTOS..



- 6.1 Mata
- 7.1 Rebekah
- 8.1 Ted, Mark, Balaze
- 8.2 Jeff
- 8.4 Paul
- 9.6 Brian
- 10.3 Mark
- 11.5 Craig
- 12.2 Beth, Lachlan
- 12.11 Leo
- 13.1 Steve

TRAILWALKER—A part of the Bushrunners history



TRAILWALKER 1999



TRAILWALKER 2000



TRAILWALKER 2001



TRAILWALKER 2002



TRAILWALKER 2003



TRAILWALKER 2004



TRAILWALKER 2005



TRAILWALKER 2006



TRAILWALKER 2007



TRAILWALKER 2008



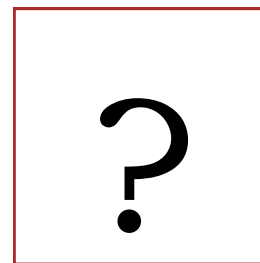
TRAILWALKER 2009



TRAILWALKER 2011



TRAILWALKER 2011



TRAILWALKER 2012

1999—2nd Place

David Cannings, Ted West, Alan Miller, David Hatley

2000—4th Place

David Cannings, Ted West, Alan Miller, Robert Smith

2001—5th place and 11th place

David Cannings, Ted West, Nigel Smith, Robert Smith
Ron Lusk, Mark White, Jane Rorke, Johnathan Papalia

2002—14th and 20th Place

Chris Graham, David Cannings, Ted West, Richard Green

Chris Graham, Joel McKay, Shaun Atchison, Paul Every

2004—1st Place

Chris Graham, David Cannings, Ted West, Richard Green

2005—3rd Place

Chris Graham, Joel McKay, Shaun Atchison, Paul Every

2006—

2007—14th Place

Steven Fitzpatrick, Dave Gallagher, Michael Lovric, Mark White

2008—1st LINE

Chris Graham, Noel Annett, Shaun Atchison, Dave Gallagher

2009—1st Place

Beth Cardelli, Noel Annett, Shaun Atchison, Dave Gallaher

2010

2011— John Szucs, Jonathon Blanch, Justine Laughton, Lindy Choy

George Munro, Ben Simpson, Charlie Peace, Warwick Johnson

2012 BUSHRUNNERS



DID YOU KNOW? Ted West was nominated by the club members in 1996 as their Champion of Champions Competition of 1996 winner. Ted had been running with the club since its inception in 1987. He was at the first run and thus an inaugural runner. He was voted as one of the most consistent and reliable members, who was at the Sunday run, rain, hail or shine. Ted was voted the most congenial and friendly person who mixes freely with all runners and makes a special point of welcoming new runners into the group. Ted is always willing to run with the new members and supports them in their running programs and he was always on the look out for new members. Ted took this award so seriously that he still holds these values high today. Still running with the Bush Runners on a Sunday, rain hail or shine. Still the friendliest to the new members and still happy to run and guide them into the club. Thank you TED WEST, on behalf of all the members in Berowra Bush Runners and Me. For everything you do for the club past and present.
Bek

Runners World RECIPE FOR RACE SUCCESS PANCETTA SPAGHETTI

5 cloves of garlic finely sliced
 1/2 cup olive oil
 4 ounces finely diced pancetta
 8 ounces spaghetti
 1/4 cup flat-leaf parsley, chopped, loosely packed

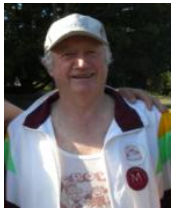
To make garlic oil, heat olive oil over medium heat, add garlic. Remove from stove and let infuse for one hour, then discard the garlic. Cook pasta according to package directions. In a separate pan, fry the pancetta in two tablespoons garlic oil until cooked (about three to four minutes). Drain pasta and add to the pancetta. Finish with parsley. Makes two hearty portions.

Calories: 600 Fat: 22 g (32%) Protein: 10 g (15%)
 Carbs: 80 g (53%)
 Percentages are of total calories

PRESIDENTS OF BEROWRA BUSH RUNNERS



TEAM UP AGAINST POVERTY



PAUL GUNNING
1987 to 1991

BRUCE BEESLEY
1992 to 1994



CHRIS O'NEILL
1995 + 1996

DANNY McCaffrey
1996 to 1998



MARK SLEEMAN
1998 to 2000

RON LUSK
2000 To 2001



PHIL STACEY
2002 to 2003

KATRINA GORTON
2004 to 2006



NOEL ANNETT
2007 to 2011

BRIAN CARDELLI
2011 to PRESENT



Berowra Bush Runners win the 2004 Oxfam Trailwalker Sydney in 15 Hrs and 17 Mins

Published: 29 Aug 04—Oxfam Australia

The Berowra Bush Runners reigned supreme over 100km when they won the 2004 Oxfam Trailwalker Sydney this weekend, crossing the finish line on Friday night in an amazing time of 15 hrs and 17 mins. Second placing went to Destinys Ryders, who were just 11 minutes behind the leaders in a time of 15 hrs and 28 mins, with third place going Kill Phil - Volume 1, in 15 hrs and 46 mins.

Over 380 teams of four left the grounds of the Hunters Hill High School in two staggered starts on Friday morning. All with the goal to complete the 100 km long endurance event within 48 hours. Trekking through some of Sydney's most challenging and beautiful bushland, 358 of 380 teams finished before 10am Sunday 29 March at the North Harbour Reserve in Manly. Of the 1520 individuals who started the race, 1148 finished the gruelling event - an amazing effort in itself!

"The Berowra Bush Runners effort was just awesome." said National Event Co-ordinator Elizabeth Edmonds, "As was the effort by everyone of the 1520 participants, their support crews and our amazing volunteers who make this event so exciting and help raise much needed funds for Oxfam Community Aid Abroad."

Oxfam Trailwalker began in 1981 as a military training exercise in Hong Kong for the Queen's Gurkha Regiment, the Nepalese regiment of the British Army. It now takes place annually in Britain, Hong Kong and Australia. The next event is in Melbourne on 1-3 April 2005.

The 380 teams that took part in the 2004 Oxfam Trailwalker Sydney have so far raised over \$300,000 of the \$1.3 million goal for Oxfam Community Aid Abroad, Australia's leading aid agency, working for social justice and the alleviation of poverty. The agency funds

Bushrunners Report

Every Sunday morning at Werrina Street oval we have had different runs through the various tracks and fire trails that surround us, with the Muogomarra Nature Reserve to the north, Kuringai Chase National Park to our east and the Berowra Valley Bushland Park that completes the circle to the south and west. This has been made ever more interesting lately with the introduction of 'mystery runs' which prevents the front runners from getting too far away from the pack, 500 runs that usually start a little later and conclude with a family get together at the finish. We have tried to ensure that new runners and those of us that prefer to smell the flowers and enjoy the views are not left out.



The first Sunday of each month the event is a Handicapped foot course of 10 kilometres and gets each runner off in a staggered start dependent on their own handicapped pace. Points are awarded for each runner they finish in front of.

Photo: Before our November Handicap Run.

Monthly winners this year were Ron Lusk, Dianna Batterham, Nigel Smith (2), George Walker, John Quigley (2), Bob Batterham, Mark Sleeman, and J. Mc.

Cumulative points for the year resulted in Nigel Smith winning his third handicap championship with David Hatley runner up. Fastest time this year was Alan Miller in April with a 35:59. Course record of 35:32 set by John Lang in August 1995 still stands.

Once again our lady runners have achieved great things for a small group of social runners against huge competition from clubs with membership tens of times greater than us, winning the sporting club sections of the Bay to Breakers Fun Run from Gosford to Terrigal and second Herald Sun City to Surf and Chatswood to Wyong Road Relay for Hopetoun Special School. This is the NSW Road relay champions cup and includes the elite as well as recreational runners having a mass start at each handover and times are calculated progressively. Congratulations to Dawn Tiller, Yvonne Weil, Jacqui Welford, Dianna Batterham, Jane Rorke and Stephanie Haynes. Jackie Watts was busy this year having a baby.



Photo: Bush Bash cheque presentation to Kerrie McCardle (Schizophrenia Fellowship) Alan Smith (Rotary) and Annette Fuller (Lifeline)

Bob and Nigel Smith won the Father and Son team event of the Sydney Marathon and Half Marathon, Ted West ran his first six foot track, 46 kilometres of Blue Mountains track that includes 1,000 metres of climbing. Eight Bushrunners ran this event with Dawn Tiller winning the women's section. Dawn did not start running until only a few years ago and is now among the top ultra marathoners in Australia.

Once again the Berowra RSL Community Bush Bash was organised and the run committee chaired by Alan Miller with Bob Smith, Ron Lusk, Ted West, David Hatley, Brian Potts and myself extremely grateful to all the fabulous sponsors in particular the support of members of our brother sub-clubs who selflessly gave their time and the mother club and Richard Dutton Professional Real Estate who were the local principle cash sponsors and all the entrants who can run anywhere for nothing and by their registrations had fun participating and help raise money for some very worthy recipients. To have drawn the likes of winners Pam Arthur and Liz Miller is an indication of the increased standing of this event and in only its second running it was voted in amongst the ten most 'favourite' running events of the year by subscribers of 'The Right Track', a runners publication, ranking seventh behind events such as City to Surf and in front of the Mini Mosman Marathon is a credit to all those involved. \$4,000 was raised and presented to The Schizophrenia Fellowship of NSW, Hornsby and Kuringai Lifeline and Berowra Rotary.

We used this event to determine our Club Championship, which was won by David Hatley and Dawn Tiller.

All the Bushrunners thank their fellow Club patrons for their support at the Friday meet rallies and extend an invitation to anyone who wants to join us for a walk or run in the beautiful gardens that surround us, from Werrina Street Oval 7.30am Sundays.

Thanks to the 1999 Committee of Dave McVichan Treasurer, Ron Lusk Handicapper, Jacqui Welford, Brian Potts and Mark Sleeman Committee people.

It has been an honour and a privilege to be co-ordinator of the Bushrunners for the last couple of years and being part of a dynamic committee previously. To be the frontman and spokesperson for such a body has been a truly memorable experience that I will always treasure. See you out there soon and all the best for 1999.

Danny McCaffrey Co-ordinator



RUNNER IN PERSPECTIVE—MARK SLEEMAN

When and Why did you join the Bushrunners? Probably joined around 1992 and ran mainly to stay fit and balance excessive dietary intakes and poor social habits.



What was the best part of being a bush runner with BBR? Running with a group, instead of solo, and the trails.

Your best memory? Enticing Mark White from the safety of his lounge chair to BBR. I created a monster

Your funniest memory? Helping Ron Lusk think he was fast

What is/was your biggest BBR challenge? Overcoming snapped Achilles tendon

What is/was your running highlight? A few half marathons, the fundrais-

ing Bush Bashes, setting up a mystery run with Ted West, the trivia night, watching Jane Rorke trying not to overbalance while running after the birth of her child, chatting with Bernie Kestrel, etc etc

Do you still run? Sort of

What are you currently training for? Old age

What is your best running tip? Don't overdo it

Interests/Hobbies? Golf

1 year from today I will.....be fitter than I am today

Running Wild Fitness—Merridy is just waiting for you to come down and let her design a fitness program for you.

Blumes Gourmet Meat—The tastiest meat by far and a great selection of new ideas for a meal when you are totally uninspired.

Mels Hair and Beauty—Why not pop in and have a pamper with Denise and her beauty range or enjoy the relaxation of having your hair done.. The girls at Mel's are always ready with a smile and a chat

Berowra Hardware— its everyones toy store.. Adrian, Robyn and the team are a great wealth of information from the right paint to the inspiring DIY idea..

DONT FORGET OUR SPONSORS..

Our monthly handicap is sponsored by so many of our local businesses.

BEROWRA RSL COMMUNITY BUSH BASH
Rated 7th most popular Fun Run in NSW



APEX & The Bush Fire Brigades catering for the day




Start / Finish of Bush Bash



Today doing their bit




Gen Bennett - winner Lillian Wright & Yvonne Wells



Sponsors of the day



Some of the Berowra Bush Running Team




Darryl McFarlane & The Official Paul Archer



John Murdoch, M & M's, Philo P. Jones

12 BEROWRA RSL BOWLING & COMMUNITY CLUB LTD







**---REMINDER---
TURBO CARDS**

All credits on Turbo Cards must be redeemed by 31st January each year. After that date all cards are returned to a nil balance by the computer system.

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MUSHROOM AND SPINACH EGG CREPES..



Mushroom and Spinach Egg Crepes

Eggs are rich in choline, a nutrient that aids memory. "The crepe is a light envelope for whatever herbs and vegetables you want to put inside," says Wells.

2 teaspoons extra-virgin olive oil

6 large mushrooms, thinly sliced
Fine sea salt
8 ounces fresh spinach
Freshly grated nutmeg
2 large eggs, at room temperature
2 teaspoons chopped mixed herbs
2 tablespoons Parmigiano-Reggiano cheese
Freshly ground pepper
Several handfuls of greens with dressing

In a 10-inch non-stick skillet, heat one teaspoon oil over moderate heat.

Add mushrooms, season with salt, and cook three minutes. Set aside to drain. Add spinach with two tablespoons water. Cover; cook until wilted (two minutes). Drain, chop, and season with salt and nutmeg.

Crack one egg into a bowl; lightly beat with a fork, then add a tablespoon water. Add 1/2 teaspoon oil to skillet on high.

Add egg, tilting pan to evenly spread. Cook until set but slightly wet (one minute). Remove pan from heat.

Place half the vegetables, herbs, and cheese on crepe. Fold sides of crepe over filling. Season with salt and pepper. Repeat with second egg. Serve with tossed greens.

Serves two.

BEROWRA BUSHRUNNERS in the MEDIA



Berowra Bushrunners Paul Gunning and Danny McCaffrey check out one of the area's many tracks
Photo: CARMELA DI MICHEL

RUNNERS HAVE A LOT OF PUFF

by Peter Gladwell

Running on the bush tracks of Berowra has gone from a weekend hobby to an obsession for the Berowra Bushrunners who recently celebrated their 10th anniversary.

The club grew out of a meeting in March 1987 when a small group of joggers met outside the Berowra Village Shopping Centre to run through some local fire trails.

The group grew in numbers and enthusiasm and became a sub club of Berowra RSL in 1990, ensuring its long-term success.

Five original runners—Paul Gunning, Dave McMahon, Ron Lusk, Ted West and Bob McCreath—are still actively involved in the club.

Club coordinator Danny McCaffrey said the picturesque bushland setting made it easier to reach personal fitness goals.

“The good feeling you get comes not only with the improved fitness but also with the confidence boost you get when you achieve something” he said.

“it’s pretty natural to under estimate your potential and running gives me a non confrontational insight to my abilities”

Membership is at its all time high with a wide variety of different runs for joggers at various fitness and age levels. One of the most popular runs is the monthly 10km handicap with points accumulating towards an annual trophy.

Joggers meet every Sunday morning at 7.30am at the Warrina Street Oval, Berowra.

More information is available from Danny McCaffrey on 9456....

As printed in the Hornsby Advocate



BEROWRA BUSH RUNNERS puts the “FUN” back into Fun Run!

Berowra Bush Runners opened a new 5km course on Father’s Day and the response was fantastic. It was a true Berowra social day with mums, dads and the kids all getting into the spirit of the Fun Run.

Berowra Bush Runners operates a 10km handicap race on the first Sunday of every month, but now they have recognised that there is a need for a shorter course so a 5km run has been implemented.

“Fathers Day was such a huge success with over 50 runners from Berowra including new runners and kids as young as 8 years running the 5 and 10km course,” said a local Runner. “It’s such a great way to encourage fitness in the area and to meet new people in a fun environment. We finish off with a breakfast provided by the club where everyone gets a chance to have a chat and a laugh. It really was fabulous to see so many enthusiastic runners!” The Berowra Bush Runners have been running since 1987 and are always looking at new routes in the area and new ways to enjoy a run. Three out of four weeks, BBRs run through the bush which offers something really different almost like cross training.

See the variety of runs on the website www.berowrabushrunners.com Special runs are conducted like the Beep Test, which is a fitness test suitable for the whole family, takes place on the 16th October – see the website newsletter for further details.

So why not join in on the Berowra Bush Runners 5km Fun Run or the 10km Handicap next held on the 2nd October and join in on the fun? Runners should meet at 7.15am at Warrina Street Oval car park, finishing with breakfast.

It’s not about how fast you are, it’s about how much you enjoy being outdoors!



NEWS

Bush runners ‘win’

A GUTSY team from Berowra has overcome illness and fatigue to win the 2004 Oxfam Trailwalker Sydney.

The Berowra Bush Runners – Ted West, David Cannings, Chris Graham and Richard Green – completed the 100km gruelling event in 15 hours and 17 minutes, just 11 minutes ahead of the second-placed team.

At 54, Mr West is the oldest member of the team and he courageously competed while suffering from physical illness as a result of the run.

In the second half of the event he went without food or drinks because he couldn’t keep anything down.

“I was running on empty from about Crosslands to Manly,” he said.

“We all did it tough except for Richard this year.”

Not surprisingly getting to the finish line was a big relief.

“You get so much emotion going,” Mr West said. “You are happy, you are excited and you are buggered!”

Mr West and Mr Cannings have been competing in the event since it started six years ago and their previous best result was second place.

“We have all been friends for quite a while,” Mr West said.

“We have run together for years and we just love running and we love running in the bush.”

Mr West’s wife Joy and another supporter met the team every 5km to provide them with vital supplies, from drinks to bandages.

“Without them we couldn’t do it,” Mr West said.

Mr Cannings had only re-

turned from a trip to the United States 48 hours before the start of the event.

“It was draining on me quite physically,” Mr Cannings said.

“After about two hours I was feeling the heat.”

“It’s the spirit of comradeship that just picks you up so much and just drives you along.”

Over 380 teams of four left the grounds of Hunters Hill High School in two staggered starts on Friday morning. All had the goal of completing the event with 48 hours.

They experienced warm and humid conditions as they trekked through some of Sydney’s most challenging and beautiful bushland – including Crosslands Reserve, Bobby Head, Mt Kuring-gai and St Ives.

The event raises funds for Oxfam Community Aid Abroad.



GET YOUR SHORTS ON AND MEET US SUNDAY MORNING 7.15am

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 March for the April newsletter, thanks
We look forward to hearing from you.

WE ARE ON THE WEB!

www.berowrabushrunners.com



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

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 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
Handicap- per



Rebekah Markey
Sponsor- ship/ Publicity Newsletter



Michael Sims
Facebook



Kevin Heaton
Facebook

THE BEROWRA BUSH RUNNERS COMMITTEE

BEROWRA BUSHRUNNERS...

As with every great club there is a behind the scenes team. Berowra Bushrunners is no exception. We have had a number of great committees over the years and they have all be an integral part of moulding the club to what it is today. These same people have been responsible for putting this edition commemorating the 25yrs of our clubs history . Ted West has given me hours of his memories and given us access to photos, old newspaper clip-pings and contact numbers for other members. Past president, Danny McCaffrey has been a constant source of information, Jackie Watts has delved into the past to provide us with some great information and photos. Then armed with all of this information Peter Fallows has spent hours updat- ing the website.. Take a moment to look through the wealth of information and the photos now available on the website and enjoy the club’s achieve- ments and history as much as I have . Bek

www.berowrabushrunners.com.au