



THE BUSHRUNNER OCT-NOV 2012



OXFAM 2012



11 Berowra Bush Runner Club Members finished in the top 25 teams!

RACE RESULTS and EVENTS

2012 POINTS TABLE 10KM

Jodi Gallagher	12 points
Paul Eveniss	12 points
Rob Sharp	11 points
Stephen Mills	11 points
Terry Amborse	11 points
Peter Fallows	11 points
Andi Hucker	10 points
Marc Psaila	10 points
Joseph Jones	10 points

5KM

Ryleigh Markey	17 points
Alyssa Markey	13 points
Alistair Watts	10 points

RACE RESULTS

MT SOLITARY

Andrew Layson	6:27:03
Lachlan Hoder	6:44:03
Michael Sims	7:15:04
Peter Thomas	7:26:37
Justine Laughton	8:25:25

CITY TO SURF 14KM

Steve Deveney	1:04:28
Peter Nuttall	1:04:41
Marc Psalia	1:06:59
Paul Fletcher	1:14:04
Rob Sharpe	1:32:56

BLACKMORE SYDNEY RUNNING FESTIVAL

FAMILY RUN 4km

Paul Eveniss	29:07
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BRIDGE RUN 9km

Bradley Medworth (JR)	0:44:16
Carrie Medworth	0:51:37
Mikayla Medworth (JR)	0:51:37
Sarah Green	1:04:34

HALF MARATHON 21.1km

Peter Nuttall	1:37:20
David Koenig	2:00:20

FULL MARATHON 42.2km

Nathan Parker	3:15:57
Michael Sims	3:34:00
Steve Deveney	3:55:28

GO NATURAL MULTISPORT EVENT

Millen Tomov 9km	1:09:19
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BBR OCT/NOV CALENDAR

OCTOBER

- Oct 7 BBR Handicap Traditional (10km) or 5km
- Oct 14 Beep Test
- Oct 21 Berowra Heights Fire Trails
- Oct 28 Cowan via Bush (Turner to Glendale)

NOVEMBER

- Nov 4 BBR Handicap Reverse (10Km) or 5km
- Nov 11 Ferry Run via Berkeley
- Nov 18 Wombat Run
- Nov 25 Cowan via Bush (Turner to Glendale)

Social Event—Berowra Tavern 3pm

2012 RESULTS AND POINTS

AUGUST—10KM HANDICAP RESULTS

Ted West	48:25	5 points
Peter Fallows	40:49	4 points
Joseph Jones	39:49	3 points
Marc Psaila	43:45	2 points

AUGUST—5KM HANDICAP RESULTS

Ryleigh Markey (JR)	37:37	4 points
Alyssa Markey (JR)	39:32	3 points

SEPTEMBER—10KM HANDICAP RESULTS

Terry Ambrose	47:56	5 points
Warwick Johnson	48:18	4 points
Marc Psaila	42:59 PB	3 points
Brian Cardelli	49:11	2 points

SEPTEMBER—5KM HANDICAP RESULTS

Coen Loffel	30:22 (JR)	4 points
Karen Johnson	30:23	3 points
Owen Markey	31:12 (JR)	2 points
Gavin Markey	31.13	

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.

OXFAM 2012

A HUGE CONGRATULATIONS TO ALL THE BUSHRUNNERS THAT ENTERED AND COMPLETED THE OXFAM SYDNEY 2012 RUN/WALK.

As a support crew I thoroughly enjoyed the enthusiasm of the supporters and hope that the teams did too.

Congratulations to Hannah Sims, Lachlan Hodder and Steve Mills on completing their first 100k event. Well done!

OASIS PROPERTY MANGEMENT—14hrs 27mins

Noel Annett, Andrew Blewman, Christian Ellis, Gavin McPherson

BEROWRA BUSH RUNNERS—16hrs 9mins

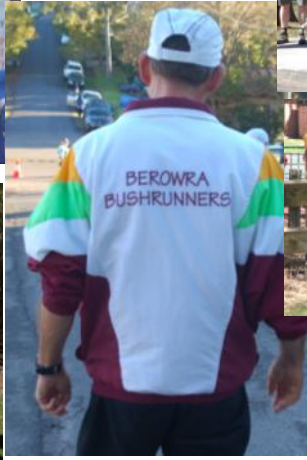
Kevin Heaton, Andrew Layson, Peter Fallows, Stephen Mills

KICKATINALONG—16hrs 40mins

Gavin Markey, Michael Sims, Jeff Hodder, Hannah Sims

RAGING BULLS -18hrs 6mins

Justine Laughton, Chris Yates, Lachlan Hodder, Michelle Poy



INJURY PREVENTION THROUGH YOGA runnersworld.com



Merging simple yoga poses with strength-training exercises challenges the core, hip, and thigh muscles in ways that running doesn't and helps minimize muscle imbalances that may lead to injury. These movements are synced to your breath (inhale or exhale), which keeps you focused and fosters body awareness. Do this routine two or three times a week on your rest, cross-training, or easy days. Start with lighter weights than you'd choose for traditional strength-training. As you improve, increase reps and add sets before trying a heavier weight.

Horse with Lateral Raise

Opens your hips; strengthens your legs, arms, and shoulders
To do: Stand with your feet wide apart, legs turned out 45 degrees, weights in both hands. Exhale while bending knees (don't lean forward) and raising arms to the side and overhead. Inhale while lowering weights and straightening legs. Do 10 reps.

Half Chair to Chair

Builds strength in your thighs, core, triceps, and shoulders
To do: Stand with your feet together. Inhale while lowering your hips and raising your arms overhead. On the exhale, lean forward and lower your arms. Inhale again and extend your arms past your hips. Exhale again and squat deeper. Return to start; do 10.

Knee Lift to Lunge

Improves balance and hip mobility; strengthens back

To do: Stand with your feet together. Inhale while lifting your right knee, curling your left arm up, and pressing your right arm back. Exhale and lunge backward with your right leg, as you alternate your arms. Inhale and swing back through to the knee raise; exhale and step to lunge. Do 10 reps; repeat with left leg.

Warrior III Slow Tips

Builds strength in the glutes, hip flexors, and upper back

To do: Stand with your feet together. Inhale while raising arms to shoulder height in front. Exhale and shift your weight onto your right leg, lean forward and raise the left leg behind you. Inhale and return to standing. Switch legs and repeat; do 10 reps

To Watch a video of these moves please go to <http://bcove.me/gripc2e3>

FLAXSEED MUFFINS



Flaxseed ranks right up there with soy as one of today's miracle foods. Here's a recipe to help you include more flax in your diet.

Ingredients:

1 cup white flour
1/2 cup whole-wheat flour
1/2 cup flaxseed meal (process

flaxseeds in a coffee grinder)

1/2 cup quick oats
2 tsp baking powder
1/2 tsp baking soda
1/2 cup egg substitute (or two eggs)
1 cup buttermilk
4 tbsp honey
2/3 cup raisins

Directions: Mix all dry ingredients (except the raisins) in a large bowl. Combine liquid ingredients in a separate bowl. Stir liquid ingredients into the dry ingredients all at once. Add raisins. Stir until

thoroughly moistened but lumpy. Fill muffin tins, lined with paper or foil cups, to about 2/3 full. Bake at 400°F for 20 to 25 minutes. Serve with jam.

Per serving (one muffin): 165 calories, 3 g total fat, 6 g protein, 30 g carbohydrates, 3 g of fibre.

If you would like your children to swim and compete in a friendly environment, then why not consider Berowra RSL Sub-Branch Youth Swimming Club.

We are a fun club for swimmers of all ages who want to prepare for school races, want more than swimming lessons and want to learn a bit more of what swimming is all about, including racing in fun and friendly competitions.

We meet each Sunday from 9:00 – 11:30 at Abbotsleigh Aquatic Centre, where the children enjoy themselves swimming in handicapped races competing against kids with similar abilities and times. Throughout the season there are also competitions at both Club and State level.

The Club's aim is not to turn out potential Olympians but to give children the confidence in themselves as swimmers.

If you're not sure if this is for you, why not come along at the start of the season for a couple of weeks to try it out.

Registration for 2012/13 season

Fees are \$70 for an individual or \$120 for a family plus pool entry each Sunday.

The season starts on Sunday 9 October, 9:00am

See you at the pool!

If you have any queries please contact Steve Ralphs (Club President) on 0419 666005 or Elizabeth Russell (Club Vice-President) on 9456 0195. Further information and to download the registration form please view our website at www.berowrarslswimclub.org

Steve Ralphs

President, on behalf of the Committee

Oxfam Trailwalker Sydney 2012 – Berowra Bush Runners



This year BBR were team no. 329, the same number as the no. of runs scored by Michael Clarke at the SCG against India. And just like Clarke, this event just went on and on and on. But it was all about the team – Steve & Andrew doing their first TW, Brick now a TW legend doing his sixth, and myself. The goal was a 15hr finish, but in truth the real goals were to

- 1 finish as a team, and
- 2 finish on the same day we started.

It started early, with a cool 11 degrees at Brooklyn. People complained that it was cold – what did they expect? It was 7am at Brooklyn, in winter, everybody! 11 was positively warm.

As the sun came up it turned out to be a perfect day. Not a cloud in the sky, temp around 20, a cool breeze. We were all very relieved at the difference that one day makes. Had the event been on Thursday, it would have been uncomfortably hot, too hot to run. The thunderstorm that followed in the evening wouldn't have been fun, either. Judging by the sizes of the trees down on the track that we would see later, it may have too dangerous to continue.

Anyway, stunning views at Brooklyn, Berowra Waters, Apple Tree Bay.

We just didn't stop to take them in for long.

A few kms in, Brick still hadn't stopped talking. It didn't worry us,

but some of the other teams around us were complaining. What I think they were really worried about was being "bricked" (beaten by Brick). The team tactic of walking the hills came into play almost immediately. All the teams did spread out a bit through the first fire trail, but once the descent to Jerusalem Bay started a few teams were banked up.

We were feeling ok coming into Cowan, and pleased to be slightly ahead of schedule. We did know that it was going to be a long day. Nutrition and hydration are so important for an event like this. It's not a running race, it's an eating and drinking competition with a bit of travel thrown in.

60km in to St Ives and we could see how well the other BBR team was going. By this stage we were still running, but I wasn't running particularly quickly, and so chose not to let the Garmin tell me exactly how slowly I was going.

We'd walk the hills, and once we got to Cascades track it was getting pretty dark so we walked most of the next two sections. My walking became slower and that section to Ararat Reserve felt longer than the 7.5km it actually is. From there though we knew we would definitely make it to the end. Only a bit more than 10km to go, just as long as a BBR handicap race. The feeling that we got by finishing strongly and together as a team was great. Apart from the obvious things like having a great support crew, which goes without saying, the importance of having a great team to run with can make or break the whole experience.

Well done to Brick, who does these 100km events for breakfast, Steve who ran fantastically well to knock over his first 100km, and Andrew,



who is as tough as they come. All three looked out for each other and are great to have on your team. Steve's knee came off second best against a rock, and I hit an overhead branch that the trail markers missed but we all survived unscathed.

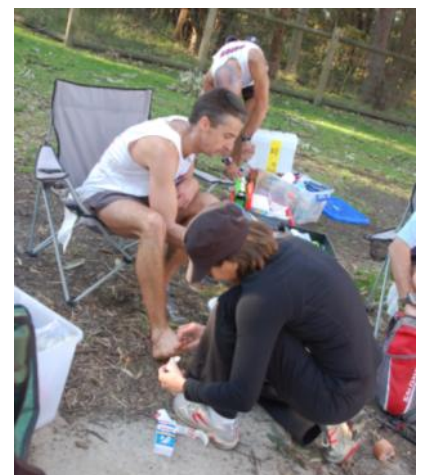
100km with 3,520m in total elevation completed in 9th place overall in 16 hours 9 min, 5th team officially with 4 complete finishers. (Not that it mattered, it's not a race.)

Big thanks go to

*Support crew Dave, Jodi & Maria, particularly so for stepping in less than 2 weeks before the event. They made sure that at every CP we were well looked after, and in and out as quickly as possible. Couldn't have done it without you guys!

*Kickatinalong's support, Bek & Lynette, for their help as well whenever we came in

*Family & friends - it was good to see so many BBRs throughout the day at various points along the course.



Oxfam Trailwalker Sydney 2012 – BBR Cont

All the people who donated to Oxfam. When Captain told us that he had entered the team with a target of \$3,000, we all thought “why didn’t you



just go for the bare

minimum?” To have raised over \$5K is absolutely unbelievable. Thanks to everyone who supported us so generously.

By Pete Fallows

BEST OF YOU TUBE LINKS

Share your favourite Link for You Tube with the club.

Michael Sims Shows us his first Iron Man

<http://www.youtube.com/watch?v=tOn4zk91Oh0&sns=em>

Gavin Markey is always talking about the ultra comedy so try

[Shit Runners Say..](#)

Killian Journet—Salomon Running

<http://www.youtube.com/watch?v=uCeRbGkccmU>

Salomon Running Season 2011

<http://www.youtube.com/watch?v=yOfkwA26hrY>

The Western States 100

<http://www.youtube.com/watch?v=4a26xp28jm0>

North face 100 Australia 2012

<http://www.youtube.com/watch?v=qeBHAPDgnNw>

The snot rocket—OK it’s not you tube but it’s worth the watch!

[.runnersworld](#)

RUNNING SONG SUGGESTIONS:

There are so many different music genre, and everyone is different on what type they prefer. I like to jazz my music up a bit and can jump from an alternative song to hip hop to country. If it has a good beat then I like it and want to listen to it while I am running. Thank goodness for iTunes where you can try out music from your own computer. Take a listen to some of these suggestions.

ALTERNATIVE

Chevelle - Still Running
Day of Fire - Run
Linkin Park - Runaway
Smash Mouth - All Star
The Killers - Mr. Brightside
Trust Company - Running From Me

COUNTRY

Craig Morgan - International Harvester
Gretchen Wilson - Redneck Woman
Melissa Etheridge - I Run For Life
Miley Cyrus - The Climb
Shania Twain - Man I Feel Like a Woman
Zac Brown Band - Chicken Fried

HIP HOP

Black Eyed Peas - I Gotta Feeling
Black Eyed Peas - Pump It
C+C Music Factory - Gonna Make You Sweat
Chris Brown - Run It
Kelis - Milkshake

POP

Avril Lavigne - Runaway
Avril Lavigne - Girlfriend
Beyonce - Crazy in Love

Britney Spears - Till The World Ends
Hilary Duff - Come Clean
Justin Timberlake - SexyBack
Kelly Clarkson - Stronger
Lady GaGa - Born This Way
LMFAO - Sexy And I Know It
Mary J Blige - Family Affair
Orianthi - According to you
Pink - U + UrHand
Pink - Most Girls
Rihanna - SOS
Rihanna - Disturbia
ENJOY—Bek



Fitness Motivation How To Start Running AGAIN

With so many of our mums enjoying new babies I thought it about time to investigate how to motivate yourself to get back to running after you've taken time off.

Here's what is recommended when fitness motivation is needed.

Take a week and apply one of these tips each day.

1) Are You Getting Enough to Eat?

A lack of iron, Vitamin D or other vitamins can cause you to feel sluggish and un-motivated. So make sure that you are getting enough vitamins, and from a source that allows you to absorb the nutrients. The best way to get your vitamins is directly from your healthy foods such as dark green leafy vegetables...yummy!

2) Make An Appointment and Keep It.

Showing up is more than half the fight, so make an appointment to go for a run and then keep it. It helps to have friends that will hold you accountable, whether you have a running buddy you can literally make an appointment to run with or you write on facebook where all your virtual running buddies can see that you are going to go for a 5km run today...whatever it takes to keep that appointment! Joining a group of running mums—we have a few in the Bushrunners now who have the same demands as you, can be great motivation too.

3) Break Your Runs Up

If you are pushing a jogging stroller or running in extreme weather, one long run might not be possible. Besides going for a long run can sound a little intimidating.

You might be able to better fit two short runs a day into your schedule, one in the morning and one in the evening.

4) Add Intervals

Doing a run / walk or some other form of interval training run, makes the run more interesting and can be a more efficient cardiovascular workout.

Try doing a run / walk of anywhere between 3 minutes of running and one minute of walking to 10 minutes of running and 30 seconds of walking.

Then you just have to get through the next 4-10 minutes of running instead of having to get through the whole run.

This is especially helpful in getting through the warm-up part of the run. If you're doing a short run, try cutting the walk breaks once you have warmed up.

If you really want to push it, instead of doing walk breaks, go for an easy run, with short intervals of sprinting. This is called fartleks.

5) Drink Coffee

Before you go out on a run, drink a mug of coffee for energy. Just keep in mind that caffeine dehydrates, so make sure you are drinking plenty of water.

You might also try some other form of energy drink such as green tea or something that's not

caffeinated but has electrolytes such as gastrolyte.

6) Listen to Music

Listening to music on every run might be a little like riding a bike with training wheels or swimming with inflatable arm bands. However, sometimes music is just the thing you need to get through a run.

7) Take A Day Off

Whether you earned it or not, it's time to take a day off. There's nothing more overwhelming and downright annoying than trying to play catch up all the time.

Tomorrow is the start of a new week. Today, enjoy your family or a break from your family, whatever it is you need.

Take some time for yourself, celebrate the achievements you've had and instead of beating yourself up or trying to make up for what you did not achieve, plan to do better next week.



STRENGTH EXERCISES TO HELP YOU RUN FASTER

Yes, strength-training helps runners add muscle. But to translate that gain into speed, you have to choose the right moves.

"Runners should concentrate on building power—how fast you can use the force you've built up," says Jay Dicharry, director of the Speed Clinic at the University of Virginia. "Explosive movements help you activate your muscle power quickly during push-off." Do these exercises twice a week, preferably two days before or after a speed work session.

Box Jump

Enables leg and core muscles to "turn on" faster during a run.

To Do: Face a sturdy knee-high box, an aerobic step, or a weight

bench. With feet slightly apart, jump onto the box, taking care to land as softly as you can. Step back down. Do three sets of eight reps.

Rotating Lunge

Strengthens hips for better balance and stability during push-off.

To Do: Place the top of one foot onto a bench about three feet behind you. Lunge and rotate your torso 45 degrees to the right, back to center, and then to the left. Do two sets of eight reps.

Straight-Leg Dead lift

Develops propulsive force in the gluts and hip extensors, which will help your push-off as you increase your pace.

To Do: Place heavy weights on the floor in front of you. Hinging at the hips, with back straight, bend over and grab the weights. Keeping your core and gluts tight, straighten up. Slowly lower the weights to the floor. Do two sets of eight reps.

Kneeling Hip-Flexor Stretch

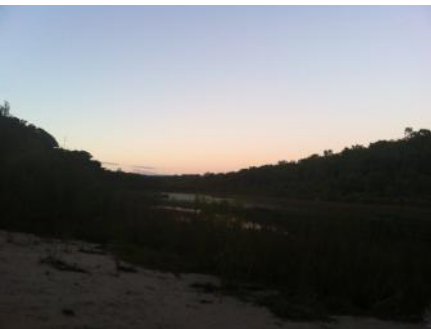
Improves range of motion in the hips.

To Do: Step into a lunge and lower your back knee to the ground. Keep your upper body straight while you tilt your pelvis to feel a stretch. Hold for one minute. Do three times on each leg.

For corresponding videos click [here](#)

By Debra Witt Runners World

LIFE'S LIKE A BOX OF CHOCOLATES by Gavin Markey



Never a truer few words have been spoken than when ol' Forrest Gump quoted them in the movie:

You never know what you're gonna get next!!

Bek, the kids and I were headed down to near Picton on the Southern Highlands for a weekend farm stay in June. So before heading away, like all addicted runners, I had a quick look on the net to see if there was anywhere to run other than on the farm. Wow, the area looked fantastic to explore. Being a

new area to visit, Bek and I weren't really sure about distances, roads, and tracks etc. available to run on. So another quick search on the net for running groups in/near Picton area... and voila "Picton Puffers" came up. The search said that they held an annual local event, and also ran on Sunday mornings. Perfect!! While the kids are out collecting eggs, milking cows and doing farmie things, we can go for a run and be back in time for a cooked breakfast (or at least back in time to cook the breakfast).

I sent an email to the contact on their website www.pictonpuffers.com not entirely sure of what would happen. Enter Kevin Malloy!! What a fantastic ambassador for a club. He invited Bek and I for their Sunday run in the Thirlmere lakes area, meeting at

around 7 and start running around 715 (sound familiar). He sent us detailed directions, his contact details, said safe travelling and see you on the Sunday.

Thank goodness for Google maps, Kev's detailed directions and a patient wife. We set out around 630 (I hate being late- Google maps said we needed 15 minutes—I told Bek we needed 30) and drove to the meeting area.

First impressions were Wow, then WoW this is going to be great!! What a beautiful area to run in. There was however still a bit of apprehension whether we were in the right area or not. Then remembering that like our club, 7 am meet and 715 start usually mean screeching tyres around the corner at 715 and start at around 725, I had a look at my watch 655 ...mmmmmm

LIFE'S LIKE A BOX OF CHOCOLATES by Gavin Markey



gonna get next, after running for awhile with Kev, I found out that he started Coolrunning.com when he was in USA!! And then co-founded coolrunning.com.au with Kevin Tiller (from Berowra) here in

maybe Google maps were right and we only needed 15 minutes. Oh well!!

0710-Still silence, in the middle of nowhere, not a car or person to be heard. Double check email directions, double check Google maps, wait I can hear a car, no it's too noisy for a car..it's a truck!

Out pops a chap and introduces himself, we ask if we're in the right area, and sure enough we are...Welcome to the Picton Puffers he says and makes us feel totally at home and welcome.

Over the next few minutes about 20 people arrived, including Kevin who warmly welcomed Bek and I and proceeded to introduce us to everyone in the club. He explained that some are walkers, some joggers, some runners and some talkers. Perfect, we would fit right in, I would run and Bek would talk while running!!

You never do know what you're

OZ. Can you imagine "I'm running next to the founder of probably the greatest running website we have". Just incredible, and so modest!! An absolute fountain of knowledge. We ran along a dirt road for about 6k's alongside the Thirlmere lakes, or should I say what used to be the Thirlmere lakes. They are bone Dry!! Apparently some of the runners used to water-ski on the lakes, but now mining in the area has caused all the water table to change, and completely drained all the lakes. After a comfortable pace we came to a gated church community living in isolation, this is where the turn-around point was.

On the return leg, Kev asked Bek and I if we would prefer to run on a trail the other side of the lakes on the return. So shortly after turning around, we headed off the road and onto one of the most incredible single track runs I've been on. It never had more than 10 meters of straight and must of had about 10 different flora sections in it. Each time the flora changed you felt like you were on a different run absolutely amazing.

When we made our way back to the start area, Bek and I stopped and walked to our car, but were quickly reminded that no! The run isn't finished until you touch the finishing pole. So off we went another 100m and



completed a fantastic experience. Even better than the run was the tea, coffee and Kevin's wife's homemade chocolate honey cake!! It was a great opportunity to chat to some of the runners and find out what they're training for. Some just to stay fit, one for the Uluru marathon, some for local events and one is a 25 times veteran of the 6foot track!! So you never know who you're



gonna meet on the trail!! It really was a real pleasure to meet and run with the Picton Puffers, not just because the scenery and bush tracks and people are amazing, but because we now feel part of a larger community of runners that we look forward to running with again, either when we next visit, or when any of them are around Berowra for one of our runs. I really recommend you looking them up if you're ever heading that way. Thanks Kev and the Puffers!!





GET YOUR SHORTS ON AND MEET US SUNDAY MORNING 7.15am

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.

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



						
Brian Cardelli	Jackie Watts	Peter Fallows	Chris Graham	Rebekah Markey	Michael Sims	Kevin Heaton
President	Secretary/ Treasurer	Web Master	Handicap- per	Sponsor- ship/ Publicity Newsletter	Facebook	Facebook

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 Nov for the Dec/Jan 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](https://www.facebook.com/BerowraBushRunners)

THE BEROWRA BUSHRUNNERS COMMITTEE

BEROWRA BUSHRUNNERS... www.berowrabushrunners.com

A RUNNER IN PERSPECTIVE—Andrew Layson



When and Why did you join the Bushrunners?

2008. I had just run my first marathon and was looking for a group who shared my interest in running.

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

My favourite thing is the camaraderie. I love meeting with a group of people and disappearing off into the bush for hours. Sharing a fantastic view which the everyday person doesn't get to see, or chatting in the middle of a rainforest while stopping for a quick refuel are special moments. I've also learnt heaps from and been inspired by other BBR's.

What is your biggest BBR challenge?

Two spring to mind. Running the 10km handicap in under the magic 40min mile-

stone, and trying to keep up with Beth going down a steep hill in the bush. Haven't achieved either yet.

What is your goal/motivation?

Seeing how far I can push myself. Before I joined BBR I thought a Marathon was the pinnacle. Now I've done a couple of 100km events, I want to know what I can do. Having a training plan and targeting a big event are great motivations.

What is your running highlight?

It keeps changing. Running my first 6ft track was great (wading through the waist high Cox's river was a highlight). That was replaced by my first GNW100. Running through the forest at night surrounded by fire flies decorating the trees like Christmas lights was surreal. Even better that I shared the experience with a fellow BBR (Gavin). On top of that two of my kids (Ben and Belinda) were my support crew (in the photo taken at the finish) – a great experience to share and a special memory.

What are you currently training for?

Nothing in particular, although I have unfinished business with 6ft track and am eyeing longer events in 2013. Currently building a solid base for that.

What's your best running tip?

Hard to pick the best tip – I've learnt so much (I feel like I could write a book). Probably the biggest thing to realise is that results don't just happen – you have to plan for them and then follow through. Something that's a big help is to keep a training diary and plan training in the months leading up to a big event. I hate seeing a 0km on a day when I know I should have trained – a great motivator on cold/wet mornings.

Another major thing I've learnt is to get to know your body. That includes what you need to eat and drink under varying conditions and being able to know what's a minor ache/pain, and what's a niggle you need to pay attention to if you are to prevent an injury sidelining you for weeks.

Interests/Hobbies?

Many and varied. Music & theatre, cooking and travelling. Running an event in a foreign country where you can combine running, travel, food and friends is perfect.

1 year from today I will.....Run the Glass House 100 (that's the plan anyway).