



Terrigal Trotters NEWSLETTER

May 2010

MILESTONES

10 Run Trotters

#766 Adam Kranz
#767 Sue MacColm
#768 Alan Currall
@769 LeeannChapman

100 Runs

Aimee Quinlan
Kathy Wilson
Ted Gudaitas

400 Runs

Bev Andrews

700 Runs

Sandra Hickson

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,

A couple of major Trotters' events are just around the corner - the Bay to Bay is our premier event and is on Sunday 20th June. As always, volunteers are needed, so if you can spare some time to be involved in a fantastic event, call Barb Byrnes on 0434 645 115.

And the Macleay River Half/Marathon is on Sunday, 13 June 2010. It's a commemorative run for Muzza, and it looks like a good sized crowd will be heading up - it will be a great weekend. Contact Ken Hickson for your 'Muzza' T-Shirt.

And don't forget, if you have a good yarn, preferably about running, drop me an email (chris@artitude.com.au) and I can tell the world via the virtual megaphone that is the Trotters Newsletter.

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

As some of you already know, I'm spending the next couple of months hiking from Lands End, the south-western tip of the UK, to John O'Groats, the north-eastern tip.

I'm following a route that is largely off-road and follows some famous long distance hiking paths. The distance is 1,941km and the trip should take me about two months at an average of about 31km per day.

This trip is not any kind of record attempt, just a pleasant stroll through some great countryside and ticks off another box on my "bucket list". The only (not insignificant) risk to completing the trip is a bad right knee that has prevented any running or bike riding for the last 10 weeks and has been medically diagnosed as "worn out". I'm hoping that with careful management and some reserve anti-inflammatories I will get through, but probably won't know how bad it is likely to get until I have been walking for a week or so. Fingers crossed!

Best wishes,

Dave

Quick update - Dave has already been on the trail for 20 days and has covered over 550 kms. His enemy are blisters and very sore feet (no surprises there!) but he's on schedule. I'll keep you posted with his progress. - Ed.

RUNS FOR THE MONTH

MAY

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

JUNE

5th Woody's Run
12th Gerry's Run
19th Enzo's Edventure Run
26th Kerry Anderson Handicap

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

A bartender is just a pharmacist with a limited inventory

BAY TO BAY

The Bay to Bay Fun run 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 04346451 15 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)

Volunteers needed to work as marshalls and at finish of race. Anyone willing to help with set up please come and join us on the water front (Gosford Sailing Club) from 5am.

Dyslexics Have More Nuf.

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 **Lynne Bromwich**.



Lynne started her sporting activities in high school and discovered she had a flair for hockey, yoga and gymnastics. Lynne won the 2GO/Come Alive Aerobic Championships and Miss Health & Fitness in 1983 and worked part time as a fitness instructor for 3 years. Lynne took up running in the late 70's and had her first run with Terrigal Trotters in 1985.

Some of Lynne's best times are:

400m 86 seconds 1986
6 at 6 21m 59s October 1987
Brooks Hill 10K 47m 15s June 1998
Flat 10k 43m 33s March 1998
Bay to Breakers fun run 49m 49s 1997
Surf to City fun run (Terrigal to Gosford) 49m 16s
Lake Macquarie half marathon 99m40s 6th female
Palm Beach to Manly 30km 2hrs 52m January 1998

Other highlights include:

first female under 50 in the Central Coast Half Marathon 1996
3rd female in Central Coast Half Marathon 1997
1st female 26-34 years Morisset fun run 1983

Lynne now combines running with yoga, pilates, fit ball, and pump classes to maintain strength.

FIVE MINUTES WITH A TROTTER

Trotter Number: #719

Name: Narelle Stylianou

~~Married~~ Single

Occupation: Personal Assistant/Socialite!

Favourite Run: Anything through the Bush

Favourite Distance: 10km

Race PB: If I tell you, I'll have to kill you!

Your Shoe Brand: Asics

Other Sports: - Touch footy, Basketball



List Your Favourite:

Food: Thai

Music: Loud

Actor: Adam Sandler

Movie: Big Daddy

Wine: Wild enough without it

Travel Destination: New York

Vehicle: -

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

1. iPod
2. Array of fresh exotic foods
3. Naked Chef

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

Someone playful

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

To have drive and determination like most Trotters!

Money isn't everything, but it sure keeps the kids in touch.

MARCH/APRIL RESULTS

February Brooks Hill 10km Time Trial - 24 April 2010

Place	First Name	Last Name	Time	Trotter No.	AG Points
1	Adam	Jordan	0:34:42	271	786
2	Charlie	Brooks	0:38:50	660	724
3	Barry	Willis	0:39:02	90	806
4	Stuart	Baverstock	0:39:30	643	704
5	Michael	Miles	0:39:41	734	727
6	Andrew	Mildren	0:40:45	633	719
7	Al	Cooke	0:40:49	751	663
8	Ian	Temblett	0:41:11	665	722
9	Levi	Martin	0:41:20	730	No DOB
10	Matt	Collins	0:41:29	723	687
11	Mark	Dunlop	0:41:35	658	664
12	Robbie	Wilkinson	0:41:39	726	No DOB
13	Gary	Pickering	0:41:46	598	759
14	Greg	Love	0:41:49	88	765
15	Matthew	Chapman	0:41:52	637	669
16	Scott	McDonald	0:41:57		667
17	Adam	Kranz	0:42:08		644
18	Wayne	Daley	0:42:32	267	734
19	Rod	Northey	0:42:32	677	639
20	Ryan	Lindsay	0:42:47	744	633
21	Barton	Raethel	0:43:00		631
22	Kevin	Dean	0:43:09	43	802
23	Kim	Cook	0:43:30	457	729
24	Susie	Woodbury	0:43:47	676	698
25	Brian	Bennett	0:44:27	740	751
26	Mel	Robbie	0:44:47	403	697
27	James	Moran	0:44:51	654	629
28	Mike	Randell	0:45:11	173	702
29	Steve	Guest	0:45:12	576	663
30	Jordan	Dennis	0:45:26		597
31	Unknown	Runner	0:45:33		594
32	Russell	Wright	0:47:15		570
33	Bruce	Litterick	0:47:29	759	636
34	Stuart	Miles	0:47:56	537	566
35	Greg	Brown	0:48:00	505	640
36	James	Stitt	0:48:23	725	634
37	Graham	Davis	0:49:14	352	666
38	Jamie	Collins	0:49:23	735	598
39	Chris	Hatcher	0:49:43	311	594
40	Steve	Hughes	0:49:56	8	657
41	Ken	Hickson	0:50:14	27	665
42	Jeff	Dick	0:50:22	607	630
43	Nathan	Lambert	0:52:24		521
44	Greg	Woodbury	0:51:24		549
45	Barry	Bowden	0:52:27	515	648
46	Adrian	Spry	0:52:29	753	545
47	Nathan	Barry	0:52:36		514
48	Tammy	Shafer	0:52:51	698	591

RESULTS CONTINUED

February Brooks Hill 10km Time Trial - 24 April 2010

Place	First Name	Last Name	Time	Trotter No.	AG Points
49	Lyn	Bromwich	0:52:56	107	681
50	Therese	Wellsmore	0:53:34	765	600
51	Rob	Whitfield	0:54:15		499
52	Charlene	Eddy	0:54:17	516	No DOB
53	Chris	Scarlett	0:54:27	669	497
54	Maria	Timmers	0:54:37	752	556
55	Doug	Pender	0:54:56	257	587
56	Les	Lowe	0:55:03	248	567
57	Michael	Burkill	0:55:20		489
58	Jason	Menzies	0:55:42	602	495
59	David	Booth	0:56:31	711	539
60	Tony	Nygard	0:56:36	540	538
61	Jo	Ridley	0:57:27	486	582
62	Laura	Patterson	0:58:02		466
63	Kaylee	Robbie	0:58:07		466
64	Unknown	Runner	0:00:00		
65	Sabine	Byrne	0:58:35	557	540
66	Christine	Laing	0:59:41		560
67	Michael	Bullen	1:00:15		449
68	Maree	Clark	1:02:16	710	No DOB
69	Mark	Rollins	1:02:37	494	494
70	Greg	Tegart	1:06:16	207	475
71	Tony	Collins	1:06:35	481	510
72	Karina	Strange	1:06:46	762	474
73	Wayne	Doherty	1:07:28	631	462
74	Cindy	Jenkins	1:08:34		395
75	Sandy	Hickson	1:09:59	111	550
76	Laurie	Stopford	1:25:41	538	433

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

Heaven is Where:

The Police are British,
 The Chefs are Italian,
 The Mechanics are German,
 The Lovers are French and
 It's all organized by the Swiss.

Hell is Where:

The Police are German,
 The Chefs are British,
 The Mechanics are French,
 The Lovers are Swiss and
 It's all organized by the Italians.

THE RUNNING GEEK

Each month we review a website or something all techo. This time, we look at RunnersLog.com. RunnersLog.com allows runners to log their times and distances and track their progress on individual courses, with different shoes, and in specific races.

Go to: www.runnerslog.com/



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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

Sun 13 Jun MACLEAY RIVER MARATHON

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

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

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

BAY TO BAY 12KM FUN RUN

Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront.

Trotters to raise money for Central Coast charities.

Contact: Barb Byrnes. email: barbyrnes@yahoo.com.au.

NEW SOUTH WALES RUNNING CALENDAR

Sun 30 May BONDIBAREFOOT

The "BONDIBarefoot" is over 3 distances - 10km, 4km, and the

Barefoot bolt. It is run entirely on soft sand. Categories -

Open, U19, Over 30, Over 40, Over 50. Start time 9am.

email: info@bondibarefoot.com.

Sun 6 June GREAT NOSH FOOTRACE

Lindfield Oval via Roseville Bridge to Seaforth Oval. The course is

15 km, mostly on bush tracks and fire trails. Start 10am.

Contact: Robert Spry. email: robert.spry@smartchat.net.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...

In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom.

One day an acquaintance ran up to him excitedly and said, "Socrates, do you know what I just heard about Diogenes?"

"Wait a moment," Socrates replied, "Before you tell me I'd like you to pass a little test. It's called the Triple Filter Test."

'Triple filter?' asked the acquaintance.

"That's right," Socrates continued, "Before you talk to me about Diogenes let's take a moment to filter what you're going to say. The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?"

"No," the man said, "Actually I just heard about it."

"All right," said Socrates, "So you don't really know if it's true or not."

Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about Diogenes something good?"

"No, on the contrary..."

"So," Socrates continued, "You want to tell me something about Diogenes that may be bad even though you are not certain it is true?"

The man shrugged, a little embarrassed. Socrates continued, "You may still pass the test though, because there is a third filter, the filter of Usefulness. Is what you want to tell me about Diogenes going to be useful to me?"

"No, not really."

Well concluded Socrates, "If what you want to tell me is neither True nor Good nor even Useful, why tell it to me or anyone at all?"

The man was bewildered and ashamed. This is an example of why Socrates was a great philosopher and held in such high esteem.

It also explains why Socrates never found out that Diogenes was screwing his wife.

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