



THE BUSHRUNNER FEB-MARCH '13

HAPPY NEW YEAR!
2013 is here with so much promise!



**5km Champion
Ryleigh Markey**



**10km Champion
Stephen Mills**

2012 HANDICAP CHAMPION WINNERS



RACE RESULTS and EVENTS

2013 POINTS TABLE

10KM

1st	20 points
2nd	15 points
3rd	11 points

5KM

1st	4 points
2nd	3 points
3rd	2 points

The Journey that Beth Cardelli has taken to earn "The Australian Ultra Runners Association (AURA) Female Ultra Runner of the year 2012".



BBR FEB—MARCH CALENDAR

FEBRUARY:

- Feb 3 BBR Handicap—Traditional (10km or 5km)
- Feb 10 Crosslands and back
- Feb 17 Cowan Oval via Highway
- Feb 24 Berowra Heights Fire Trail

MARCH:

- March 3 BBR Handicap—reverse (10km or 5km)
- March 10 Bush Run—Traditional
- March 17 Ferry Run via Alston-Currawong
- March 24 Wombat Run
- March 31 Beep Test

March 31 Social Event—Berowra Tavern 3pm

2012 RESULTS

Beth Cardelli—was awarded the Female Ultra Runner of the Year 2012

Elly Gallagher - broke the Northern District Little Athletics Centre Under 14 girl 3000m record on 19 January 2013, previous record set 2006 was 11min 35sec, now 11min 26.4sec. Well done Elly!

Kevin Heaton—Beyond the Black Stump, New Years Day- Full Monty 4 hrs 19mins

Millen Tomov—Beyond the Black Stump, New Years Day- Party Pooper 1 hr 51 mins

Bradley Medworth—Weetbix Kids Tryathlon the top 5 for his age group



2009

- The North Face 100km 2009 - 13:32 2nd
- Sydney Trailwalker 100km 2009 - 13:25 1st
- Fitzroy Falls Fire Trail Marathon 2009 - 3:32 1st

2010

- Bogong to Hotham 64km 2010 - 9:00 1st
- The North Face 100km 2010 - 12:16 1st
- Fitzroy Falls Fire Trail Marathon 2010 - 3:17 1st
- Great North Walk 100M 2010 - 25:23 1st CR

2011

- Bogong to Hotham 64km 2011 - 8:14 1st CR
- Cradle Mountain 82km 2011 - 9:46 1st
- Six Foot Track 45km 2011 - 4:10 3rd
- Mt Solitary 45km 2011 - 5:39 1st CR
- San Francisco Zombie Runner Half Marathon (USA) 2011 - 1:47:22 1st CR
- Western States 100M (USA) 2011 - 22:16 12th
- Willy to Billy 34km 2011 - 2:40 1st
- Luxmore Grunt 27km 2011 - 2:30:12 3rd

2012

- Lapstone Lap Race 6hr 2012 - 60km 6:07 1st CR
- The North Face 100km 2012 - 11:18 1st CR
- Glow Worm Tunnel Marathon 2012 - 4:36 2nd
- Centennial Park Ultra 100km 2012 - 9:22 1st CR
- Great North Walk 100km 2012 - 12:36 1st CR

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.

THE 2013 HANDICAP SERIES —Chris Graham

The 2013 handicap race series is now upon us, with the first race of the season on Sunday Feb 3, with the following races on the first Sunday of every month concluding with November.

In 2012 we saw growth in numbers for both distances, averaging 26 runners each month for the 10km and 11 runners for the new 5km series, so we anticipate even greater numbers in 2013.

In light of the increasing numbers, we have made our first significant change to the handicapping system in several years. The biggest change will be that there will be more points awarded each race (20 points for 1st place). As well, now the top 9 official

finishers will receive extra points." As part of this new point scoring system we have also incentivised and rewarded the first few places, such that 1st place will receive 20 points, 2nd place 15 points, and 3rd place 11 points. We will also be providing a greater reward for our valuable timekeepers - they will now get 4 points and lose 30 seconds of their handicap for the next month.

And of course the 'handicapping process hasn't changed - so if you come 1st to 3rd, you will see your handicap increase the following month as in previous years. In another change, 4th to 9th place will not see their handicaps change, only 10th place and beyond will lose

30sec. For all the details, please refer to the handicap rules that can be found on the web site, and note that these changes just apply to the 10km series.

For those that like to work out what needs to be done to win the handicap series, our records are quite clear. Typically you need to win at least two of the races (and that means be first across the line), and in the process of the year your PB will need to be beaten at least once. The good news is that the handicap champion is by no means the fastest runner, the key is consistent performance.

Good luck for race 1!

The Handicapper

PLAN YOUR YEAR AHEAD by Bek Markey—based on the past 2 years of "The Bushrunner"

Based from the past publications of "The Bushrunner" and the races entered in for 2011 and 2012 by BBR members. Here is a Calender of running events our Bushrunners have enjoyed and some that just look good. I hope this helps you to plan your year ahead

February

Running Wilds Narrowneck Night Run
Sydney Trail Running Series—Manly Dam
Cradle Mountain—TAS

March

Sydney Trail Running Series: Bobbin Head
Wild Women on Top Sydney Coastrek
Six Foot Track

April

Sydney Trail Running Series: Bobbin Head
Lindfield Rotary Club Fun run 5 + 10k
Kedumba Half Marathon
Canberra Marathon

May

Sydney Trail Running Series: Bobbin Head
Mothers Day Classic
Sydney Morning Herald Half Marathon
The Great Tribal Chase—Sydney's Amazing Race 4hrs
The North Face 100

June

Sri Chinmoy 24 hour Race
Oxfam Trailwalker Brisbane 100k

Woodford to Glenbrook

Bay to Bay Fun Run and Half Marathon

July

Gold Coast Airport Marathon

M7 Marathon

August

Pub to Pub

Mt Solitary

City to Surf

Willy 2 Billy

inov-8 Coastal Classic

Oxfam Trailwalker Sydney 100k

Life de Castella Run—Melbourne

September

Glasshouse 100

Mt Portal

Sydney Running Festival including Sydney Marathon

October

Fitzroy Falls Fire Trail Marathon, 10 and 5k

The Great Ocean Walk 100s VIC

November

Bare Creek Trail Run

Mud Run

GNW 100s

Rebel Sport Run 4 Fun

Glenbrook Marathon

December

Coast to Kosciuszko

Wentworth Falls

Traditional vs. Reverse Handicap – which is quicker?

By Pete Fallows

At Berowra Bush Runners we have 2 handicap races, 10km and 5km. Even within those races we have different directions which we alternate each month. The “Traditional” 10km is the one which takes off from next to the kindergarten and has the notable feature that it goes up the Balaclava Rd hill. The “Reverse” 10km is the one that starts in the corner of the car park and goes up Woodcourt Rd.

(One way to tell which one is which is that km markers have been painted over the whole course. Not all have survived, but if you look closely you can still see the 1km mark along Kooloona Rd and the 2km mark on High St. Unfortunately the 3km mark in front of the Berowra Police Station is no longer there. The Traditional course has markers in order from 1 to 9km, while obviously Reverse is 9 to 1km.)

One comment which is often heard at the end of a handicap is “I much prefer going that way to the other way”. Usually this is followed by “I hate the Balaclava hill”. Just because one way is more enjoyable (or less horrible), is it any faster than the other?

Traditional or Reverse? Up Balaclava or up Woodcourt? Which one is quicker? Does it make any difference which direction? After all, each starts and finishes in the same place and is exactly the same distance. Does it come down to whether you lose more time going up Balaclava hill than you gain by running down Woodcourt at the end? Anecdotally it would seem that the quickest course is the Reverse. (Those who have been running with the club for a long time will remember an even quicker version of the handicap course which started at the Bowlo.) One way to back this up is to look at the data, because statistics don’t lie.

Our handicapper tells me that we have started the year running the Traditional course each year, except for 2005 & 06 when we ran the Reverse direction first. Going back to 2004, looking at the data and seeing which direction people have recorded their PBs, you get the outcomes in the table below.

Direction	All runners (official)	Runners (with > 20 runs)
	no. of PBs (% in brackets)	no. of PBs (% in brackets)
Traditional	40 (43%)	12 (46%)
Reverse	53 (57%)	14 (54%)
Total	93 (100%)	26 (100%)

This result that far more people have run their best time over the Reverse direction shouldn’t be a surprise, but it was to me. I’ve always maintained that there is no difference between the two. A few years back I got my PB on the Traditional course. The next month, running in Reverse, I beat that PB – by 3 seconds. So the above analysis might be simplistic – it only looks at PBs and doesn’t consider other factors like the weather, peoples’ individual peaks and all the other mysterious factors that go into recording a PB.

Instead of just best times, we’ll look at other people who have been running for a while, and see if there is anything else we can find to justify one direction or the other as quickest. After all, Leo’s best time of 35:48 was done on the Traditional course.

Out of our club members who have been running for a while, is there any difference in their results? I’ve selected people with over 30 runs, and taking only their best 30 times can remove any outliers which may occur if, for example, you’d run a long run the day before or were just coming back from an injury or you just had a shocker one day.

Looking at the average times for people for their best 30 runs, we find that more people are faster on average on the Reverse course than they are on the Traditional course. But there’s not a lot in it – for Jeff it is as much as 1 minute difference, but for Graham it was only 2 seconds. (*see table on page 5*).

From all this, it does look like the Reverse direction will yield a better result. The clincher for me is that, out of the best 30 times, far more are recorded on the Reverse course. The Traditional course is actually faster for some people, but it does have the potential to wreak havoc on your time. I’d say that has something to do with that Balaclava hill.

So, see you all at the next handicap. If it’s in the Reverse direction, I expect faster times.

By Pete Fallows

Traditional vs. Reverse Handicap – which is quicker?

By Pete Fallows

Faster on Reverse course	Average time - Traditional (no. of runs)	Average time - Reverse (no. of runs)	Difference
Jeff Hodder	50:10 (15)	49:10 (15)	1:00
Dave Gallagher	40:26 (15)	39:48 (15)	0:38
Peter Fallows	41:50 (15)	41:23 (15)	0:27
Stephen Mills	41:08 (16)	40:42 (14)	0:26
George Munro	58:10 (17)	57:51 (13)	0:19
Steven Dodd	47:57 (16)	47:41 (14)	0:16
Brian Cardelli	50:27 (12)	50:14 (18)	0:13
Warwick Johnson	49:08 (15)	48:56 (15)	0:12
Chris Graham	37:37 (15)	37:26 (15)	0:11
Leo Peterson	38:06 (14)	38:01 (16)	0:05
Graham Leslie	48:55 (14)	48:53 (16)	0:02
Faster on Traditional course	Average time - Traditional (no. of runs)	Average time - Reverse (no. of runs)	Difference
Peter Thomas	41:00 (13)	42:14 (17)	1:14
John Quiqley	52:08 (14)	52:38 (16)	0:30
David Cannings	43:09 (13)	43:38 (17)	0:29
Jackie Watts	47:56 (13)	48:09 (17)	0:13
Beth Cardelli	45:31 (15)	45:38 (15)	0:07
Mark Peterson	47:33 (14)	47:38 (16)	0:05
Exactly the same on each course	Average time - Traditional (no. of runs)	Average time - Reverse (no. of runs)	Difference
Noel Annett	38:43 (14)	38:43 (16)	0:00
David Koenig	49:13 (13)	49:13 (17)	0:00



Banana Bread

266 Calories per serve

125g Rolled Oats

495g Wheatmeal Flour

2 teaspoons Baking Powder

135g Brown Sugar

3 Medium Bananas

150g Butter

1 1/2 Cups Low Fat Milk

2 Teaspoons Vanilla

Method:

Preheat oven to 180C (356F.)

Line two loaf pans (7.5 × 8.5 × 17.5cm) base measurement, with non-stick baking paper.

1. Combine the oats, flour, baking powder and sugar in a large bowl. Make a well in the centre. Mash the bananas in a separate bowl until almost smooth. Add the banana, butter, milk and vanilla essence to the well in the dry ingredients. Mix until well combined and the mixture resembles a thick batter slightly thicker than a cake batter (you may need to add a little water).
2. Divide the mixture between the lined pans. Bake for 40-45 minutes or until a skewer comes out clean when inserted in the middle. Leave in the tins on a wire rack to cool. Cut each loaf into 8 slices.

Wrap any uneaten slices in plastic wrap and freeze until needed.

WRITING COMPETITION!

Do you love to run! Then let us know why?

The Berowra Bush Runners will be hosting a writing competition and we hope that **all** members will submit a story.

Submit your story to rebekah@berowrabushrunners.com to be in the competition and please if you are one of our great junior runners, include your age.

Great prizes will be won for both the senior and junior categories.

All Stories submitted will be published in our very own 'The Bushrunner' publication.

Look forward to some fun and inspiring reads. Bek

BBR 5KM HANDICAP MONTHLY WINNERS 2012



BBR 10KM HANDICAP RUNNER UP 2012 Jodi Gallagher

BBR 5KM HANDICAP CHAMPION 2012 Ryleigh Markey



BBR 10KM HANDICAP CHAMPION 2012 Stephen Mills



BBR 10KM HANDICAP MONTHLY WINNERS 2012



A FINE LINE by Kilian Jornet and Sebastien Montaz

—Movie Review by Ben Ryan



Running time: 52m + bonus material

I was lucky enough to be traveling in France earlier this year, and even luckier to have friends with spare tickets to the Chamonix premiere of the first movie following Kilian Jornet's ambitious Summits of my Life project, that started last year titled "A Fine Line". Held in the intimate Vox Cinema in the middle of the Chamonix Village, this was a chance to not only see the movie, but also to hear both Kilian and the film maker Sebastien Montaz talk about the making of the movie as well as what will happen over the duration of the project until 2015.

For anyone that has not heard of Catalanian athlete Kilian Jornet, he is arguably the most talented trail-runner of his generation, and holds the current race record for the Australia TNF-100 amongst wins in other high profile races such as UTMB and Western States. He is incredibly humble and endearing for someone that sits at the top of a very competitive sport - and still maintains a connection to the moun-

tains that surpasses the competitive side of his sport. For the record, he said that he doesn't run marathons on the flat as he would be struggling to finish in the middle of the pack, but he remembers clocking a 2:42 marathon time with 1500m vertical gain....so he is certainly not afraid of the hills!

Kilian introduced the movie by explaining that when he was young(er) he made three separate lists. One was races that he wanted to compete in and win. The second was mountains that he wanted to visit and experience. The third was personal. He said that after a few years he realised that almost everything on the first list was ticked off, including the Western States and UTMB races, but there were still a lot of challenges yet to face on the second mountains list. And, the third list and its content are still a mystery to all but the man himself.

The goal of the Summits of my Life project is for Kilian to experience a selection of the highest peaks in the world, and set speed records using a super-light style

that is part mountaineering and part trail running. The final stage of the project is planned for 2015, with an attempt to set a new Base camp-Summit-Base camp record for Mount Everest. The thought of this goal would seem impossible to the mountaineering community, but through the eyes of Kilian it is merely applying his craft and natural ability to higher mountains. The equipment required to meet these goals doesn't even exist today, and will be built specifically for Kilian to be able to move through the mountains with a trail-running style of movement as opposed to the slower and more deliberate footsteps of a mountaineer. Could this be the birth of an evolution or marriage of two sports coming from very different origins? World renowned Mountaineer Ueli Steck holds several speed records in the mountains including speed ascents on the Eiger has said that the next generation of climbers will not come from the world of climbing, but from ultra running. "Ultra runners can

A FINE LINE by Killian Jornet and Sebastien Montaz

—Movie Review by Ben Ryan

quickly learn to climb, while climbers are typically not so adept at ultra running. Can you imagine what I could do if I had the physique of Kilian?" Steck says.

The series of goals starts with Mont Blanc Massif - as this is where famous European mountaineers have for decades refined their craft before heading overseas to the high altitude peaks of the Himalaya. Iconic names in climbing history such as George Mallory and Walter Bonatti have climbed the mountains surrounding Chamonix and Courmayeur for decades, but without the focus on sheer speed of movement at the expense of heavy safety and protective equipment. The modus operandi of fast & light mountaineers is to carry as little as possible, so that you can move as fast as possible - Kilian brings a natural affinity for this method of climbing through his minimalist approach to trail running.

The movie opens with shots of Kilian being prepped for a V02Max test at the Spanish Institute of Sport. For the record, his test result is 92, which is one of the highest ever recorded. It is not the only factor that makes a great athlete - but it certainly doesn't hurt to be born with the capacity to run very hard for a very long time.

Throughout the movie viewers are treated to amazing scenery and footage of speed climbing in the Mont Blanc region, courtesy of cutting edge "micro helicopters" that can carry a high-definition camera and are controlled by remote control. Film-maker Sebastien talks about the irony of this new technology when a "droid copter" went haywire and crashed in a remote area of the mountains, needing to be recovered with the use of an actual full-size helicopter. Interviews with Kilian's family also give an insight into the real motivations of the athlete, and why he feels a special connection to the mountains. Seeing his lifestyle and how he has shunned the excesses that may be afforded him as a professional athlete - you get the feeling that Kilian is a purist that is only happy when he is surrounded by high mountain peaks, and that a life of corporate sponsorship and publicity might be the necessary evil to allow him his lifestyle of minimalist living.

The unfortunate climax of the movie surrounds the death of Kilian's good friend and climbing partner Stephane Brosse, while attempting to cross the entire Mont Blanc Massif in June of last year. It is with great respect that the film-maker shows footage of

Stephane talking about his motivations for climbing, and more importantly serves as a cool reminder to all that the mountains are never predictable and can take the lives of the experienced as easily as those learning to climb for the first time. With many more mountains to go on the list before Everest, we can only hope that there is more success and great stories to tell without another unfortunate accident.

A Fine Line is a beautifully shot movie and is an inspiring frame through which we can view the motivations of an amazing athlete. We can look forward to watching the Summits of my Life project progress over the next few years as Kilian prepares himself for a (quick) trip to the top of the world in 2015.

The movie is available to purchase in DVD or download form on the website

www.summitsofmylife.com.

Please respect the work of the film maker and download your own copy.

By Ben Ryan





WE ARE ON FACEBOOK..
Have you found us?
[BEROWRA BUSH RUNNERS](#)

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

LETTERS TO THE EDITOR should
be sent to
rebekah@berowrabushrunners.com
All submissions, tips, blogs, photos,
articles and race results are to be
received by the 20th of the month for
submission to the newsletter, thanks
We look forward to hearing from
you.

It's 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, heading into 2013...

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) and families.

THE BEROWRA BUSHRUNNERS 2013 COMMITTEE



Brian Cardelli
President

Jackie Watts
**Secretary/
Treasurer**

Chris Graham
Handicapper

Rebekah Markey
**Sponsorship/
Publicity
Newsletter**

Peter Fallows
Web Master

WE ARE ON THE WEB BEROWRA BUSHRUNNERS...

www.berowrabushrunners.com

WHEN THE GOING GETS TOUGH THE TOUGH GET GOING!

By Alyssa Markey—Age 12

When running or doing physical activities of any kind, sometimes the hardest part is having the mental strength to carry on. It is not always about winning, but more the feeling you get when you finish and you know you've done well. To accomplish this, you need to carry on the whole time. Just keep telling yourself that you need to go "just a little further." Sometimes every part of you will ache and you will think to yourself that you have to stop, but all of this is your body playing tricks on you. To solve this you have to ignore all of this and talk to yourself saying that none of this is true. This is correct,

none of this is true. Another trick that might help to build you mental strength is to never say your pains or bothers out loud. When you say them they become real. All of the above, I have found work due to my own personal experience. I started running with very poor mental strength but with help from these few tips it is building stronger and stronger. I do believe everyone should give it a go.

