



Terrigal Trotters NEWSLETTER November 2010

MILESTONES

10 Run Trotter
#774 Sam Sirilo

100 Run Trotters
Dave Booth
Bill Diebert
Kelli Warren

200 Runs
Elissa Gribble
Tony Nygard
Steve Guest

600 Runs
Wendy O'Shea

1100 Runs
Leon Harradine

Hi all,

Christmas is just around the corner, and you know what that means. The Trotters Christmas party is on Sat 18th and not long after, the 10th inaugural Round The Bays Trotters run. (Jan 2). Make sure both of these events go in the diary.

The GNW lived up to its reputation of being one of the toughest runs around, with hot and humid weather knocking the field around. See page 2 for Dave's wrap up, and page 6 and 7 for some pics and results.

And it's not too late to have a crack at the inaugural Rumbalara Bush Run - to be held on 12th December. See p. 13, or call Colin Price on 0415 210 339 for more information.

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.terrigoaltrotters.com.au • Email: admin@terrigoaltrotters.com.au

PRESIDENT'S REPORT

25 November 2010

It was a hard day at the office for runners in this year's Great North Walk 100s, and the Terrigal Trotters contingent of eleven was not spared. The weather was warm and humid for the whole weekend and, overall, the drop-out rate exceeded 50% of the 98 starters. Seven of the eleven Trotters who started succumbed to the conditions, though anybody who witnessed their efforts could not fail to be impressed with their toughness and tenacity.

Despite the weather, this year's race seemed to be the most exciting yet. We had a very close race in the 100 Miles, with the very real prospect of our first outright female winner until the last leg. Alas, it was not to be, but Beth Cardelli still finished a very creditable second to repeat winner, Andrew Vize, in a new female race record time.

The 100km race also had a dramatic finish with the leader, Clarke McClymont, collapsing 30 metres from the line and being helped finish by family and friends in what would have been a dramatic new race record. About 40 minutes later, after regaining his bearings and on hearing that the assistance he received risked disqualifying him, Clarke returned to the point of his collapse under his own steam and finished unaided. Sadly, the revised finish time did not give him the record but his lead was such that he was still the winner and very close to the record.

The standout performers for Trotters were Darrel Robins and Darren McLellan, though it's hard to look past the performances of Gary Pickering and Levi Martin who also had fine runs.

Darrel finished the 100 Miles in fourth place in 28:05. He hasn't finished outside of the top four in any of the many ultras he has run in the past thirteen months! A record that is hard to fathom or beat. Darren is really an ultra "newbie" but he diligently prepared and trained for the 100 kilometres, ran a smart race, and was rewarded with a fine fourth place in 14:37.

The feedback I have received from competitors about the event has been universally positive, with the friendliness and helpfulness of the Trotters volunteers always remarked upon. A number of runners said our race was their favourite in Australia and we can all take credit for a successful and popular event.

Dave Byrnes

TERRIGAL TROTTERS MINUTES OF MEETING

Monday 1st November 2010

Terrigal Surf Lifesaving Club

Meeting Open:

7:30 pm

Present:

Dave Byrnes, Mark Dunlop, Roger Matthews, Wayne Doherty, Mark Andrews, Jo Ridley, Graham Ridley, Chris Scarlett

Apologies:

Nil

Confirmation of Previous Minutes:

Moved by Mark Andrews, seconded by Roger Matthews; minutes accepted.

Business Arising from Previous Minutes:

GNW 100's: Race Director, Dave Byrnes, informed Committee that plans are on track. Patonga Hotel has offered to section off an area for GNW participants. A truck has been hired instead of using a trailer as in previous years; Greg Love and Joe Roella to coordinate driving. Fluorescent vests have been ordered for Checkpoints Captains so they can be easily identified. It is expected that the event will most likely break even.

Club Polo Shirt: Prototype has been received and happy with design; small order has been placed.

Trotters Award Document: Held over to next meeting.

Relay for Life: Mark Andrews informed Committee that event was a great success and paid special thanks to Sanitarium, Bakers delight and the Old Boys. Hoping next year will be bigger with the possibility of a handicapped relay event with a perpetual trophy.

Girakool to Patonga: despite extremely poor weather conditions, officially there were 24 starters plus a number of runners training for the GNW's. Big thanks to the volunteers for braving the bad conditions. Consider organizing a mini bus to transport runners next year.

Christmas Party: Dave Byrnes confirmed that Jenny Harwood has agreed to organize; Santa has been booked.

Refreshment table: table has been fixed; thanks to Graham Ridley

Maps for New Trotters: Jo Ridley tabled draft maps with a view to be put on Trotters website and possibly printed as a palm card; more detailed version to be mapped; Jo to liaise with Dave Byrnes and Chris Scarlett.

Club Person of the Month:

Graham Davis: Relay for Life, helping organize and coordinate Trotters Team

Graham Davis: helping with Girakool to Patonga

Nominees for Club Person of the Month:

Graham Davis: Relay for Life, organizing Trotters Team for

Graham Davis: helping with Girakool to Patonga

Mark Andrews: Relay for Life, organizing Trotters team

Mike Gero: Relay for Life, assisting Trotters team

Narelle Stylianou: Relay for Life, organizing Sanitarium support for Trotters team

Stuart & Tina Baverstock: Relay for Life, supplying Bakers Delight products for Trotters team

Ken Hickson: Relay for life, assisting Trotters team

Darren McClellan: Relay for Life, last minute stand in for sick Trotter

Jenny Barker: Charles Kay 10km Time Trial, course marshal

Paul Davison: Girakool to Patonga, organizing and coordinating

Graham Davis: Girakool to Patonga, assisting coordination

Mike Gero: Girakool to Patonga, assisting coordination

Greg Love: Girakool to Patonga, manning drink station

Brian Dawson: Girakool to Patonga, manning drink station

Dot Stockwell: Girakool to Patonga, assisting with organization

Bruce Renwick: Charles Kay 10km Time Trial, successful coordination of new time trial

Honorary Mention to Dave Girvan for manning a drink station for Girakool to Patonga.

Female Athlete of the Month:

Beverley Andrews – Charles Kay 10km Hill Time Trial, **DEBUT**

Nominees for Female Athlete of the Month:

Yolande Walker – Melbourne Marathon, 3:45:30 **PB**

Tina Baverstock – Melbourne Half Marathon, 1:40:33 **PB**

Louise Trigg – Melbourne Half Marathon, 2:08:30 **PB**

Kathy Matri – Melbourne Half Marathon, 2:21:30 **PB**

Jeanette Davison – Girakool to Patonga

Kelli Warren – Charles Kay 10km Hill Time Trial, 1st Female, 49:50

Beverley Andrews – Charles Kay 10km Hill Time Trial, 1:19:46 **DEBUT**

Male Athlete of the Month:

Bill Karskens – Sydney Adventist Hospital 10km, 1:47:51

Nominees for Male Athlete of the Month:

Bill Karskens – Sydney Adventist Hospital 10km, 1:47:51

Graham Ridley – Relay for Life, completing 66km's

Darrell Robbins - Great Ocean Walk Trail Races 190km, =2nd place

Michael Miles – Fitzroy Falls Marathon, 4th place, 3:12:52

Greg Love – Fitzroy Falls Marathon, 7th place, 3:24:12

Junior Athlete of the Month:

Charlie Brooks – Charles Kay 10km Hill Time Trial, 1st place, 38:34

Treasurers Report

Income: \$3430.90

Expenditure: \$2833.99

Surplus/Deficit: \$596.91

Trotters fixed term deposit with Gosford City Credit Union had matured and Roger Matthews moved that it be rolled over and reinvested for a further 12 months. Moved by Roger Matthews, seconded by Mark Dunlop; motion carried.

Moved by Roger Matthews, seconded by Mark Dunlop

Correspondence In/Out:

Nil

Uniform Report:

Singlet & cap deal being promoted and orders are being taken.

Safety & Marshalling:

Charles Kay 10km Hill Time Trial: well received by those who ran the new course; suitable and safe alternative to Brooks Hill time trial.

General Business:

Vacant Committee Position: Adam Jordan has resigned from the Trotters Committee for personal reasons and thus a vacancy is open. After checking the Trotters Constitution it was decided to offer the position to Steve Gray; Dave Byrnes to follow-up.

5 Lands Walk Community Consultation: Kevin and Mark Andrews attended the consultation meeting on behalf of Trotters. Mark tabled a document received at the meeting that outlined proposed routes for the Five Lands Walk. After discussion it was decided Dave Byrnes would respond on behalf of Trotters indicating Trotters support the idea of any capital works that would improve and encourage the community to exercise and that Trotters would be happy to help further in the consultative process. Trotters also encourage individual members to provide feedback directly.

Committee Members Page: in club newsletter needs to be updated with 2010/2011 Committee; Mark Dunlop to liaise with Chris Hatcher.

Runs for November

7th Cromarty Hill

14th Fatman's Run

21st The Round Drive

28th Flat 10km Time Trial

Next Meeting:

Monday, 6th December, 2010

Terrigal Surf Lifesaving Club @ 7:30pm

Meeting Closed:

8:50pm

RUNS FOR THE MONTH

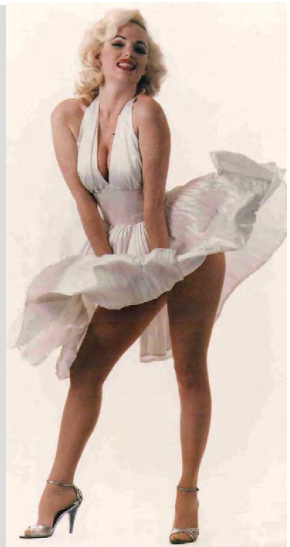
DECEMBER

4-Dec-10	5:09	Dave's Damn Run (15.3km)
11-Dec-10	5:09	Marg's Meander (11.0km)
18-Dec-10	5:11	Pony Club (14.1km)
25-Dec-10	5:15	Brooks Hill 10km Time Trial

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

Happy birthay to you,
Happy birthay to you,
Happy birthay Mr. President,
Happy birthay to you.

Congrats to Dave Byrnes on reaching a
milesone and a new age group. I won't
mention his age, but it must be nice for him to
leave the 50-59 age group behind.



I thought I saw an eye doctor on an Alaskan island, but it turned
out to be an optical Aleutian .

GREAT NORTH WALK 100'S

The GNW 100's lived up to its reputation as one of Australia's premier, and toughest ultras.

Full credit to Dave Byrnes and all the Trotters who helped on the day. As with all these events, there's a huge amount of work behind the scenes. Well done to all.

And congratulations to the Trotters who competed. Here are some snap shots...





THE GREAT NORTH WALK 100s - 13 November 2010

100 MILE

Overall Place	Race No.	Last Name	First Name	Address	Category	Cat. Place	Time
4	21	ROBINS	Darrel	Ourimbah, NSW 2259	M40-49	1	28:05
11=	25	MARTIN	Levi	Terrigal, NSW 2260	M18-39	4	31:49
11=	18	PICKERING	Gary	Empire Bay, NSW	M50-59	3	31:49
	26	MARTIN	Luke	Dora Creek, NSW 2264	M18-39		DNF (CP4)
	46	MILES	Michael	Mardi, NSW 2259	M40-49		DNF (CP4)
	44	O'SHEA	Matthew	Narara, NSW	M18-39		DNF (CP4)
	15	RIDLEY	Graham	North Avoca, NSW	M40-49		DNF (CP4)
	17	GUEST	Steve	Wadalba, NSW	M40-49		DNF (CP3)

100 KILOMETRE

Overall Place	Race No.	Last Name	First Name	Address	Category	Cat. Place	Time
4	50	McCLELLAN	Darren	Terrigal, NSW 2260	M18-39	2	14:37
	92	HULL	Michael	Tascott, NSW	M40-49		DNF (CP3)
	22	GRAY	Steven	North Gosford, NSW	M60+		DNF (CP2+)
	24	BROWN	Greg	Umina Beach, NSW	M50-59		DNF (CP1)

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH FOR OCTOBER 2010

The Terrigal Trotters Committee acknowledges the following outstanding performances and contributions to the club.

CLUB PERSON OF THE MONTH

GRAHAM DAVIS

Most Trotters know Graham and his dedication to Terrigal Trotters, being a past winner of Club Person of the Year. In October, Graham played a leading role in contributing to the success of the Trotters Team at the Relay for Life. Graham backed this up later in the month, helping out with Girakool to Patonga. What some don't know is that Graham has been working and living up in Tamworth, some 3.5 hours drive away. Graham made the big round trip to help ensure the two events were not only successful, but his Trotters friends had a great time participating.

FEMALE ATHLETE OF THE MONTH

BEVERLEY ANDREWS

When one thinks of making a debut in a running event, they usually choose a distance and then find an easy course run it on. After many years of being a Trotter, Bev chose the new, and harder, Trotters Charles Kay 10km Hill Time Trial to make her debut, setting herself a goal of completing the course under 80minutes. Bev achieved that goal, running the 10km's in 79 minutes and 46 seconds.

MALE ATHLETE OF THE MONTH

Bill Karskens

Not many runners would be keen to enter an event and have to run in an age category 20 years their junior. But at 85 years young, this is the scenario Bill often faces. On the 17th October, Bill made his way down to Sydney and ran in the Male 65+ category of the Sydney Adventist Hospital 10km, recording a time of 1hr 47mins.

JUNIOR ATHLETE OF THE MONTH

Charlie Brooks

With a new 10km time trial course being run for the first time, there was a course record on offer for the first across the line. Insider information, Charlie's mum, said young Charles had been studying the course map all week and even had a copy printed out a copy to carry during the run. Charlie was pushed hard all the way by Darren McClellan but managed to hold on to finish first, setting a course record of 38 minutes 34 seconds.

The full list of nominees can be found in the Terrigal Trotters monthly meeting minutes.

If you wish to nominate a member for consideration for the any of the above awards, please send email to Terrigal Trotters (link on website home page) or inform any Committee member. All nominations will be accepted.

FIVE MINUTES WITH A TROTTER

Trotter Number: #136
Name: Debbie Bloffwitch
Married/Single
Occupation: Accountant



Favourite Run: Matcham
Favourite Distance: Marathon
Race PB: 3.40
Your Shoe Brand: Asics
Other Sports: Crossfit, yoga, pilates

List Your Favourite:

Food: Most healthy foods but a weakness for chocolate

Music: Jimmy Barnes

Actor: Morgan Freeman

Movie: Bridget Jones Diary

Wine: Non drinker

Vehicle: Mini

Travel destination: Asia

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

1. A supply of giant Freddo Frogs
2. My two daughters so I can keep my eye on them
3. Master tax guide for some light reading

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

My husband so we are one big happy family marooned!

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

To be more thankful for a blessed life.



RIDLER'S RESULTS YOU CAN RUN BUT YOU CAN'T HIDE



It's been a busy month and there are plenty of results to look through. The GNW100's have come and gone and on the worst day for running that I have ever had to deal with there were some awesome performances. A huge well done to anyone who overcame the conditions, you are something special. See Dave's bit for the full results.

Elsewhere we have a few travelling Trotters listed below:

Bill Karskens **Sydney Adventist Hospital 10km** 17. 10. 2010. 1:47:51

Victorian 6 hour/50km track championship 20th November

50km. 3rd Greg Love 4:13:57 2nd Male

6 hour. 3rd Greg love 67.227km 2nd Male

To quote Heiko: "With a desperate lunge at the line I beat the 50min clock at **Striders Lane Cove 10k**"

Heiko Schaefer; 0.49.59. M70-74. 1st.

Central Coast Half Marathon and 10km 28.11.2010

Position	Trotter No.	Time	Name		Points	
20	726	1:25:50	Robbie Wilkinson	M	730.2	3rd 40-49
25	665	1:26:52	Ian Temblett	M	751.5	
27	709	1:27:24	Jessica Mitchell	F	753.7	3rd 20-29
29	258	1:27:34	Adrian Smith	M	733.3	
33	690	1:29:27	Tom Robertson	M	669.8	
47	198	1:32:28	Danny Moore	M	743.1	2nd 50-59
56	576	1:34:04	Steve Guest	M	699.9	
62	638	1:34:33	Joe Rolella	M	642.4	
66	654	1:35:03	James Moran	M	643.9	
124	568	1:41:52	Colin Barnett	M	635.6	
220	669	1:50:47	Chris Scarlett	M	535.4	
240	502	1:53:30	Heiko Schaefer	M	719.3	3rd 60 plus
331	107	2:02:38	Lyn Bromwich	F	658.5	

10km

28	267	0:43:30	Wayne Daley	M	723.1	
37	307	0:45:19	Stewart Creswick	M	No DOB	
80	21	0:51:14	Dennis Robertson	M	646.0	
392	116	1:27:14	Doug Lindsay	M	543.8	
433	239	1:53:17	Bill Karskens	M	446.4	

An excellent run by Robbie: First Trotter home and smashed his PB in the process

October Hilly Time Trial (new course)

Pos.	Trotter No	Time	Name	Sex
1	660	0:38:34	Charlie Brooks	M
2	573	0:38:46	Darren McClellan	M
3	665	0:40:01	Ian Temblett	M
4	734	0:40:01	Michael Miles	M
5	258	0:40:14	Adrian Smith	M
6	745	0:42:01	Gary Field	M
7	88	0:42:42	Greg Love	M
8	690	0:43:12	Tom Robertson	M
9	576	0:44:14	Steve Guest	M
10	173	0:45:11	Mike Randell	M
11	267	0:45:46	Wayne Daley	M
12	517	0:45:55	Dave Byrnes	M
13	307	0:46:31	Stewart Creswick	M
14	403	0:46:41	Mel Robbie	M
15	638	0:47:26	Joe Rolella	M
16	8435	0:48:53	Tony Croft	M
17	600	0:49:50	Kelli Warren	F
18	505	0:49:50	Greg Brown	M
19	669	0:49:54	Chris Scarlett	M
20	773	0:49:54	Jason Kirksmith	M
21	621	0:50:04	Yolande Walker	F
22	730	0:50:08	Levi Martin	M
23	83	0:50:18	Mike Thorpe	M
24	556	0:50:23	Chris McInerney	M
25	571	0:50:40	Trent Playford	M
26	757	0:50:42	Jeanette Fredriksson	F
27	544	0:50:43	Craig Gustard	M
28	8157	0:50:45	Chase Whitfield	F
29	548	0:51:01	Dave Hopkins	M
30	147	0:51:17	Peter Diggleman	M
31	27	0:52:08	Ken Hickson	M
32	702	0:52:12	Steve Coote	M
33	8436	0:52:13	Sam Sirilo	M
34	513	0:52:31	Liza Whitfield	F
35	8437	0:52:43	Brent Pilkington	M
36	8438	0:53:16	Mike Powell	M
37	8439	0:53:19	Craig Andrews	M
38	21	0:53:35	Dennis Robertson	M
39	698	0:54:20	Tammy Shafer	F
40	8440	0:54:45	Steve Martin	M
41	711	0:54:52	David Booth	M
42	248	0:54:52	Les Lowe	M
43	226	0:54:58	Janet Moore	F
44	8414	0:55:18	Rob Whitfield	M
45	618	0:55:28	Monica Nicol	F
46	620	0:55:29	Allison Allen	F
47	1	0:55:50	Kevin Andrews	M
48	574	0:55:54	Cheryl Nas	F
49	540	0:56:16	Tony Nygard	M
50	8422	0:56:24	Suzy Jeffrey	M
51	756	0:56:37	Colin Bullard	M
52	366	0:57:02	Wayne Evans	M
53	488	0:57:36	Roger Matthews	M
54	217	0:57:45	Jeanette Dillon	F
55	302	0:57:46	Dot Stockwell	F
56	602	0:57:51	Jason Menzies	M
57	8432	0:58:00	Melanie Thomas	M
58	654	0:58:02	James Moran	M
59	107	0:59:05	Lyn Bromwich	F
60	612	1:00:20	Bill Diebert	M
61	481	1:11:16	Tony Collins	M
62	207	1:11:17	Greg Tegart	M
64	694	1:19:46	Candy Hoddinott	F
64	358	1:19:46	Beverley Andrews	F
65	538	1:27:00	Launie Stopford	M

November Flat Time Trial

Position	Trotter No	Time	Name	Points
1	573	0:39:08	Darren McClellan	715.3
2	88	0:41:16	Greg Love	781.7
3	690	0:41:28	Tom Robertson	654.5
4	751	0:41:37	Al Cooke	650.2
5	130	0:42:00	Kevin Byrne	653.1
6	658	0:42:01	Mark Dunlop	661.4
7	8209	0:42:19	Scott Sheridan	666.4
8	267	0:42:40	Wayne Daley	737.2
9	576	0:42:41	Steve Guest	707.8
10	8278	0:43:47	David Ritchie	705.8
11	403	0:44:06	Mel Robbie	707.5
12	8306	0:44:48	James Wright	706.3
13	483	0:46:14	Graham Ridley	658.7
14	735	0:46:39	Jamie Collins	621.2
15	352	0:48:36	Graham Davis	675.1
16	8143	0:49:20	Josh Menzies	611.9
17	598	0:49:20	Gary Pickering	648.3
18	622	0:49:24	Daniel Draper	549.8
19	607	0:49:31	Jeff Dick	640.6
20	248	0:49:33	Les Lowe	634.8
21	83	0:49:41	Mike Thorpe	696.3
22	505	0:49:43	Greg Brown	622.5
23	515	0:50:20	Barry Bowden	681.1
24	8393	0:50:59	Steve Martin	529.2
25	777	0:51:32	Soozie Jeffree	589.3
26	618	0:52:07	Monica Nicol	616.7
27	620	0:52:09	Allison Allen	602.6
28	27	0:52:28	Ken Hickson	641.9
29	21	0:52:31	Dennis Robertson	630.2
30	107	0:52:52	Lyn Bromwich	690.4
31	602	0:53:46	Jason Menzies	513.3
32	765	0:54:14	Therese Wellsmore	597.9
33	711	0:55:10	David Booth	552.0
34	679	0:55:30	Karen Boyd-Skinr	566.2
35	540	0:57:15	Tony Nygard	536.2
36	586	0:57:45	Donna White	532.8
37	124	0:59:39	Paul Davison	527.3
38	494	1:01:09	Mark Rollins	510.2
39	701	1:04:39	Louise Trigg	511.6
40	452	1:05:22	Debbie Wooden	530.5
41	186	1:07:30	Brenda Holmes-St:	476.1
42	693	1:10:05	Kathy Matri	467.1
43	722	1:10:54	Judy Murray	No DOB
44	481	1:13:31	Tony Collins	466.3
45	207	1:13:31	Greg Tegart	431.5
46	694	1:19:24	Candy Hoddinott	453.7
47	358	1:19:24	Beverley Andrews	465.8

TELL ME YOUR RESULTS

I want to help celebrate your achievements
 Email grahamjoridley@gmail.com or see me on Saturday morning

RUMBALARA BUSH RUN

Colin Price and Central Coast Orienteers have announced a new 'fun' run.

The run (or walk) starts and finishes in Gosford and goes over the top of Rumbalara, then through the ridges to Katandra and back along the same course to the finish - a total of 13.2 kms.

If runners want a bit more, they can take on the 'Rumble' which continues past the turnaround to Seymour ponds - adding another 3 kms. (16.2 kms).

Date: Sunday 12th December - 9am.

To enter, go to:

www.ccorienteering.org/rumbalara/

or call Colin on 0415 210 339.

Should be a great day!



ADHD DUNGOG/BULAHDELAH/ HAWKS NEST MTB TOUR

On Monday 8 November 2010, Andrew Mahoney, Barry Bowden, Keith King, Ken Hickson, Mike Thorpe, Rob Wait and Wayne Evans caught the train with mountain bikes in tow to Dungog. After booking into the Bank Hotel we were hydrating when a wild hail storm hit the town causing a blackout for an hour or so.

Dinner at the Dungog RSL saw Mike demolish the biggest mixed grill ever served to one person!!

Following breakfast on Tuesday Theron King arrived from Armidale to join the tour which got under way at 7.45am. Some 10 klms of tar road saw us on the Monkerai Road (dirt) and climbing Monkerai Mountain, Ken's buckled back wheel and no front brakes kept everyone wondering if he would make the downhill sections! Another 20 klms saw us reach the BucketsWay and 12 klms of busy tar road before turning onto Glen Forest Road. The hot, humid weather and big hills over the next 30 klms were starting to take their toll by the time we reached Waukivory Rd so Andrew and I opted for 'The Lift' option after another 5 klms whilst the others pushed on completing the downhill section at The Plough Inn at Bulahdelah, our accommodation for the night. A tough 100klm ride.

Departure on Wednesday morning was delayed while Mike ate his breakfast and Wayne and I repaired flat tyres, it was then a fast 15 klm ride on mostly dirt roads to the ferry at Bombah Point in Myall National Park and morning tea at the café. The short ferry ride saw us on Mungo Brush Road (tar) for a leisurely 7 klms before doing some single track riding through palm forests (Ken's favourite part) with a swim at Brambles Green. Back onto Mungo Brush Road for the ride to Hawks Nest making up the total of 50 klms for the day. Stayed at the Hawks Nest Caravan Park, the snorers in the budget cabins and the rest in the deluxe models!! Ask Andrew about the details. Drinks and dinner at the golf club saw an end to the day.

Theron left early to ride to Newcastle to get the train back to Dungog whilst the rest of us rode to Tea Gardens and caught the 9.30

ferry to Nelson Bay, an enjoyable trip on a beautiful morning, we saw the resident Port Stephens dolphins. A hard ride along the main road to Stockton, the first 25 kms a bit of a race before a refreshment stop, everyone worked together for the final 25 kms to the ferry. The quick trip to Newcastle and a couple of celebratory drinks at The Brewery and onto the train for the trip back to the Central Coast.

Everyone survived OK with sore backsides, Barry fell off in the sand, I fell off in a tree and Rob fell off for no reason at all!! There are lots of stories about 'The Lift' but see Andrew or myself for the true story. A great ride with great people, stand by for the next ADHD event.

Keith King



SANTA IS ON THE WAY...



TROTTERS CHRISTMAS PARTY
THE HAVEN, TERRIGAL

8:30AM, SATURDAY, 18 DECEMBER 2010
(AFTER THE SATURDAY MORNING RUN).

BRING YOUR FAMILY

TROTTERS WILL PROVIDE FOOD AND DRINK.

SANTA WILL ARRIVE AT 9:30AM AND THOSE WHO WANT SANTA
TO GIVE A SOMEONE A PRESENT, NEED TO PROVIDE IT TO
MARG AURISCH BEFOREHAND. PRESENTS ARE TO COST NO
MORE THAN \$30.

SEE MARG AURISCH IF YOU HAVE ANY QUESTIONS.

The correct way to treat a good wine...
Open the bottle to allow it to breathe.
If it doesn't look like it's breathing, give it mouth-to-mouth
resuscitation.

December

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Opening HOURS

Mon Tues Thurs and Fri 9.30-5.30
Wed 9.30-7pm Sat 9-3pm

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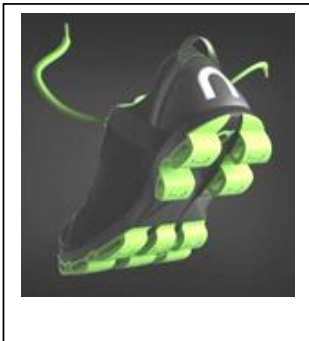
Join us for a social run Wednesday 6pm



NIKE Newtons REEBOK On Zoot

NEW PRODUCTS THIS MONTH

Swiss "On" Shoe with Cloud Technology



The On is a midweight, really well cushioned training shoe, that could be used for races 10k+. It has a interesting new look and rides smoothly on the run. Ideal for runners wanting a high level of cushioning across the whole shoe.. definitely worth a try



**Reebok
EasyTone
For the girls**
Ideal to tone and strengthen while you walk.. the "wobble board" style sole decreases stability and makes your leg muscles work harder.

What to buy for CHRISTMAS?.....

A Coast Runners Shop GIFT VOUCHER

Garmin * Timex Polar * Tens Machine

Caps and Visors from Asics New Balance and Nike Sox + Laces * Elastic Laces

Swim Accessories Eyeline Athletic Equipment Compression Shorts Regular shorts

ASK FOR YOUR TROTTERS LOYALTY CARD

when you buy any non special shoe. You receive ongoing discounts .

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 **Jenny Harwood**.



Trotter no 145, Life Member

Jenny started running with Trotters in 1992 and has in excess of 700 runs. Jenny has competed in distances from 10K to marathons and also competed in triathlons which has included 2 ironman. Here are some of Jenny's achievements.

6 marathons, best marathon Kempsey 4.04 in 1996

12 half marathons, best half Sydney 1.45 in 1998

best 10K 47.30

6ft track 6.48 2007

Jenny has competed in many long distance events such as Mt Wilson to Bilpin, Woodford to Glenbrook and the Brindabellas.

Jenny has had outstanding achievements in triathlon having completed 2 ironman with a best time of 12.42 for the Forster Ironman in 1999, 15 half ironman with a best time of 5.25 in 1998 being placed 3rd in her age group and won her age group in the Avia short course triathlon in 1997.

Jenny along with her team members completed the 100km Oxfam trail walker in 2007 in 24hrs 43mins.

Jenny is now enjoying long distance walking and preparing for the 2011 6ft track

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

Fri-Sat 10-11 Dec COAST TO KOSCIUSZKO 240 KMS

Start: 5.30am Twofold Bay, NSW, Friday 10 December.

Entries have closed.

Sun 12 Dec RUMBALARA BUSH RUN

This is an off road Bush Run held on the Central Coast and Starting near Gosford. Two course lengths available, 13.2 km and 16.2 km.

Contact: Colin Price. email: colinp53@yahoo.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...

Two deaf people get married and during the first week of marriage they find that they are unable to communicate in the bedroom with the lights out since they can't see each other signing, or lip read. After several nights of fumbling around and many misunderstandings, the wife figures out a solution.

She writes a note to her husband: 'Honey, why don't we agree on some simple signals? For instance, at night, if you want to have sex with me, reach over and squeeze my left breast one time. If you don't want to have sex, reach over and squeeze my right breast two times.'

The husband thinks this is a great idea. He writes back: 'OK, if you want to have sex with me, reach over and pull on my penis one time. If you don't want to have sex, pull on it two hundred and fifty times.'

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

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