

# Running on Empty

Official Newsletter of the Bendigo University Athletics Club

Newsletter 1, 2013



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## Welcome to the new season

A big thank you to Pat Kenny who developed 'Running on Empty' in 2008 and has been the sole editor for the last 5 years. Due to other commitments Pat has decided to hand the newsletter over. Pat has never failed to provide race information, injury tips, 'who's hot and who's not' and many laughs with each edition. The new crew at 'Running on Empty' hope to carry on Pat's legacy. From the whole club, thanks Pat!!

*Lee, Andy, Shayne, Alan*

## What happened over summer....

### *Eaglehawk Half Marathon*

Well done to all BUAC runners who completed in the recent Eaglehawk Half Marathon. Some of the stand out performers were Ross McPhee and Jenny Buchanan who were first male and female respectively over the line. Ross (76.54), Pat Kenny (84.59) and Brian Watson (85.35) completed the trifecta for BUAC by taking 1st, 2nd and 3rd in open men, with Jenny taking out 50 plus women (106.01). Mike Bieleny carried his strong summer form by winning the 50 plus men (80:19) and Kevin Walsh in third place (95.35). Natalie Watson stormed home to win the open female in a time of 125.27. In the quarter marathon, Richard Gleisner easily won the open men (36.09), with Mel Douglas placing second in open women (51.41).

### *Victorian Country Athletics Championships—Magic Mike*

A massive well done to Mike Bieleny who not only represented, but dominated for BUAC down at the Country Champs in Geelong. According to Running on Empty's research, Mike was welcomed to the new 50+ age group with a medal in every event he entered. Beginning with the 800m, Mike placed 2nd in a time of 2:16. In the 1500m he was a very close 2nd once again, less than a second from the gold medal spot in a time of 4:29. Next on the list was the 3000m where Mike took out the event in a speedy time of 9:49, leaving the most loved/hated track event, the 10,000m, 25 laps of joy. With Mike still showing some youth in the legs managed yet another silver to finish in a time of 35:17. We could only imagine just how sore Mike's body would have been after a big weekend but especially his neck after carrying around so many medals. Also a massive effort from Matthew Heislars who won gold in the under 16 1500m in a time of 4:34 and silver in the 3000m in 9:59 who was competing for Eaglehawk. Dave Tarrant was also spotted in many events running for Wodonga.

Mike was also in form on his local track setting a new centre record for 50plus in the 5000m. Mike ran 16:35 only days after his big 50<sup>th</sup> party, smashing the old record by 22 seconds.

### *National Orienteering—Bryan Keely*

Bryan Keely featured highly in the National Orienteering races over the Easter long weekend in Bendigo. Bryan lead for most of the race on Friday at the Uni, but a slight hesitation towards the end left him 2 seconds from the lead. On Saturday morning, racing was at Spring Gully, and once again Bryan finished on the podium with a third placing. Bryan then finished on a high by winning his first national race of his career, with a 8 second victory.

### *Bendigo Bank Fun Run*

BUAC had a rather large number of runners who competed in the Bendigo Bank Fun Run, with far too many runners to name. A few stand out performances were Ross McPhee (36:13) 3<sup>rd</sup> overall and first in age group, Michael Bieleny (36:21) 4<sup>th</sup> overall and also first in age group, Pat Kenny (38:38), Ben McDermid (39:23) and the list goes on.....

### *Bendigo Tri Club - many of our members just can't get enough!!*

Throughout the summer a large number of our club members pull on the lycra and decide running isn't quite enough and compete in Triathlons for the Bendigo Tri Club. Standout performers were Russell Tremayne who completed in the Hawaii Ironman in a time of 11 hours and 45 minutes. Russell (11:44:16) thought one wasn't enough and also took on Ironman WA, along with wife Jackie (13:22:26) and Ben McDermid (11:45:28). What a massive effort from Russell, Jackie and Ben! There are also a large number of members who competed in the Echuca & Bridgewater triathlons.

### *Triathlon—Flying Fraser Walsh*

Young gun Fraser Walsh has had a very big summer racing in a range of the Gatorade triathlon series. Fraser's best result in the nation wide series was a very impressive 5<sup>th</sup> place. Fraser also competed in the ITU Oceania Championships in Wellington New Zealand, where he placed 24<sup>th</sup>.



# #unipride

## Media Watch

### WORD ON THE STREET DO YOU WANT TO SAVE FORTUNA VILLA?



To be honest, I only read about it in the Addy yesterday.

**Lee McCullagh, 24, Strathdale**

If you want to know what's happening in the world, just ask Lee. Our local political correspondent!!!



**COP THAT** - Ross McPhee shares his secret marathon snack "This really gets you going at the 30km mark"



"I'm in the right race yeah?" Bendigo Little Aths president Tracy 'Mr Advertiser' Wilson and daughter Ellie prepare for VLA state championships



## Fun Runs

Ever wanted to challenge yourself? Or maybe you are finding it hard to motivate yourself to stick to your weekly training program? Enter a fun run, set a goal and train towards it. It is amazing just how much more motivated you can be. The key is to plan ahead and book, so you can tailor your training program towards a certain run. Here at 'Running on Empty' we have hand picked a few of the many options you have when it comes to fun runs. As always there are AV races in and around Melbourne on a regular basis. These races can be rather useful as lead up races to your big race or even be your main race.

### Athletics Victoria

25th May	Lake Wendouree, Ballarat	15km
27th July	Albert Park, Melbourne	10km
10th August	Lardner Park, Warragul	12km
8th September	Burnley, Melbourne	21km

### Other Victorian Fun Runs

4th May	Ballarat Lap of the Lake	6km
5th May	Puffing Billy Great Train Race	13.2km
12th May	Mother's Day Classic (Bendigo or Melbourne)	8km
18-19th May	Great Ocean Road Marathon	1.5, 5, 6, 14, 23km
16th June	Traralgon Running Festival	10.5, 21, 42km

### Australia-wide Fun Runs (for those who like to travel!)

28th April	Run Noosa, Noosa Heads	5, 10, 21km
4th May	Sydney: 10, Sydney NSW	10km
19th May	SMH Half Marathon, Sydney NSW	21km
16th June	Launceston Ten, Launceston	10km
6-7th July	Gold Coast Marathon, Gold Coast QLD	2, 4, 5.7, 10, 21, 42km
21st July	Run Melbourne, Melbourne	5, 10, 21km
11th August	City2Surf, Sydney NSW	14km

By entering a fun run you will be surprised how much easier it becomes to stick to a training program and you may even run a PB along the way.

## What's coming up.....

April 20	Athletics Bendigo Relays	Lake Neanger, Eaglehawk	1km and 3km relays
April 27	Apollo Hill Attack	Neilborough	1km, 3km, 7.6km
May 4	Bendigo University Invitation	Latrobe University Bendigo	1km, 2km, 4km, 7.5km
May 11	Sandhurst Slog	Kangaroo Flat	1km, 3km, 7km