



Terrigal Trotters NEWSLETTER August 2010

MILESTONES

100 Runs
#750 Sarah Doyle

100 Runs
Tom Robertson
Yolande Walker
Maree Clark

400 Runs
Neil Dovell

700 Runs
Kevin Dean
Jenny Harwood

Hi all,

There are a few important upcoming events to plonk on the calendar.

First and foremost is Sat, 4th Sept.

At 8am we farewell one of our best.

Muzza's ashes will be scattered at sea, adjacent to Terrigal surf club. More info on p. 5.

And that night, Trotter of the year night will be held at Terrigal surf club. Details p. 6.

Then the AGM will be held on Mon, Sept 6th.

And one for October - this years Relay for life will be a tribute to Muzza and is a fantastic community event as well as a great cause. See p. 5.

We are a large and motivated bunch, and there is always one of us out at a race, on an adventure, or doing something crazy.

Remember, the rest of us want to share the fun times, so if you have a good yarn, email me at chris@rtitude.com.au

Cheers

Chris Hatcher

Contributions:

Email: chris@artitude.com.au

*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

We have come to the end of another Trotters year. Sadly, it was dominated by the loss of Murray "Muzza" Antony. I still find myself expecting to see him among the milling crowd at Terrigal at 5:50am on a Saturday morning, or to hear about his planned exploits at another Mingara Relay for Life in October. Trotters will never be the same, but we do have some very happy memories.

On the positive side, Trotter membership has continued to grow, as has the Trotter-organised Bay to Bay Fun Run and Great North Walk 100s events. Both have had record entries, done much to promote running and physical fitness in the wider community, and contributed greatly to the financial stability of the Club. The Bay to Bay continues to make a massive, and growing, contribution to local charities.

The success of these events, and the Club generally, owes much to the voluntary efforts of many members and, in particular, the Club Committee, which has sagely guided the Club. As President, I have been very fortunate to enjoy the support and organisational skills of Leon (Vice President), Mark (Secretary) and Roger (Treasurer). They have made my job easy and seamlessly covered for my absence overseas for three months.

I urge all Club members to come along to the Trotter of the Year night on September 4th for a night of fun and celebration, and to the AGM on September 6th to have your say in how the Club is run for the next year.

RUNS FOR THE MONTH

AUGUST

28th Brook's Hill Time Trial

SEPTEMBER

4th Muzza's Run

11th Avoca Steps

18th Keith's Run

25th Flat 10km Time Trial

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

MUZZA'S FAREWELL

At around 8am on Saturday morning, 4 September, adjacent to the Terrigal Surf Club, Murray "Muzza" Antony's ashes will be scattered at sea. It is expected that there will be a short ceremony on the beach just prior to the scattering. Any members who wish, are invited to paddle out to sea on boards, kayaks, etc., to honour Muzza when his ashes are scattered.

For more details, contact Paul Davison on 0417 586 395

RELAY FOR LIFE

This years Relay for life is to be held over weekend 16th and 17th October, commencing at 4.00pm, and finishing at 10.00am on Sunday morning.

Because of Muzza's past exploits at this event, the Relay for Life committee have been extremely helpful, realising that our participation this year will have extra meaning.

They have already reserved our camping site, facing the club, which means we shall not have to race for a spot this year,

Trotters will have TWO teams , one for everyone to enter on, and then one solely for ALL the donations to be placed in.

To run, register with team 'TERRIGAL TROTTETRS'.

Donatations can be made to team 'IN LOVING MEMORY OF MURRAY (MUZZA) ANTONY'.

Entries and Donations can be made online via
relay.cancercouncil.com.au/2010/2010/mingara2010

or see Graham Davis or Mike Gero.

TROTTER OF THE YEAR NIGHT

The Trotter of the Year Presentation Night will be held on Saturday, 4th September at Terrigal Surf Life Saving Club at 6pm.

There will be a 3 course spit roast buffet and bar open for purchase of drinks and cost is \$25 per person.

For a bit of fun and entertainment there will be a **Trivia Challenge** incorporated into the night that will be hosted by Graham and Jo Ridley.

You are encouraged to put together a table of eight or ten of your family and/or friends for what will be a fun night.

For tickets, please speak to Mark Dunlop at Trotters or contact him by email at mdunlop@nscchhs.health.nsw.gov.au.

Payment for your tickets can be made by direct deposit to the Trotters bank account:

Account Name: Terrigal Trotters Inc.

BSB Number: 062544

Account Number: 10109877

with "TOTY" and your surname in the Description Field.

Sorry, I'm not your type. I'm not inflatable.

BAY TO BAY PRESENTATION



Barb Brynes handed our donation of \$10,000 from this year's Bay to Bay. Barb is pictured with Liz Martin, President of the Central Coast Suicide Safety Network Inc.

ANNUAL GENERAL MEETING

The Terrigal Trotters Annual General Meeting will be held at the Terrigal Surf Club at 7:30pm on Monday, 6 September 2010.

Please come along and help elect the Club office bearers for the next year. It's also a great opportunity to raise any issues concerning the Club that are on your mind.

Any Trotter is eligible to stand for office and any Trotter can nominate another (willing) Trotter for office either in writing before the AGM to the Club Secretary, Mark Dunlop, or on the night.

It will not be a long night. Please participate.

JUNE/JULY RESULTS

Flat 10km Time Trial			31 July 2010	
Trotter No.	Name		Time	Ag Points
660	Charlie	Brooks	0:38:18	734.1
665	Ian	Temblett	0:38:21	775.5
90	Barry	Willis	0:39:09	810.2
726	Robbie	Wilkinson	0:39:40	No DOB
8210	Luke	Martin	0:41:01	No DOB
730	Levi	Martin	0:41:01	No DOB
88	Greg	Love	0:41:06	784.8
745	Gary	Field	0:42:08	No DOB
576	Steve	Guest	0:42:21	713.3
676	Susie	Woodbury	0:43:00	710.5
723	Matt	Collins	0:43:43	652.1
735	Jamie	Collins	0:45:04	655.4
307	Stewart	Creswick	0:45:43	No DOB
598	Gary	Pickering	0:46:04	694.3
737	Kent	O'Malley	0:46:29	No DOB
739	Matthew	O'Shea	0:46:31	597.4
8412	Greg	Woodbury	0:47:10	597.9
736	Jenny	Barker	0:47:16	669.4
162	Tony	Mylan	0:47:43	613.7
403	Mel	Robbie	0:48:21	645.3
267	Wayne	Daley	0:48:58	637.2
8424	Charlotte	Naylor	0:48:59	552.5
622	Daniel	Draper	0:49:09	552.6
548	Dave	Hopkins	0:49:16	643.8
698	Tammy	Shafer	0:50:05	627.4
8	Steve	Hughes	0:50:08	654.4
8425	Michael	Adamson	0:50:17	538.2
619	Rob	Hekking	0:50:38	683.3
276	Tom	McNally	0:51:00	532.6
248	Les	Lowe	0:51:24	612.0
669	Chris	Scarlett	0:51:43	525.2
352	Graham	Davis	0:52:16	627.7
515	Barry	Bowden	0:52:22	648.9
746	Ed	Beazley	0:52:26	No DOB
763	Clare	Lawrence	0:53:16	733.3

Flat 10km Time Trial			31 July 2010	
Trotter No.	Name		Time	Ag Points
711	David	Booth	0:53:42	567.1
517	Dave	Byrnes	0:54:12	610.6
107	Lyn	Bromwich	0:54:51	656.8
12	Keith	King	0:55:29	596.5
516	Charlene	Eddy	0:55:31	No DOB
8426	Shayne	McLaren	0:56:18	480.7
8422	Suzy	Jeffrey	0:56:57	475.2
486	Jo	Ridley	0:56:59	586.8
752	Maria	Timmers	0:57:14	530.6
691	Andy	Martin	0:57:17	No DOB
771	Michael	Madigan	0:57:43	478.2
710	Maree	Clark	0:58:22	No DOB
557	Sabine	Byrne	0:58:37	539.8
16	Peter	Nickless	0:59:32	575.9
207	Greg	Tegart	1:00:53	521.0
17	Margaret	Aurisch	1:03:39	613.7
538	Laurie	Stopford	1:22:23	450.8

Audley Half Marathon - 14 August 2010

Trotter Number	First Name	Last Name	Time	AG Points
88	Greg	Love	1:28:52	794.0

RESULTS CONTINUED

City to Surf - 8 August 2010

Trotter Number	First Name	Last Name	Net Time	Gun Time	Overall Place (Gun)	Gender	Gender Place (Gun)	Category	Category Place (Gun)
90	Barry	Willis	0:51:38	0:51:54	202	M	189	M50-59	7
643	Stuart	Baverstock	0:52:42	0:52:50	262	M	246	M30-39	105
723	Matthew	Collins	0:52:58	0:53:08	287	M	269	M16-19	27
258	Adrian	Smith	0:53:14	0:53:22	299	M	281	M40-49	44
573	Darren	McClellan	0:53:36	0:53:45	334	M	313	M30-39	133
658	Mark	Dunlop	0:54:43	0:54:51	418	M	394	M30-39	166
734	Michael	Miles	0:55:51	0:56:04	543	M	511	M40-49	78
751	Alastair	Cooke	0:55:53	0:56:37	596	M	559	M30-39	236
665	Ian	Temblett	1:00:06	1:00:13	1133	M	1061	M40-49	183
266	Tara	Wood	1:02:02	1:02:14	1591	F	127	F20-29	44
735	Jamie	Collins	1:02:42	1:03:16	1832	M	1679	M13-15	27
677	Rodney	Northey	1:03:49	1:04:12	2111	M	1927	M30-39	820
352	Graham	Davis	1:07:03	1:07:36	3275	M	2923	M50-59	178
736	Jenny	Barker	1:07:54	1:09:12	3934	F	482	F40-49	80
593	Steven	Gray	1:07:58	1:08:32	3662	M	3234	M60-69	29
753	Adrian	Spry	1:08:19	1:09:37	4102	M	3595	M40-49	721
162	Tony	Mylan	1:08:30	1:09:03	3864	M	3400	M40-49	672
619	Robert	Hekking	1:08:44	1:09:04	3877	M	3409	M60-69	34
457	Kim	Cook	1:09:42	1:10:04	4301	M	3765	M50-59	253
669	Chris	Scarlett	1:09:52	1:10:18	4395	M	3843	M30-39	1593
248	Les	Lowe	1:10:14	1:10:37	4542	M	3958	M50-59	273
534	Susan	Mcbride	1:10:37	1:26:25	10773	F	2185	F40-49	396
502	Heiko	Schaefer	1:11:56	1:18:26	7470	M	6263	M70-99	5
264	Sonia	White	1:12:00	1:12:32	5353	F	739	F40-49	139
89	Mark	Andrews	1:15:55	1:16:21	6798	M	5747	M30-39	2316
586	Donna	White	1:22:31	1:30:02	12827	F	2862	F30-39	1155
8368	Alan	Currall	1:22:32	1:30:10	12903	M	10017	M60-69	227
488	Roger	Matthews	1:24:23	1:43:50	21294	M	15151	M60-69	440
631	Wayne	Doherty	1:31:16	1:38:56	18278	M	13429	M50-59	1265
387	Mike	Gero	1:32:10	1:33:32	14930	M	11336	M60-69	285
494	Mark	Rollins	1:32:24	1:40:04	18991	M	13818	M50-59	1302
718	Bionda	Hiensch	1:33:01	1:52:29	25901	F	8091	F40-49	1425
719	Narelle	Stylianou	1:33:01	1:52:29	25904	F	8094	F40-49	1426
710	Maree	Clarke	1:33:01	1:52:29	25900	F	8090	F40-49	1424
701	Louise	Trigg	1:35:47	2:19:58	39394	F	14914	F40-49	2433
626	Kathy	Wilson	1:42:09	2:26:19	41897	F	16370	F40-49	2658
693	Kathy	Matri	1:42:10	2:26:20	41901	F	16372	F40-49	2659
722	Judy	Murray	1:43:17	2:11:19	35591	F	12834	F50-59	695
558	Tanya	Thomson	1:51:04	2:29:39	43228	F	17172	F40-49	2773
436	Bruce	Abrahams	1:51:33	2:38:46	46089	M	27139	M70-99	123
538	Laurie	Stopford	2:03:44	2:24:27	41189	M	25252	M70-99	96
239	William	Karskens	2:42:55	3:07:30	53474	M	29774	M70-99	175
116	Douglas	Lindsay	2:47:51	2:57:15	51062	M	28967	M70-99	161

Mt Wilson to Bilpin 35km Bush Run - 21 August 2010

Name	Trotter Number	Time	Overall Place	Gender	Gender Place	Category	Category Place
KEVIN BYRNE	130	2:42:40	20	M	19	M00-39	15
MICHAEL MILES	734	2:42:57	21	M	20	M40-49	5
JAMES MORAN	654	3:01:26	59	M	56	M00-39	41
NICOLETTE BEAZLEY	522	3:47:28	209	F	40	F40-49	15
STEVEN GRAY	593	3:50:43	219	M	177	M60+	7
JENNY HARWOOD	145	4:12:10	258	F	55	F50-59	9
JOANNE MCCARTHY	397	4:12:10	258	F	55	F50-59	9

IT'S A MIRACLE!... MILE

The Central Coast 10K championships and Miracle Mile will be held at Mingara Athletics Track on Tuesday 7th September starting at 6pm. This years 10K Championships is being dedicated to Murray Antony. Last year Murray ran the 10K in 41mins 37 seconds, setting a record for the mens over 50 years. A barbecue is provided and everyone is welcome.

ADHD

Join the ADHD group on a MTB ride from Dungog to Newcastle via Hawks Nest, Monday 8 November 2010 to Thursday 11 November 2010. It will be unsupported so you will need to carry water, a change of clothes and food for during the ride.

Day 1. 11.38am Catch the train from Gosford arriving in Dungog at 2.28pm and stay in your preferred accommodation.

Day 2. Ride from Dungog to Bulahdelah 100 km on as many back roads and fire trails as we can find. Grade: uphill hard, downhill easy. Stay in your preferred accommodation.

Day 3. Ride to Hawks Nest 50 km through Myall National Park, mostly roads and a short single track section. Grade: Easy. Stay in your preferred accommodation.

Day 4. Ride to Tea Gardens and catch the ferry to Nelson Bay, ride to Stockton 50 km. Grade Easy. Catch the ferry to Newcastle and the train back to Gosford.

See Keith King for a more detailed package.

FIVE MINUTES WITH A TROTTER

Trotter Number: #586

Name: Donna White

Married/Single

Occupation: Accountant/Mum



Favourite Run: City to Surf

Favourite Distance: Any that I finish

Race PB: Still working on it

Your Shoe Brand: Asics/Nike

Other Sports: Touch football,
Basketball (when my ankles let me).

List Your Favourite:

Food: Banan Bread

Music: Crowded House, Kings of Leon, Beatles

Actor: Hugh Jackman

Movie: Ferris Buellers Day off

Wine: Dolcetic and Syrah (red)

Vehicle: Toyota

Travel destination: Anywhere hot

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

1. A speedboat to get the hell off there
- 2.
- 3.

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

My husband James and our two boys Daniel and Ryan

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

To not interrupt and to run faster would be nice

Not one shred of evidence supports the notion that life is serious

TIME WARP

Each month, Margaret Aurisch pulls out the old results journal out of the Trotters vault, blows the dust off, and shares with us the achievements of the more chronologically challenged among us.

This month, we profile **Keith King - #12.**

Keith has been running with Trotters since it inception in 1983. Some of Keith's best times and events are:



Kempsey Marathon 1989 - 3 hours 42 seconds, should have run a second per kilometre faster to break 3 hours. Bigger

Half marathon 1988 - 83 mins 17 seconds

Best City to Surf 1982 - 60 mins 18 seconds - bigger again

Terrigal to Gosford (Surf to City) 1984 - 42 mins 42 seconds

Gosford to Terrigal (Bay to Breakers) 1988 - 42 mins 07 seconds

Round the Bay 2002 - 3 hours 52 mins 30 seconds

Most memorable events:

1988 Anzac Day marathon with Leon Haradine - 3 hours 5 mins 46 seconds

2008 Presido 10 miles in San Francisco crossing the Golden Gate Bridge

Most memorable runs:

Ohau in NZ in an isolated area surrounded by snow capped mountains

Christchurch in NZ when it was snowing

Unofficial Kosciusko Classic

Mount Warning

Pigeon House Mountain

Keith has run 14 marathons, 2 six foot tracks, 55km at Relay for Life, numerous fun runs, 6 adventure races and walked the Great North Walk (Sydney to Newcastle 250km), and more recently as part of the Adventure Hates Dementia (ADHD) Group walked the Myall Tops Heritage Track (Barrington Tops to Hawks Nest 220km) in two sections, one of five days and one of six days. Keith is retiring from the Fire Brigade in October so he can get active without the interruption of work.

Keith's philosophy on life is "life is not meant to be a gently journey to the grave arriving in pristine condition, but rather a wild rollercoaster of a trip, sliding in sideways, completely wrecked and screaming whoooooee! what a ride!"

SHOE TALK *with Marg B*

TRAINING SHOES vs RACING SHOES

Have you thought about adding a racing flat to your shoe lineup? Sure ...training shoes can last longer and provide more support and cushioning? BUT....Using Racing shoes can help you run faster. Light weight shoes can be used for your Time Trials and faster training sessions. Keeping them for your fast mileage will ensure you continue to train and run injury free.

Racing shoes or even lighter weight trainers will help you learn how to run more efficiently by allowing easier foot action lowering the pressure on your shins and increasing the power to the ground.

Most runners want at some time to run fast.

Even if fast becomes a relative word as we age.

Training Shoes

- Weigh between 280-400g
- have a higher profile and provide more cushion
- have tougher longer wearing soles
- have a firmer heel counter

Racing Shoes

- Are lighter 190g-250g
- More Flexible
- Help you to run fast

TRY A PAIR ON and FEEL THE DIFFERENCE!

Racing Flat Sale 'til City to Surf

Nike Streak RR \$180 now \$130
Asics Noosa Tri RR \$200 now \$140
New Balance 904 RR \$170 now \$110

while stocks last/Some sizes unavailable



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info@coastrunnersshop.com.au



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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

THE RETIRING TYPE...

'There is a sad old Superintendant turning 60 and retiring on the 10th of the 10th 2010. So anyone who would like to come along to Davistown RSL after 3.00pm on the 10th and have a drink with Keith and help him to slide into the world of retirement, seniors and annoying Gwenda are most welcome' Hope to see you there, we'll be outside if the weather is good, otherwise in the main bar area.

Gwenda King.

Speaking of which...

A firefighter was working on the engine outside the station, when he noticed a little girl nearby in a little red wagon with little ladders hung off the sides, and a garden hose tightly coiled in the middle.

The girl was wearing a firefighters helmet. The wagon was being pulled by her dog and her cat. The firefighter walked over to take a closer look.

'That sure is a nice fire truck,' the firefighter said with admiration... 'Thanks,' the girl replied. The firefighter looked a little closer. The girl had tied the wagon to her dog's collar and to the cat's testicles..

'Little partner,' the firefighter said, 'I don't want to tell you how to run your rig, but if you were to tie that rope around the cat's collar, I think you could go faster.'

The little girl replied thoughtfully, 'You're probably right, but then I wouldn't have a siren.'

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21km 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

Sun 19 Sep BLACKMORES SYDNEY RUNNING FESTIVAL

Events include; Blackmores Sydney Marathon, Blackmores Half Marathon, The Sunday Telegraph body+soul Bridge Run (9k) and The Sunday Telegraph Family Run (4k). All participants go over the Sydney Harbour Bridge and finish on the Opera House forecourt. Entries will fill up so enter now!

Contact: Info line: +61 2 9282 0400. email: Info: info@sydneyrunningfestival.org.

Sun 19 Sep COORANBONG FUN RUN

The 9th annual Cooranbong Fun Run is on again this year. We have a 10km, 3km and a 1km just for fun. Enter on the day from 7am. Fun run starts at 9am.

Contact: Bill Ward. email: bward@avondaleschool.nsw.edu.au.

Sat 25 Sep UMINA BEACH SAND SLOG

2km, 5km, and 10km extending from one end of Umina Beach to the other. The kids' run will start at 3.30pm, the 2km at 4.00pm and the 5 and 10km will be at 4.30pm. Contact: Greg Brown 0414963648. email: sandslog@hotmail.com.

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...

A blonde gets home from work early & hears strange noises coming from the bedroom.

She rushes upstairs only to find her husband naked lying on the bed, sweating and panting.

'What's up?' she asks...

'I think I'm having a heart attack,' - cries the husband..

The blonde rushes downstairs to grab the phone, but just as she's dialing, her four-year-old son comes up and says, "Mummy Mummy Aunty Shirley is hiding in the wardrobe & she has no clothes on"

The blonde slams the phone down and storms back upstairs into the bedroom right past her husband..

Rips open the wardrobe door and sure enough, there is her sister, totally naked and covering on the floor.

'You rotten Bitch', she screams.

'My husband's having a heart attack, and you're running around naked playing hide and seek with the kids!!'



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