



Terrigal Trotters NEWSLETTER

April 2010

MILESTONES

10 Run Trotters

765

Therese Wellsmore

200Runs

Barb Byrnes

Jo Ridley

300 Runs

Colin Price

The fine print

The opinions and ramblings expressed in this newsletter are not likely to be those of the editor. His memory isn't what it used to be, so he relies more and more on contributions. Also his memory isn't what it used to be.

Contributions:

Email: chris@artitude.com.au

Hi all,

One of our very best is on the sidelines for a bit. Leon Harradine (#9) has been unwell for a while and recently had a week in hospital undergoing tests. Not sure whether Leon would be the most patient patient, and they probably had to pull one or two of those scary 1950's-style hospital matrons out of retirement to keep him in check.

We wish Leon a speedy recovery and we pray for Heather!

Leon features in this months "Time Warp" - see page 10.

And 85 cheers for Bill Karskens.

He clocked up his 85th birthday a couple of weeks ago. A true inspiration - best wishes Bill!

Cheers

Chris Hatcher

*You have the right to remain silent.
Anything you say will be misquoted, then used against you.*

Website: www.terrignaltrotters.com.au • Email: admin@terrignaltrotters.com.au

PRESIDENT'S REPORT

One item discussed earnestly at every Committee Meeting is the safety of the Trotters on the Saturday morning runs. It seems like every month something happens that causes concern.

Running along darkened street in the early morning will always carry some risk and all runners have to accept full responsibility for their own safety. However, we all must also recognise that any reckless behaviour, near misses or mishaps, not only risk our own well-being, but also the future of the entire Club.

In these days of public liability and political correctness, it only takes one individual complaining about some safety aspect of a Trotters run to the authorities for them to come down hard on our Saturday morning institution.

In theory, they might insist on all the safety precautions that must be observed for organised runs such as Bay to Bay - traffic control, police presence, advance notice, road closures, and so on. We are lucky that the local authorities are not pedants and recognise the value of our Club to the community.

Don't switch off when you start running on Saturday morning. Don't head out along Ocean View, running three or four abreast, absorbed in conversation. Assume the worst might happen on those blind corners. There are hoons driving home after a long boozy night out. At all times, be alert, use common sense, think defensively and take precautions. Stay safe.

Dave Byrnes

RUNS FOR THE MONTH

APRIL

3rd Water Slide
10th Fragrant Garden
17th Captain Cook Run
24th Brooks Hill Time Trial

MAY

1st Bob's Hill
8th Pony Club
15th North Avoca Lake Track
22nd Dave's Damn Run
29th Flat 10km Time Trial

Maps for most courses can be found at www.terrigoaltrotters.com.au/maps_of_running_courses.htm

Everyone has a photographic memory. Some don't have film.

BAY TO BAY

The Bay to Bay Funrun is getting closer, Sunday June 20. Organisation is well under way but we will need as many Trotters as possible to volunteer on the day. It's a great community event and a chance to help raise money for our nominated charities - Response Services and Suicide Safety Network.

Please give your name to Barb 0434645115 or any B2B committee member.

We are very grateful to yet another Trotter who has offered to be a major sponsor for this year's event, Thanks David Booth of Booth's Motor Group

This year most of our major sponsors are businesses owned by Trotters. We would like to thank the following Trotters for their support.

Booth's Motor Group (David Booth)

ET Australia (Tony Mylan)

Harwood Chartered Accountants (Jenny Harwood)

Living Green Designer Homes (Craig Riddle)

Solomons Flooring (Peter Hood)

Travelling Fit (MariMar Walton)

Simplicity Funerals (Paul Davison)

Sports Medicine Central Coast (Jonathon King)

I LOVE COOKING WITH WINE

Sometimes I even put it in the food.

I have kleptomania. When it gets bad, I take something for it.

TIME WARP

Each month, Margaret Aurisch pulls out the old results journal out of the Trotter's vault, blows the dust off, and shares with us the achievements of the more chronologically challenged among us. This month, we profile **Leon Harradine**.

Leon joined Terrigal Trotters in 1983 and his first run was Kincumba Mountain which he says gave him second thoughts about the group. Leon didn't keep those thoughts for long and 27 years later he is still a regular on Saturday mornings. Leon has competed in numerous marathons, half marathons, fun runs and has completed 10 six foot track marathons.

Leon has been Trotter of the Year on 2 occasions and is a Life Member of Terrigal Trotters Inc.

Some of Leons achievements are:

Best 6@6 21.28 February 1988

3000 metres at Gosford Athletic Club

June 1987 12.14

800 metres Gosford Athletic Club

July 1987 2.53

Best marathon - Anzac Day marathon 1988 3.05.46

1988 won the 60+age group in the Lake Maquarie Aust Half Marathon championship

In 1987 & 1990 was NSW Veterans Marathon champion

Best Six Foot Track 1993 4.47.58

1994 New York Marathon 3.39.52

1996 Kempsey Marathon 3.28.13 1st male over 60

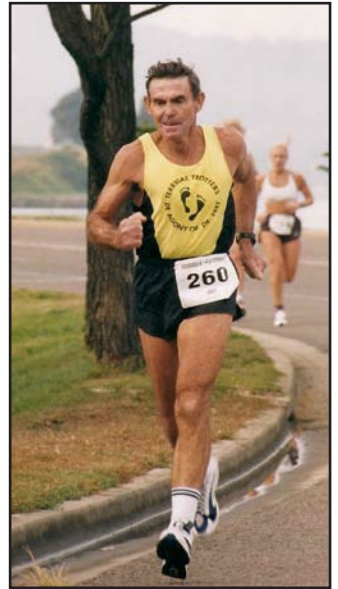
1997 Mt Wilson to Bilpin 3.09.16

1997 Gold Coast Marathon 3.34.37 (guided the blind Japanese paralympics marathon champion)

2000 Sydney host city marathon olympic course 3.38.09 silver medal
65years +

2001 Palm Beach to Manly 30K 2.40.31

In 2000 and 2007 Leon completed two 1600km cycle tours of Italy including 4 mountain passes over 2000 metres elevation through France, Switzerland and North Italy and completed 5 High Country challenge rides from Mansfield to Mt Buller summit as the oldest competitor.



ADHD

(Adventure Hates DeMENTia)

The ADHD group is planning the second part of the Tops to Myall's Heritage Trail from Craven to Hawks Nest.

The walk will start where the railway line crosses Buckets Way near Craven and finish at Hawks Nest, a distance of a bit over 100kms.

We will leave Central Coast on Monday 26 April and arrive in Hawks Nest on Saturday 1 May 2010. The walk will be unassisted with the only resupply point being at the Bombah Point Ferry.

Anyone interested in joining us for a leisurely stroll!!! Please contact me at Trotters or ring on 4369 7469.

Keith King



FIVE MINUTES WITH A TROTTER

Trotter Number: #88

Name: Greg Love

Occupation: Postie

Favourite Run: Palm Beach to Manly

Favourite Distance: 20-30km

Race PB: Marathon: Same as Deany

Your Shoe Brand: Whatever is on special

Other Sports: - Sailing, just about anything



List Your Favourite:

Food: Lasagna

Music: Rock and Roll

Actor: -

Movie: -

Wine: VB

Travel Destination: Great wall

Vehicle: -

If you were to be marooned on a desert island what THREE things would you take with you?

1. Endless supply of VB
2. Running shoes
3. Speedos

If you were allowed a companion, who would it be?

Girvo

If you could change one feature/habit in yourself what is it?

To stop ageing

FOLLOW YOUR DREAMS!

Except that one where you're naked in church.

MARCH/APRIL RESULTS

Trotters 10km Flat Time Trial 27 March 2010

Place	Trotter No.	First Name	Last Name	Time	AG Points
1	90	Barry	Willis	0:38:18	821.3
2	734	Michael	Miles	0:38:48	743.3
3	665	Ian	Temblett	0:38:53	764.9
4	709	Jessica	Mitchell	0:39:00	778.1
5	na	Joel	Green	0:40:45	677.2
6	658	Mark	Dunlop	0:41:05	671.8
7	730	Levi	Martin	0:41:28	No DOB
8	267	Wayne	Daley	0:41:42	748.2
9	88	Greg	Love	0:41:58	762.1
10	638	Joe	Rolella	0:42:24	655.4
11	726	Robbie	Wilkinson	0:42:34	No DOB
12	744	Ryan	Lindsay	0:43:00	629.3
13	637	Matthew	Chapman	0:43:32	643.0
14	na	Callum	Stott	0:43:50	619.2
15	573	Darren	McClellan	0:43:56	632.5
16	43	Kevin	Dean	0:44:12	782.7
17	na	Russell	Wright	0:44:15	608.3
18	552	Tom	Devlin-Maho	0:44:50	611.7
19	169	Margaret	Beardslee	0:44:55	781.8
20	654	James	Moran	0:45:04	625.8
21	739	Matthew	O'Shea	0:45:14	614.4
22	173	Mike	Randell	0:45:38	695.1
23	na	Martin	Ayres	0:46:18	690.8
24	352	Graham	Davis	0:46:27	700.3
25	544	Craig	Gustard	0:46:34	596.8
26	546	Sharon	Harrison	0:47:02	672.7
27	27	Ken	Hickson	0:48:30	688.3
28	83	Mike	Thorpe	0:49:25	693.7
29	593	Steven	Gray	0:49:50	669.9
30	698	Tammy	Shafer	0:49:53	626.1
31	669	Chris	Scarlett	0:50:34	535.2
32	na	Sally	Rawlins	0:50:46	597.7
33	753	Adrian	Spry	0:50:51	562.9
34	476	Tomas	Freitas	0:51:05	No DOB
35	619	Rob	Hekking	0:51:09	676.4
36	515	Barry	Bowden	0:51:53	654.9
37	602	Jason	Menzies	0:53:01	520.6
38	715	Detta	O'Dwyer	0:53:04	No DOB
39	na	Grant	Wilson	0:53:09	519.2
40	502	Heiko	Schaefer	0:53:14	689.1
41	607	Jeff	Dick	0:53:16	595.5
42	107	Lyn	Bromwich	0:53:27	674.0
43	na	Sarah	Collins	0:53:37	566.0
44	na	Liz	Allen	0:53:38	565.8

RESULTS CONTINUED

Trotters 10km Flat Time Trial 27 March 2010

Place	Trotter No.	First Name	Last Name	Time	AG Points
45	na	Lucas	Ferrier	0:54:04	500.
46	679	Karen	Boyd-Skinne	0:54:07	580.
47	752	Maria	Timmers	0:54:16	559.
48	725	James	Stitt	0:54:36	562.2
49	248	Les	Lowe	0:54:55	568.1
50	12	Keith	King	0:55:26	597.0
51	na	Leigh	Bennett	0:56:07	483.6
52	486	Jo	Ridley	0:56:12	595.0
53	540	Tony	Nygaard	0:57:08	533.0
54	365	Ross	Macmillan	0:57:09	532.9
55	na	Denise	De Paoli	0:57:52	529.6
56	na	Mark	Kelly	0:58:30	485.6
57	612	Bill	Diebert	0:59:15	No DOB
58	586	Donna	White	0:59:31	515.0
59	na	Christine	Laing	1:00:11	555.6
60	680	Robbie	Soede	1:01:58	445.4
61	710	Maree	Clark	1:03:53	No DOB
62	na	Annette	Nowlan	1:04:43	477.5
63	na	Michael	Madigan	1:05:55	416.2
64	207	Greg	Tegart	1:19:00	398.2
65	481	Tony	Collins	1:19:00	430.1
66	111	Sandy	Hickson	1:19:00	487.6

MIND ALPINE SKY RUN 100 MILES - 20 March 2010

Place	Name	Time
2	Darrel Robbins	28:52:00

Herald Hill to Harbour Half Marathon - 5 April 2010

Overall Place	First Name	Last Name	Cat.	Cat. Place	Race No.	Trotter No.	Time
14	Greg	Love	M50-59	2	1362	88	1:28:05
37	Graham	Ridley	M40-49	8	106	483	1:34:34
74	Graham	Davis	M50-59	9	180	352	1:41:01
95	Jason	Freney	M30-39	31	150	527	1:44:48
103	Samantha	White	F18-29	7	98	8358	1:46:13
130	Steven	Gray	M60-69	2	76	593	1:51:07
148	Tammy	Shafer	F30-39	13	1365	698	1:55:12
175	Kathryn	Hanisch	F40-49	10	101	747	2:02:36
200	Bionda	Hiensch	F40-49	12	41	718	2:12:30
207	Maree	Clarke	F40-49	13	108	710	2:16:59

Herald Hill to Harbour 10km - 5 April 2010

Overall Place	First Name	Last Name	Cat.	Cat. Place	Race No.	Trotter No.	Time
51	Suzy	Woodbury	F30-39	1	646	676	0:41:12
188	Leigh	French	F40-49	4	883	651	0:46:38
472	Donna	White	F30-39	59	833	586	0:54:59

For all results and archives, visit the Trotters website: www.terrigaltrotters.com.au

OH WHEN THE SAINTS...

Inspired by the impending sainerisation of Mary MacKillop, our very own trotter #24 now also aspires to Sainthood.

Yep, another FIRST for Terrigal Trotters!
Abriginal (DET Ratified), Elder, Mufti and now Saint Rosco, patron Saint of XES.

And in yet another first, a Living Saint...to boot
(should you feel so inclined).

An open invitation is hereby issued to ALL TROTTERS to submit evidence of, darst we say it, MIRACLES attributable to, inspired by or merely sanctioned by Trotter #24.

All submissions will be treated in strictest confidence, be presided over by the "Walking, Talking Miracle", Trotter #13 and be scrutinised with an intense scrut by the all important crack legal team of Whitesmith, Gullible and Bingo.

At time of going to print, Trotter #24 had already received the blessing of Trotter #64, effectively "CANNONISING" him and directing him along the path to "Enlightenment".





TRUE LOVE

An elderly gent was invited to an old friend's home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Darling, Honey, My Love, Pumpkin, Sweetheart, etc..

The couple had been married almost 70 years and, clearly, they were still very much in love.

While the wife was in the kitchen, the man leaned over to his host, and said: "I think it's wonderful that, after all these years, you still call your wife those loving pet names."

The old man hung his head. "I have to tell you the truth," he said. "Her name slipped my mind about 10 years ago, -- and I'm scared to death to ask the old cow what it is."

THE RUNNING GEEK

Each month we review a website or something all techo.

This time, we look at the Central Coast Triathlon club.

The club is going gangbusters and they have regular races throughout the year. They even have off-road duathlons this winter.

It's a top website, check it out at:
www.centralcoasttriathlonclub.com.au



www.coastrunnersshop.com.au
info@coastrunnersshop.com.au

Mon- Fri 9.30am till 5.30am Sat 9am-1pm

Shop1 140 Wyong Rd Killarney Vale 2261
Ph 4333 6064 Fx 4333 6061

Great Friendly Service and Advice

Come in and let us fit you to the shoe that suits your foot and needs

Kids Shoes: School shoes Little Athletics Shoes

Athletics Shoes; Trainers, Spikes and Racing Flats

Walking and Work shoes: to allow your Orthotics

Jogging Shoes

Great Deals on Now

Asics New Balance and Sfida **\$30**
Little A Rubber Spike Shoes From

Discontinued Models: 50-70% off

Pop in for a visit

purchase \$50 receive a FREE Pair Sox value \$11

purchase a pair of shoes and get a FREE fluoro Coast Runners Shop Tee

till end Jan 2010 or while stocks last

Don't forget to put your name in the Terrigal Trotters Lucky Draw when you purchase a pair of shoes. After 30pairs:

Now 3 prizes 1st \$100 voucher 2nd \$60 Voucher 3rd \$40 Voucher

OFFICE BEARERS FOR 2009-2010.

President: Dave Byrnes

Vice-President: Leon Harradine

Secretary: Mark Dunlop

Treasurer: Roger Matthews

Committee: Rob Waite, Gina Stuart, Mark Andrews, Paul Davison, Wayne Doherty

Clothing Officer: Tina Baverstock

Registrar: Leon Harradine

Race Results Co-ordinator: Gina Stuart

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison

UPCOMING TROTTERS' EVENTS

LEON'S ANZAC DAY BREAKFAST

6:30am, Sunday, 25 April

SYDNEY MORNING HERALD HALF MARATHON

Sunday, 16 May 2010

MACLEAY RIVER HALF/MARATHON

Sunday, 13 June 2010

[Contact Ken Hickson for your Muzza commemorative T-Shirt]

Donald Duck and Daisy Duck were spending the night together in a hotel room and Donald wanted to have sex with Daisy.

The first thing Daisy asked was, 'Do you have a condom?' Donald frowned and said, 'No.'

Daisy told Donald that if he didn't get a condom, they could not have sex. 'Maybe they sell them at the front desk,' she suggested.

So Donald went down to the lobby and asked the hotel clerk if they had condoms.

'Yes, we do,' the clerk said and pulled a box out from under the counter and gave one to Donald. The clerk asked, 'Would you like me to put them on your bill?'

'No!' Donald quacked, 'I'll thuffocate.'

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21 km or other Sunday Trotters meeting for shorter distances (varying each week). Both leave 6am from Terrigal Beach Car Park.

Wednesday Trotters, whose motto is "Dead Flat Well Lit" meet at 5:45am in the Terrigal Beach Car Park every Wednesday morning for an hour's run.

Six at Six is a weekly timed run at 6pm every Wednesday night from the oval (adjacent the school crossing) near Central Coast Leagues Club in Gosford.

Hardcore Bush Runners

President: Flying Foxy Hardcore #3 Associate Member

Associate Member Criteria: Non runner – Bike only

Club HQ and Start Area: On Yowie @ Bensville

Club Emblem: The Waratah. Club Colors: Bush Themes

Present Membership: 8 However 007 is on the skids

Event Dates: Monday and Thursday Arvos

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford and at 6am on Thursday mornings at The Haven in Terrigal (meeting at Terrigal Surf Club car park at 6am) for anybody interested, regardless of standard.

Contact Dave Byrnes on 0428 880 784 for details.

NEW SOUTH WALES RUNNING CALENDAR

Sat-Sun 15-16 May THE NORTH FACE 100

A 100km ultra-trail running event in the Blue Mountains open to individuals. This is one of the pinnacle of trail running events in Australia including a spectacular course, over 4,200m elevation and a cut-off time of only 30 hrs to complete the course. Contact: Alina McMaster. email: info@arocsport.com.au.

Sun 16 May THE SYDNEY MORNING HERALD HALF MARATHON

The course will once again start at St Mary's Cathedral and finish in Hyde Park. The SMH Half Marathon has always attracted the nation's best distance runners including the late Kerryn McCann who passed away from breast cancer. To pay further tribute to McCann, the Breast Cancer Network Australia (BCNA) is the SMH Half Marathon's official 2010 charity partner. Register support for BCNA at www.everydayhero.com.au. Show support for those affected by breast cancer by wearing pink on the day. The SMH Half Marathon has been a pre-race sell out for the last decade - so don't miss the opportunity to take part. email: halfmarathon@smh.com.au.

Sun 13 Jun MACLEAY RIVER MARATHON

Marathon and half-marathon. Start near Trial Bay Gaol.

Contact: Mary Dunkley. email: macsaw@midcoast.com.au.

This calendar information is sourced from the CoolRunning Website.

For more detailed race and other running information visit www.coolrunning.com.au

the last word...



An old Pilot sat down at the Starbucks and ordered a cup of coffee.

As he sat sipping his coffee, a young woman sat down next to him.

She turned to the pilot and asked, 'Are you a real pilot?'

He replied, 'Well, I've spent my whole life flying biplanes, Cubs, Aeronca's, Neiuports, flew in WWII in a B-29, and later in the Korean conflict, taught 50 people to fly and gave rides to hundreds, so I guess I am a pilot.'

She said, 'I'm a lesbian. I spend my whole day thinking about naked women. As soon as I get up in the morning, I think about naked women. When I shower, I think about naked women. When I watch TV, I think about naked women. It seems everything makes me think of naked women.'

The two sat sipping in silence.

A little while later, a young man sat down on the other side of the old pilot and asked, 'Are you a real pilot?'

He replied, 'I always thought I was, but I just found out I'm a lesbian.'

The Terrigal Trotters Newsletter is proudly brought to you by the crack legal team of

*W*HITESMITH *G*ULLIBLE AND *B*INGO

CRIMINAL ATTORNEYS

Specialists in slander, freedom of speech law and get rich quick schemes

COMMIT THE CRIME, BUT DON'T DO THE TIME