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delivered weekly ... covering Hornsby to the Hawkesbury River!

the bushtelegraph

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WEEKLY

**Berowra
Bush
Runners
are
WINNERS**

See inside for story



front page story ...

Berowra Gut Busters ... in the Gorge

Story & Photo by Mick Gallagher of Mt Colah

*Berowra Bush Runners is an amateur trail
running club formed in 1987 with
the motto*

'The friendliest running club around!'

The Berowra Bush Runners (BBR) was one of many teams which participated in the 2015 'Galston Gut Buster' on Sunday 29 March. This gruelling bush run through Galston Gorge saw some 18 BBR tackle the 8km or half marathon (21km) events. BBR **Danielle Donahue** (of Berowra) gained 3rd place in the women's division of the 21km race, with the BBR team winning the 21km team event.

"This is our local event, as many of the trail running races hosted in the Sydney basin occur in the Blue Mountains, Central Coast, Illawarra and Southern Highlands, so it's great to have an exciting and challenging race in our own back yard," said BBR **Craig Opie** of Asquith.

BBR member **Antony Bowesman** (Hornsby Heights) helped out as a race organizer on the day, whilst BBR President **Andrew Layson** (Berowra Heights) was at the registration desk and also compiled the results. "Most importantly, we all had heaps of fun which was always the main aim of being part of the event," added Craig.

*Runners of all ability, age and circumstances are
always welcome.*

BBR meets every Sunday at 7.15 am at Warrina St Oval at Berowra Heights. There is usually a choice of 5km or 10km runs, including monthly handicap races, which follow a different course each week.

For further BBR info visit website at www.berowrabushrunners.com or Facebook at www.facebook.com/berowrabush.runners
Website: <http://berowrabushrunners.com>

FRONT COVER PHOTO:

Berowra Bush Runners @ the 'Galston Gut Buster' finish line, Hornsby Park Sun 29 March 2015.

L-R: Danielle Donahue, George Zeman, Paul Fletcher, Eric Burgess, Steve Deveney, Steve Mills, Stephanie McLean, Simon Blair, Jeff Hodder, Craig Opie, & Joan Cleary.

