



THE BUSHRUNNER Aug/Sept 2012



BEROWRA BUSH RUNNER JUNIOR ROGAINE COMPETITORS



RACE RESULTS and EVENTS

BBR AUG/SEPT CALENDAR

AUGUST

- Aug 5 BBR Handicap Traditional (10km) or 5km
- Aug 12 All the Fire Trails
- Aug 19 Ferry Run via Kokoda
- Aug 26 King of the Mountain COWAN

SEPTEMBER

- Sept 2 BBR Handicap Reverse (10Km) or 5km
- Sept 9 Ferry Run via Alston-Currawong
- Sept 16 Wombat Run
- Sept 23 Sam's Creek Run or Inter Club Run
38km GNW run with Terrigal Trotters—\$25
- Sept 30 Cowan Oval via Highway

Social Event—Berowra Tavern 3pm

OTHER RUNS

- Sunday August 14 City To Surf (14km)
- Friday August 24 Oxfam Trailwalker
- September 16 Blackmores Sydney Marathon

2012 POINTS TABLE

10KM

Paul Eveniss	11 points
Jodi Gallagher	10 points
Rob Sharpe	9 points
Stephen Mills	9 points
Kevin Heaton	8 points
Andi Hucker	8 points

5KM

Ryleigh Markey	12 points
Alistair Watts	10 points
Alyssa Markey	9 points

2012 RESULTS AND POINTS TABLE

JUNE—10KM HANDICAP RESULTS

Balazs Molnar	51:33 (PB)	5 points
Andrew Hucker	40:06	4 points
Andrew Layson	40:55 (PB)	3 points
Joseph Jones	39:59	2 points

JUNE—5KM HANDICAP RESULTS

Ryleigh Markey	35:00	4 points
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JULY—10KM HANDICAP RESULTS

Lachlan Hodder	41:22 PB	5 points
Jeff Hodder	47:21	4 points
Paul Eveniss	48:12 PB	3 points
Brian Cardelli	47:12 PB	2 points

JULY—5KM HANDICAP RESULTS

Ryleigh Markey	33:30	4 points
Owen Markey	35:30	3 points
Rebekah Markey	35:32	2 points

RACE RESULTS

GLOW WORM 1/2 MARATHON

Daniel Palaski	2:44:27
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GLOW WORM MARATHON

Beth Cardelli	4:36:22
Lachlan Hodder	5:22:41
Jeff Hodder	5:37:26
Peter Thomas	5:43:58
Brian Cardelli	6:59:10

RACE RESULTS cont

WOODFORD TO GLENBROOK

Kevin Heaton PB	1:47:49
Paul Eveniss	2:15:24
Balazs Molnar	2:19:26

BAY TO BAY 12Km

Andrew Layson	0:47:54
Joseph Jones	0:48:23
Peter Nuttall	0:58:19

BAY TO BAY 1/2 MARATHON

Stephen Mills	1:26:06
Preben Kelgren	1:53:17
Paul Fletcher	1:53:26
Steve Deveney	2:06:15

GOLD COAST MARATHON

Craig Opie	3:59:30
Rob Sharpe	3:59:56

M7 MARATHON

Chris Graham	3:01:45	
Kevin Heaton	3:30:19	pacers
David Cannings	5:25:16	

SMC

Kevin Heaton PB	2:37:48
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MACLEAY RIVER MARATHON

Kevin Heaton	3:18:55
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NOTICE OF CANCELLATION 2012 WILLY 2BILLY BUSH RUN Notification by Bilpin bush run www.bilpinbushrun.com.au

OXFAM TEAMS 2012

**DONATE TO OUR BUSHRUNNER
TEAMS RUNNING/WALKING OXFAM**

[Click on the team name](#)

BEROWRA BUSH RUNNERS

Kevin Heaton, Michael Sims, Peter Fallows, Stephen Mills

KICKATINALONG

Gavin Markey, Rebekah Markey, Jeff Hodder, Hannah Sims

NO ROADS EXPEDITIONS

Beth Cardelli and team

RAGING BULLS

Justine Laughton and team

It is with very great regret that we advise of the cancellation of the 2012 Mt Wilson to Bilpin Bush Run. Although our application for formal approval to stage the run was submitted to Hawkesbury City Council on 10 February 2012 (some 28 weeks before the event), we have only just (18th June 2012) been advised of a list of additional conditions that require approval in order for the run to take place. As the Bilpin RFS are unable to comply with the new requirements in the time available, we felt it prudent to cancel the event at the earliest moment.

The Bilpin, Mt Wilson and Mt Irvine Brigades sincerely apologise for any inconvenience caused to any participant and will do our best to ensure that the 2013 event proceeds as per normal. We also wish to thank you for your past support, of not only the RFS, but also Bilpin Public School, the numerous business, restaurants, B&B's and our local communities who greatly benefit from monies raised from this event.

Applicants who have already registered and paid will receive an email with instructions on how to obtain a full refund. If you have not received this email or would like further information, please email organiser@bilpinbushrun.com.au

If you wish to offer any comment to Hawkesbury City Council in relation to their decision, their email address is council@hawkesbury.nsw.gov.au

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.



SOCIAL EVENT CALENDER

BBRs SOCIAL EVENT

WHERE: BEROWRA TAVERN

WHEN: SUNDAY 30th SEPT 2012

TIME: 3PM

RSVP: rebekah@berowrabushrunners.com

food is kindly donated by Berowra Tavern

OXFAM TRIVIA NIGHT

WRIGLEY WARRIORS

WHERE: ASQUITH BOWLING CLUB
1 Lodge St, Hornsby

WHEN: Saturday 1st September 2012

TIME: 6.30pm

RSVP: briancardelli@gmail.com

Lets get a BBR table together!

WINTER RUNNING by Balazs Molnar

WINTER RUNS

Running is an all season sport, no matter what climate or hemisphere you are located at. I always take my trainers with me and enjoy having an outdoor run, wherever I travel, even during short business trips but definitely on each vacation.

In Hungary, my home country, we have often experienced massive minus temperatures (even less than -15 Centigrade!) during winter, yet, especially in fresh powder snow, it is a lot of fun to continue the bush-runner training, and actually one of the best cushioning one can have. I thought I would share a few of my experiences on this, as you may decide to go on skiing, or snowboarding in New Zealand or the Snowy Mountains this season. In short, it is just a matter of the right PPG (Personal Protective Gear)...and

timing... as eventually you all get wet both from the inside and outside, and thus, within a short time after finishing, you desperately need to move inside and have a hot shower. We normally had a 1 hour run in the forest but never more than 2 hours. Some PPG may include Gore-Tex shoes, and we all had 3-4 thermal layers, non-fluffy as it would be difficult to move and noisy, including a double layer of compression pans.



(photo in the Buda-Hills – my wife Aniko and myself

are the 3rd and 4th from the left, in case you would not be able to tell due to the heavy PPG-coverage).

Instead of water, I often took hot lemon tea with honey in a thermos in my backpack, as it is really lovely to have a steaming drink while out in the bush, surrounded by snow-covered pine

trees. If not windy, the bush can be exceptionally silent and crystal crisp when covered with fresh snow.

As also in case of any other bush run, it is better to run in a group, stay on the trail, and watch out for each other. And finally, the hot shower must be followed by a nice cup of hot homemade mulled wine...(see the winter recipe page 6)

N.B. your training continued during extreme winter conditions will be well-rewarded by the spring / summer as you will be much lighter, faster and fitter running in shorts and singlets again,



on a solid surface.

ONE OF OUR LOCAL SPONSORS... BLUMES MEATS

Arriving in Berowra Heights in 2008, the owners of Blumes Gourmet Meats, Jai & Sarah Blume, embarked on a quest - 'bring the best of this great country to the city for all to enjoy'. So that they did! In partnership with great suppliers, Jai & Sarah sourced MSA beef from Tasmania and south eastern Queensland, tender lamb from south eastern New South Wales, premium poultry from Byron Bay & free range pork from the southern highlands. By incorporating the expertise of their staff Joe Connolly & Damian Climpson, they started to produce products second to none. After winning RAS Gold medals in 2009 for their sausages they knew that their journey was heading in

the right direction.

In 2009 they win more Gold at the RAS Deli competition and now are sure that their clients are more than happy with everything their doing.

So join them on this journey, and help them to become the BEST butchers around.....

BLUME MEATS provides BBRs with a \$20 voucher each month! Next time you walk past, take a look and don't forget to let them know you run with the Bush runners when you sample their meat!

Ever wondered where your running could take you next. Travel Fit gives you a reason to run your next marathon and travel the world. Some favourite destinations for marathons.



NEW YORK CITY MARATHON: - NOVEMBER

The premier event of New York Road Runners, the ING New York City Marathon is one of the world's great road races, drawing more than 100,000 applicants annually. The race attracts many world-class professional athletes, not only for the more than \$600,000 in prize money, but also for the chance to excel in the media capital of the world before two million cheering spectators and 315 million worldwide television viewers. As any one of the more than 700,000 past participants will attest, crossing the finish line in Central Park is one of the great thrills of a lifetime.

AUSTRALIAN OUTBACK MARATHON: - JULY

Don't just run a race, experience a truly unique Australian running event – The Australian Outback Marathon! Feel the kilometres slip by as you take in the awe-inspiring sight of Uluru...(Ayers Rock) and Kata Tjuta (The Olgas). This inspiring backdrop will encourage both professional marathoners and amateur runners to work through 'The burn' and break personal records.



The **Australian Outback Marathon** consists of events for every running ability including the full marathon, half marathon, 11km and 6km. Perfect for all who love running and adventure, most of the course is on unsealed roads complete with Australia's famed 'red earth' underfoot.

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GREAT WALL MARATHON: MAY



The Great Wall Marathon is a tough, beautiful and definitely extraordinary experience. The 5164 steps of the Great Wall will put your physique to the test, and the breathtaking surroundings of Tianjin Province will compete with your tired muscles for attention.

The Great Wall Marathon is the ideal way to combine an unusual running even with exploring one of the worlds most astonishing sights.

CHICAGO MARATHON: - OCTOBER

With it's fast, flat course, the Bank of America Chicago Marathon is perfect if you are looking to improve your marathon time or complete your first



race! Run alongside amateurs and world record holders as you weave your way through 29 historic neighbourhoods and landmarks. Lined with

rows of up to 2 million spectators, the atmosphere alone will get you through those 26.2 miles.

LONDON MARATHON—APRIL

The Virgin London Marathon is one of the biggest in the world, rounding off 5 of the World Marathon Majors. It is also the Guinness World Record holder for the largest annual fund raising event having raised £47.2 million for charity in 2009. Be a part of this great day!

Join 37,000 other runners as you run alongside the famed River Thames, past Buckingham Palace, and ending at Westminster Bridge. In addition to running the 26 miles, travelling to the event in the centre of London, gaining entry into the race, and booking suitable accommodation can be just as exhausting, booking the right travel package can help!



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PHOTOS FROM MY RUNS..



The one who can drive themselves further once the effort gets painful is the one who will win.

Always with a camera on the ready what better place to take photos than on my runs. Rebekah (aka Bek)



A WINTER WARMER RECEIPE

A Winter Cocktail – Mulled* wine

Makes about 12 servings

2 unwaxed oranges

1 lemon, peel only

150g caster sugar

5 cloves, plus extra for garnish

5 cardamom pods, bruised

1 cinnamon stick

A pinch of freshly grated nutmeg

2 bottles of fruity, unoaked red wine

150ml ginger wine



1. Peel and juice 1 orange, and add to a large saucepan along with the lemon peel, sugar and spices. Add enough wine to just cover the sugar, and heat gently until the sugar has dissolved, stirring occasionally. Bring to the boil and cook for 5 – 8 minutes until you have a thick syrup.

2. Meanwhile, if you're serving the mulled wine immediately, stud the second orange with 6 vertical lines of cloves, and then cut into segments to use as a garnish.

3. Turn the heat down, and pour the rest of the wine into the saucepan, along with the ginger wine. Gently heat through and serve with the orange segments as a garnish. Alternatively, you can allow the syrup to cool, and pour it into sterilized bottles for use at a later date.

INTERNATIONAL RUNNING RECOMENDATIONS by Balazs Molnar

Budapest, HUNGARY

If you can interconnect your next international marathon experience with a great family holiday, have a look at the following:



Budapest International Marathon

SPAR Budapest Marathon for the 27th time by 2012! Run an AIMS certified marathon in Budapest, in the capital of Hungary! Distances: 42 km, unique 30 km, relay for 3 or 5 runners, mini-marathon (7.5 km), fun run (3.5 km). Overall more than 16 000 runners on the race day! More than 4000 runners only on the marathon distance! About half of our marathon runners come from abroad, from more than 50 countries; this is a real international event! A middle sized marathon catering for individual needs! The course is not overcrowded but you will not feel alone on the route. A scenic course leads through the most beautiful parts of Budapest, past buildings which are part of the World Heritage! Come and admire the panorama of the capital from both banks of the river Danube, see the bridges over the river while you run either when crossing them or when running under them!

Lake Balaton Super Marathon



Budapest Marathon Organisation offers a great race for those who look for real challenges. 5th BSI Lake Balaton Super marathon is a 4-day-long race, in which the participants run about 48 km each day, 195.4 km all together. The course leads around Hungary's famous lake, the Lake Balaton.

Not only individual runners, but also relay teams can take part in the race. The members of the relay teams can freely decide on the daily distances of the teammates.

Since 2011 the runners can join the race also only for the weekend, they can take part in the last two days, running the half of the set distance, thus a half circle around the lake.

One can join the race only for one day as well and complete a distance that is slightly longer than a marathon. This is a great possibility for those for whom a marathon is not a challenge anymore and want to try out something harder. A perfect opportunity to enter the world of ultra runners.

BEROWRA TAVERN SOCIAL AFTERNOON: JUNE

A great turnout with over 30 BBRs.



PLAN YOUR YEAR AHEAD

There are a great number and variety of races around which would suit any bush runner. Below is a sample of those which are being held over the rest of this year, along with some brief material provided by the organisers (taken from their race websites).

SYDNEY TRAILWALKER AUGUST 100km

Oxfam Trailwalker Sydney will be held 24-26 August 2012 and will see 550 teams walk 100km from the Hawkesbury to the Harbour. But you don't need to be a marathon runner or a professional athlete to do it! Whether you're old friends, a group of mums, running buddies or work mates, with training and the right mental attitude just about anyone can be a Trailwalker. Check out all of our resources to help you get prepared!

Each team must commit to raising at least \$1,000 to support Oxfam's work around the world, including Indigenous Australia. Fundraising can be challenging, but it's also great fun! Find out all you need to know about fundraising

JUBULANI CHALLENGE September 24km or 43KM bush run or trailwalk in the heart of Sydney's northern suburbs.

For the serious bush runner, the 43km event offers a challenging course along the lines of the Oxfam or 6ft Track.

For the more casual runners, families and school kids the 24km is a really fun event that caters for a wide range of groups, and is more along the lines of the Great Nosh Footrace. While it is "long enough to keep you honest" it is achievable for most people and is a great community event.

INO8 Coastal CLASSIC September

The Inov-8 Coastal Classic is a 29km trail run along one of the most stunning tracks in Australia, it has everything to offer from rocky terrain, sand running and beaches, to cliff-tops, bushland, rainforest and steep hill inclines. The scenery is spectacular with breathtaking coastal views on the beach and from the cliff tops. You literally feel like you are a million miles from anywhere.

The Inov-8 Coastal Classic promises to be a great run – but it will also support a great cause by raising funds for the Royal National Park to assist with signage and trail maintenance of the Coast Track.

Fitzroy Falls Fire Trail Marathon October

The Fitzroy Falls Fire Trail Marathon (FFFTM) is difficult. Only 10 males have bettered 3 hours in the years that the race has been running; and only 6 females have bettered 3 hours and 30 minutes.

The course is undulating, mostly on fire trails. There is a very difficult downhill section (appropriately called Gunrock Falls) at about the 10km mark and in most years there is water across parts of the track

WENTWORTH FALLS October 16km

Arguably our most stunning short course race. Runners negotiate numerous trails in and around the Wentworth Falls area. The majority of this course is on single trail and includes lots of stairs. Runners are rewarded with some of the most magnificent views of the Blue Mountains NP. Some of the views of the various waterfalls and the iconic Mt. Solitary and truly wonderful.

KINGS OF THE SAND October

On the day you will be enticed to run through the treacherous amounts of sand and desert that is the Wanda Sand Dunes. You will Battle, Climb, Crawl and Dig your way through various Top Secret Obstacles along the beach designed to challenge your endurance, strength, stamina, and mental toughness to the very CORE!!!

Conquer the Sands of Hell and Perhaps battle a couple of Gladiators before you escape the pandemonium to emerge victorious and become the Ultimate King of the Sand!

These Top Secret Obstacles will be kept under wraps until the event day as to challenge the resilience of each competitor and maintain the element of Surprise!, however we can release that this maze will involve approximately 7-8km of sand and off road running!

BEROWRA BUSH RUNNERS WINTER URBAINE ROGAINE

Thanks to the many BBRs who ventured out and brought friends and family to join in what we all know is the best thing to do early on Sunday morning - having a run, even with white stuff on the ground.

I have been through the answer sheets and note that it appears essential to bring a calculator to a rogaie.

There are very few in the BBR that you want doing your tax return. Whilst it didn't change the overall result a number of teams couldn't add up.

Team Goodies – Dave, Jodie, Elly, Andrew and Conner - still leaned up but Team Markey moved into 2nd after adding the 100 points they didn't and Team You Will Do - Brian, Preben and Paul

moved into 3rd with their corrections. Both the Goodies and Markey's teams benefited from the age bonuses - it was billed as a bring them with you family event – and would have finished behind You Will Do if they hadn't. Courir Tres Bion – Steve, Andrew, Marc and Three Amigos – Pete, Pete and John were also within a minutes worth of penalty points after the bonuses and corrections.

Teams West – Intrepid 3½ Samatha, Ross, Annette and Joy and Dart Danielle, Ros, Anthony and Ted – demonstrated class, as always, but couldn't add enough bonus points for walking on the footpath and obeying all the traffic rules. Beth, Joseph and David showed that with

some more recovery time they will be a force, good to see David out and about.

Most teams averaged 21 questions answered but Captain Doug – Doug, Mitch and Lachlan managed 31 so just need to reassess the value proposition for next time, but they didn't try to kill another and even thanked the old man for dragging them out of bed – thanks enough.

Hope you all enjoyed it.

Jeff Hodder



MY FIRST MARATHON by Rob Sharpe

I crouched, legs spread in the light of a beautiful Gold Coast morning, applying large blobs of petroleum jelly to my nipples and nether regions. First marathon here I come.

I knew I wasn't the only first timer, and I wasn't the only one having an "I want to run a marathon before I am fifty" moment. I had read through enough web sites and online forums (just ask my wife) to know I was far from unique. However, as start time got closer, these thoughts didn't in any way lessen my nerves and excitement, or stop the chatter in my brain – "was two coffees too many", "should I use the toilet", "eat the whole muesli bar", "should I have my gel now", "should I drink more", "are my shoes too tight", "no one else has long sleeves", "should I wear the drink belt" – on and on and on driving myself crazy.

Suddenly I had kissed my wife good bye, and I was on the road looking for the 4 hour pacer. He was easy to find as he had two enormous black balloons with "4:00" on them. I got in front of him, and began waiting nervously as Rob de Costella began yelling something about Phidippides and having a race plan. Slowly everyone began shuffling forward towards the start line. It appeared in the distance, we kept shuffling towards it, then suddenly everyone was running. This is it!

My race plan? Firstly, hang around the 4 hour pacer. My training suggested I might run 4 hours, but who knew for sure. Not me!! (but I was pretty sure the last

20km would be slower..).

Keeping up with my 4 hour friend, though, was much harder than I thought it would be. I can be so slow over my first 10km, and today was no different. Suddenly I was worried about starting too hard, but I was determined to have a crack at 4 hours so I rolled the dice and kept on going. No guts no glory. Possibly no brains as well.

My race plan? Walk through the drink stops (every 2.5km) and keep hydrated. Bam! Crunch! What was that? Oh, just missed the first drink station! Don't panic, everything still feels good, not thirsty. Where are those black balloons? Way up there! RUN!

At 5km I lunged at a sports drink, tried to slow down, and got smashed and abused by other runners who had no intention of slowing down. Obviously they didn't appreciate my race plan. Got something down, but the sports drink was so diluted it may as well have been water.

I was still struggling to keep up with Mr Balloon Man, but in training I usually started feeling good at about 10km. I suspected I would pay for my fast start later, but knew I would kick myself if I finished in 4 ½ hours with plenty in the tank.

Approaching 10km I did start to feel good, and the brain began working. I got ahead of the bumping black balloons, yelled out to the drink station helpers "are there sports drinks", and ducked around behind the tables. I took my time, had plenty to drink, and

filled my drink bottle. Thank goodness I had decided to wear my drink belt (convinced by Hannah Sims – what a clever woman). It was easily the best decision I made for the run.

After this I had a golden patch. Training suggested this would last from between 15km to about 28km, so I decided to just relax and let the legs go at whatever felt good. I left the sound of the bumping balloons far behind and began to just enjoy the experience. The leaders came racing past; it was a goose bumps moment to see how well they were running, and all runners slowed to clap and cheer. This was easily the best part of the race.

At the 15km Burleigh turn around I stopped to refill my bottle. I ate a gel and walked a bit and stretched. I had nearly caught the 3:45 hour pacer so I knew I was way ahead of schedule. My longest training run had been 38km, but not at anywhere near this pace. The great unknown lay before me. It was also starting to get seriously warm.

I loved the next 10km. Hi Fiving kids along the way. Crowds cheering. All good. Funny things begin to happen, however, after you have run a long way. Suddenly it was too hot, cute kids became annoying, people were in my way. I knew this was the beginning of something new. Low blood sugar, lower glycogen supplies to the brain. Whatever it was, it was noticeable. Dorothy was no longer in Kansas.

At 29km, rounding a last bend be-

MY FIRST MARATHON by Rob Sharpe

fore returning to the Gold Coast Highway, something began blowing up at the back of my knee. Training had me prepared with a list of possible problems and solutions, but this was new. All I could do was slow down, try walking to stretch it out. This kind of worked, and I got going again, but it was getting hard all of a sudden.

It all went downhill fast. For some brain addled reason I became convinced my wife was going to be waiting at 30km. I became grumpy about having to slow down to see her. When she wasn't there, this upset me as well. It was only post-race that I realized that we had made no plans whatsoever.

Yes, I had hit the wall.

I had driven the course in January, looked at maps, got it all clear in my head, but at about 34km all this was irrelevant. I was in incredible pain from my knee, I was hot, I was exhausted, and suddenly I had no idea where I was on the course. All the sums calculating distance which normally keep my brain busy were too hard. So I cried. Yes, I cried. An ugly cry. Boo hoo. I just wanted it all to stop. It couldn't get any worse. Could it?

Yes it could – and did. Nausea began to wash over me. Then suddenly I turned around and the 4:00 Black Balloon Man was right behind me closing fast like a character from a Stephen King novel. If I slowed, the chance at 4 hours was gone forever. I knew I could finish by walking, but if I could just run a little further.....

I wasn't alone in the hurt locker. One runner careered off into some bushes and began hoicking his guts up. I passed a runner sprawled across the median strip receiving aid and speaking in tongues. Lots of groaning and vomiting suddenly surrounded me. Someone's talking GPS device announced they were 4 seconds off target pace. Just as I was thinking "not bad" it was ripped off and flung far far away as the runner stomped to the side of the road and stopped.

The last 8 km were a nightmare of nausea, cramping, walking, recovering, and the "bomp bomp bomp" of black balloons. All that crap about the last 10km being more mental than physical was proving so incredibly painfully true. I kept having to stop to walk the cramp out, but that meant the pacer got past me and I had to catch up again. This happened over and over. Somehow he performed a mystical ninja move and was 50m ahead when I thought he was behind me. Then I began to realise that I didn't actually know

how far in front of the 4 hour pacer I had to finish to be under 4 hours, and began to appreciate that I should have started BEHIND him. Wish I could have thought of that 39km earlier!! As the last kilometres approached, I began struggling as far ahead of him as I could possibly run/ walk/ limp.

Crossing the finishing line, I had lost sight of him, but was so beyond caring. I leaned on a railing frozen in pain for about 5 minutes, but knowing I had given it all I had. Absolutely nothing left in the tank. Without doubt the hardest thing I have ever done but I had finished. Eventually I hobbled to where I had arranged to meet my wife (for real this time, not some brain addled delusion). She wasn't there, and it took me several minutes to sit down without help. Eventually she found me, carrying the 2L of chocolate milk I had repeatedly requested for the finish. I nearly vomited.

Later that afternoon, as I was finishing the chocolate milk that my chocolate milk angel of a wife had

bought me, she looked up my time. 3:59:56. Sub 4 hours. Oh yeah.





ITS YOUR CLUB AND YOUR VOICE—SO LETS HEAR IT!

THE BEROWRA BUSHRUNNERS 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.

LETTERS TO THE EDITOR should be sent to

rebekah@berowrabushrunners.com

All submissions, tips, blogs, photos or articles and race results are to be received by 20th Sept for the Oct/ Nov newsletter, thanks
We look forward to hearing from you.

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**



Michael Sims
Facebook



Kevin Heaton
Facebook



WE ARE ON FACEBOOK..
Have you found us?

THE BEROWRA BUSHRUNNERS COMMITTEE

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

BEROWRA BUSH RUNNERS... www.berowrabushrunners.com

SPECIAL OFFER TO BEROWRA BUSH RUNNER MEMBERS

Save over 66% off 12-month R4YL magazine subscriptions.

R4YL Magazine is offering members of **Berowra Bush Runners** a special 12-month subscription for just **\$15.00**. That's a saving of over 66% (normally \$45) with 6-issues of R4YL mailed to your door. R4YL collaborates with Australia's top athletes, nutritionists and sports providers to compile the most up-to-date and relevant running information available. Each full-colour issue is a valuable source of information for complete beginners and recreational runners through to the elite. To redeem this offer simply click on the link provided and follow the prompts (Valid for new and renewals) Password COTM

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