



Terrigal Trotters NEWSLETTER

August(ish) 2011

MILESTONES

10 runs:

CHRIS BIRCHALL
DENISE MAGUIRE
LUKE POWELL

100 runs:

JENNY BARKER

200 runs:

HEIKO SCHAEFER

500 runs:

SUSAN INGHAM

600 runs:

TONY MYLAN
GREG TEGART

G'day all,

Trotter of the Year night is here and it promises to be a great night again.

And the Trotters' AGM is hot on its heels - on Monday 5th Sept at the Terrigal Surf Club.

It's a great chance to get involved in the club - by nominating for a position.

Well done to all the City to Surf finishers and also to the 12ft Track lunatics - you can read Graham Ridley's account on p. 9.

There are some good local runs on the way, including the Kincumba Mountain Challenge and the Rumbalara Bush Run - so go on, get amongst it!

And don't forget the Relay for Life on 15/16 October. You can register with the Trotters Team by contacting Graham Davis.

Happy running!

Chris Hatcher

You have the right to remain silent.

Anything you say will be misquoted, then used against you.

PRESIDENT'S REPORT

August 2011

As we enter spring on the Central Coast we have a variety of local running events to look forward to, several of them new to the calendar.

In addition to the popular regulars:

- the Mingara 10km/One Hour on 6 September, and
- the Central Coast Half Marathon and 10km on 27 November, we now have
- the Bumble Hill Burn 6km on 11 September,
- the Kincumba Mountain Challenge on 17 September, and
- the Rumbalara Bush Run (second running) on 30 October.

At the request of the Yarramalong Spring Festival committee, I have been helping out a little with the planning for the Bumble Hill Burn and am familiar with the issues they are confronting in dealing with traffic management, insurance, sponsorship, timing and so on, which are always a trial for a new event. I'm sure that the Rumbalara Bush Run (organised by Trotter #399, Colin Price) and the Kincumba Mountain Challenge are dealing with the same challenges.

We are fortunate to have such a rich and diverse range of interesting running and walking events within easy reach, and to have locals willing to put in the effort to initiate and organise them.

Please try and support them so that they will stay on our calendar. [While not forgetting our own Relay for Life (15/16 October), Girrakool to Patonga (23 October) and The Great North Walk 100s (12/13 November)]

Have fun.

Dave Byrnes

TERRIGAL TROTTERS MINUTES OF MEETING
Monday 1st August 2011

RUNS FOR THE MONTH

SEPTEMBER

3-Sep-11 Charles Kay Hill 10km TT

10-Sep-11 Avoca Steps (13.6km)

17-Sep-11 Keith's Run (10.9km)

24-Sep-11 Flat 10km Time Trial

Maps for most courses can be found at

www.terrigaltrotters.com.au/maps_of_running_courses.htm

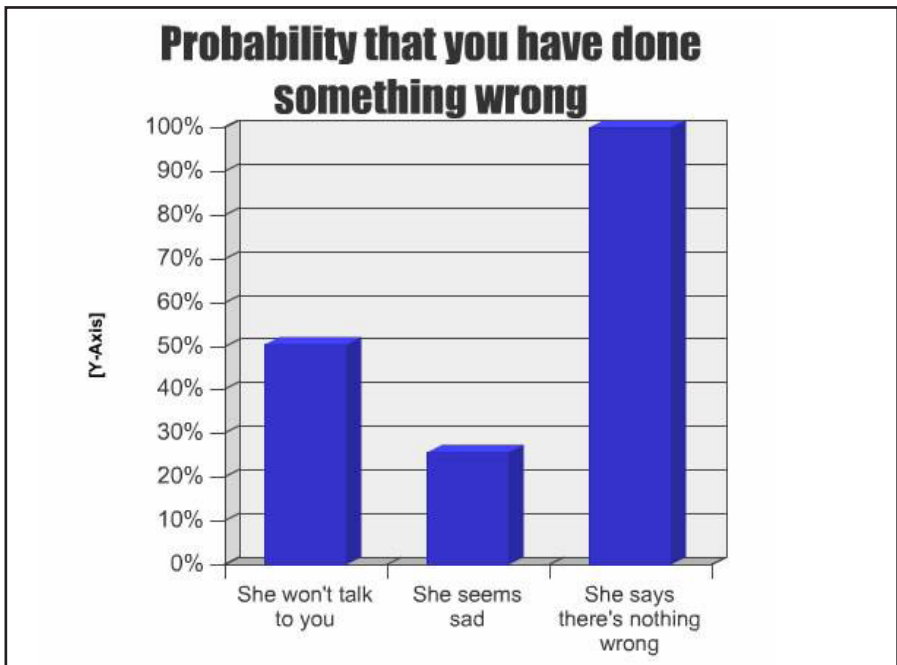
TERRIGAL TROTTERS ANNUAL GENERAL MEETING

The Terrigal Trotters Annual General Meeting will be held at the Terrigal Surf Club at 7:30pm on Monday, 5 September 2011.

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 (there might even be some supper)



Trotter Of The Year Night



Join us for a night of trivia, games and so much more as we recognize & celebrate the achievements of our fellow Trotters. A three course spit roast buffet will be served with drinks available for purchase from the bar.

When: Saturday, 3rd September

Time: 6pm

Where: Terrigal Surf Life Saving Club

Cost: \$25 per person – Partners welcome

RSVP: Saturday, 27th August, Mark Dunlop 0466 824 007

PAYMENT OPTIONS: in person to Jo Ridley or Mark Dunlop each Saturday following Trotters Run or direct deposit:

Account Name - Terrigal Trotters Inc, Account # - 1010 9877, BSB - 062 544
Please type TOTY and your surname in description field

When I was a kid I used to pray every night for a new bike. Then I realised that the Lord doesn't work that way so I stole one and asked him to forgive me.



Relay For Life is an overnight, community event where teams of 10-15 participate in a relay-style walk or run to raise funds for the Cancer Council. The event brings the whole community together for a night of fun, entertainment, celebration and remembrance. Each Relay For Life event is organised by a local volunteer organising committee on behalf of Cancer Council.

This year's event starts at 4pm on Saturday, 15 October 2011, at the athletics track in the Mingara Recreation Club in Tumbi Umbi and runs until 10am on Sunday, 16 October.

This year, we plan to have several competitive teams to make life interesting.

For more information contact Graham Davis (0413456455) or Mike Gero (0411453207).

ADHD

Expression of Interest

ADHD are planning a MTB/walking assault on the Hume and Hovell Track in September 2011. The track runs from Yass to Albury, a distance of 440 kms. We would hope to average 50kms per day, so expect to be away 10-12 days.

We are looking for expressions of interest from those who may wish to be involved either as a participant or as a support crew. Contact Keith King for more information.

RUMBALARA BUSH RUN

30th October 2011

The Rumbalara Bush Run will be held again this year and entries are now open!

Thanks to the input from several competitors we will be holding the event 1 month earlier (30th October, 2011) so it should be cooler (no guarantees though) and we will be starting at 8pm to again avoid the heat of the day.

We have implemented several other suggestions in an effort to improve this great run.

There will also be a 6 km run included so you have 3 distances to choose from with all being a challenge.

An unofficial corporate challenge will be trialed this year consisting of teams of 3. Put out a challenge to other businesses, clubs or organizations with the best cumulative times winning. Just email the details to colinp53@yahoo.com.au .

Thank you to all who competed last year, we hope to see you and your friends at this years event.

All competitors this year will receive a drink and food at the conclusion of the run.

Our sponsors for the event are Anaconda (West Gosford) and the Runners Shop in Killarney Vale. We appreciate their support.

Central Coast Tourism are arranging accommodation packages for those wishing to stay overnight.

For more information and a link to the online entry go to www.coastalrunner.com

We hope you will promote this event to your running buddies and club. Please contact me if you require flyers for distribution.

Appreciate your assistance and hope to see you there.

RIDLERS' RACE REPORT

The 12ft Track 13th August 2011

*Some people are silly enough to take on the 6ft track.
But there is a special breed of lunatics who arrive at Jenolan Caves only
to think that running back to Katoomba is a great idea.
Graham Ridley is a member of this special breed.*

While many of you were thinking about a trip to Bondi with 85,000 mates I decided to take a trip through the Blue Mountains with about 25 mates.

So what is the 12ft Track? Most people are aware of the Six Foot Track from Katoomba to the Jenolan Caves. The 12 foot track just involves turning around and going back to Katoomba. Therefore: $6ft+6ft=12ft$. It is also a Fat Ass run, which means it's not an official event. On the upside there is no fee, on the downside there is no support so you have to carry everything with you and if you get into trouble you are on your own.

I did the run last year and decided it was unsafe and would never do it again, but I'm none too bright and there I was standing by the Explorers tree ready to do it all again.

Kim and Steve were there to do Six Feet again, but more importantly so was Robyn and Corrine. They were very kind and took some food and drink to the halfway point for me. This was going to make life a lot easier. Still, I felt like I had an iron lung strapped to my back; three litres of Powerade, food and safety gear weighs a ton.

At 7.00am we all stand by the tree for photos and then we are off. Steve was looking strong and went on ahead. I ran a while with Kim and I have to say here that it is good to see you back running well again after the accident. I took the steps down to Nellies Glen very easy, it was going to be a long day so no need to rush. Once on the flat we got into a groove and just enjoyed being out in the bush. I ran

with a couple of other guys to the river, I'm not sure of my exact time, but I think I did it under 1.45. I was quite happy with that considering I had the weight of a small elephant on my back. I continued on my way and felt pretty good going up the hills arriving at the top of Pluvi' in 3.22. I wanted to get to halfway in 6.00 and home in 14.00 so I was well inside so I carried on my way feeling good and enjoying the day.

I eventually reached the end of the trail just before the zig zag path down to Caves House and there was Robyn, I decided to get my stuff from her on the way back up. I headed down the path and saw Steve walking back to meet the girls. He had done the Six Foot Track unaided in 5.33; impressive I thought. I carried on to the bottom of the path, turned round in 5.41, half an hour quicker than last year; everything was going to plan. I'm soon back to Steve and the girls to load up with another small elephant ready for the trip back. Robyn kept apologising for not being at the turn around where she said she would be. There was no need, because she had just saved me carrying 'Dumbo' all the way up that hill. On a serious note; I can't thank the girls enough for their support, it made a massive difference to the success of my day.

I was soon off and climbing up the hill. Not far ahead was Kim on his way down to Caves House in 6hrs 12mins. I kept plodding and once at the top started to run again, but things were getting tough. In this kind of event you have good times and bad, now was one of those bad times. I cross the road and felt dizzy, I couldn't focus. I eventually get to the turn off for the Black Range and run straight past. Yes, the Ridler gets lost again. No ultra would be the same without me checking out other parts of the course. As I am running along the road in the wrong direction I hear a shout. I turn round, can't see anyone, but it planted the seeds of doubt in my mind. Next thing six 'utes' come along the road, maybe it was them I heard shouting. I waved them down though to check my bearings. They tell me I'm going the right way, so I continue; the wrong way. However, this seemed to clear my mind. I suddenly felt better and noticed a cleared area, which had been on my

right on the way out and it was on my right on the way back. My new clear head told me that was impossible, I was going the wrong way. So I turned round and headed back. I soon found the turn and continued my journey albeit half an hour or so later than intended.

I now felt much better and made good progress through the Black Range to the top of Pluvi and saw a couple of Cool Runners that had done for the day, and set up a drinks station. So I enjoyed some Coke and was ready for the decent. At the bottom I met up with Graham Wye (Cool runner some of you may know) and we ran together for a while, although I was a bit stronger uphill and I pulled away. I then had a pitstop and he came past. He was a lot quicker on the downhill and left me for dead. Mind you, I was in a lot better condition than last year and was in good shape running down to the river. My reward was a daylight crossing.

Once over the river I caught Graham and we decided to run together. I think the company helped us both through what is an otherwise cold, dark and lonely section of this run.

As we get to Nellies Glen I could see that if I push on I could still beat 14 hours. So I gave it a go. Those steps are cruel after 13+ hours and in the dark. However, I came through and ran down to the tree in a time of 13.47.49. I felt great.

Only thing left was to drive home.

Graham Ridley

Red meat is not bad for you.
Fuzzy green meat is bad for you!



RIDLER'S RESULTS

YOU CAN RUN

BUT YOU CAN'T HIDE



Terrigal Trotters 10km Flat Time Trial - 30 July 2011

Position	Trotter Number	Time	First Name	Last name	Gender	AG Points
1	665	00:38:59	Ian	Temblett	M	768.7
2	267	00:41:06	Wayne	Daley	M	765.2
3	198	00:41:14	Danny	Moore	M	769.2
4	676	00:41:20	Suzy	Woodbury	F	741.1
5	780	00:41:35	Troy	Kastelan	M	753.9
6	517	00:42:13	Dave	Byrnes	M	790.8
7	690	00:42:31	Tom	Robertson	M	631.5
8	677	00:43:21	Rod	Northey	M	629.4
9	276	00:43:22	Tom	McNally	M	629.1
10	576	00:43:26	Steve	Guest	M	701.1
11	766	00:43:28	Adam	Kranz	M	618.1
12	774	00:43:29	Sam	Sirilo	M	617.5
13	568	00:43:43	Colin	Barnett	M	685.5
14	173	00:44:51	Mike	Randell	M	713.1
15	791	00:45:16	James	Wright	M	632.2
16	529	00:45:30	Graham	Steele	M	638.8
17	8121	00:45:41	Chris	Taylor	M	666.5
18	751	00:46:03	Al	Cooke	M	589.9
19	8168	00:46:13	Luke	Powell	M	587.1
20	793	00:46:17	Tony	Croft	M	657.9
21	457	00:46:32	Kim	Cook	M	687.3
22	639	00:46:35	Deidre	Moran	F	676.9
23	654	00:46:35	James	Moran	M	610.0
24	8362	00:46:38	Steve	Deane	M	663.7
25	585	00:46:45	Peter	Jackson	M	684.1
26	8371	00:46:58	Gerard	Ivins	M	
27	607	00:47:30	Jeff	Dick	M	673.3
28	705	00:47:32	Peter	Hood	M	621.0
29	556	00:47:48	Chris	McInerney	M	692.5
30	8372	00:48:20	Jimmy	Haskell	M	
31	8373	00:48:32	Ros	Cavender	M	
32	8358	00:48:53	Ben	Carpenter	M	553.7
33	8	00:49:04	Steve	Hughes	M	674.6
34	162	00:49:16	Tony	Mylan	M	599.1
35	366	00:49:17	Wayne	Evans	M	665.5
36	502	00:49:18	Heiko	Schaefer	M	763.4
37	264	00:49:24	Sonia	White	F	686.9
38	534	00:49:29	Susan	McBride	F	663.9
39	669	00:49:50	Chris	Scarlett	M	547.5
40	21	00:50:21	Dennis	Robertson	M	663.0
41	702	00:50:26	Steve	Coote	M	541.0

42	698	00:50:58	Tammy	Shafer	F	618.7
43	515	00:51:33	Barry	Bowden	M	665.1
44	525	00:51:39	Kelly	King	F	603.4
45	765	00:51:52	Therese	Wellsmore	F	622.1
46	711	00:52:17	David	Booth	M	587.2
47	385	00:52:35	Nick	Dent	M	629.5
48	557	00:52:40	Sabine	Byrne	F	603.2
49	679	00:54:38	Karen	Boyd-Skinner	F	577.2
50	207	00:54:50	Greg	Tegart	M	583.3
51	8359	00:55:05	John	Kalos	M	501.1
52	591	00:55:18	Barry	Houghton	M	No DOB
53	752	00:55:43	Maria	Timmers	F	545.6
54	1	00:56:41	Kevin	Andrews	M	564.2
55	586	00:56:55	Donna	White	F	542.0
56	789	00:56:56	Yvonne	Mathot	F	536.3
57	631	00:57:06	Wayne	Doherty	M	555.5
58	8361	00:57:44	Chantel	Queenan	F	
59	488	00:57:47	Roger	Matthews	M	582.9
60	8124	00:58:05	Graham	Fowler	M	520.2
61	486	00:58:56	Jo	Ridley	F	569.3
62	17	01:00:31	Margaret	Aurisch	F	647.8
63	452	01:04:06	Debbie	Wooden	F	542.6
64	722	01:04:48	Judy	Murray	F	604.9

31.07.2011. Tony Collins: 275km in 48 hours, to achieve 3rd male in the National 48hr Track Championships, held at Caboolture in Qld. Mark Tuxford came 2nd in the 6 hour race also, after crewing Tony for 42 hours.

8th August at Lane Cove Striders Open 10k. Heiko Schaefer 49.46. 1st M70-74

The Bay Run Iron Cove 7 km 7/08/2011
Michael Randell 28:22

12 Foot Track 13th August 2011-08-16
Graham Ridley 13.47.49
Steve Guest 6ft 5.33
Kim Cook 6ft 6.??

Victorian RR 8km time trial 6th August
Dave Byrnes 00:33:54 11th

TELL ME YOUR RESULTS

I want to help celebrate your achievements. Go to 'Tell Us Your Results' on the Trotters website or Email grahamjoridley@gmail.com or see me on Saturday morning

CITY TO SURF 2011

TROTTER #	FIRST NAME	SURNAME	NET TIME	NET PLACE	CATEGOR Y	CATEGOR Y PLACE
660	Charlie	Brooks	0:49:46	105	M16-19	5
90	Barry	Willis	0:53:10	300	M50-59	11
643	Stuart	Baverstock	0:54:13	405	M30-39	162
751	Al	Cooke	0:54:17	425	M30-39	171
665	Ian	Temblett	0:55:08	523	M40-49	77
266	Tara	Wood	0:55:33	1401	F30-39	40
734	Michael	Miles	0:55:52	618	M40-49	93
267	Wayne	Daley	0:57:04	793	M50-59	34
658	Mark	Dunlop	0:57:47	927	M 30-39	371
198	Danny	Moore	0:59:53	1513	M50-59	55
735	Jamie	Collins	1:00:55	1858	M16-19	80
88	Greg	Love	1:01:38	2146	M50-59	76
787	Leanne	Barron	1:01:48	2215	F30-39	73
796	Michael	Bullen	1:04:49	3771	M20-29	1039
668	Michael	Fritsch	1:05:22	4125	M20-29	1133
162	Tony	Mylan	1:06:13	4735	M40-49	721
264	Sonia	White	1:06:34	4998	F40-49	82
N/A	Chris	Birchall	1:08:50	6788	M30-39	2414
622	Daniel	Draper	1:09:51	7732	M30-39	2689
152	Trudy	Rae	1:10:43	8539	F30-39	201
593	Steve	Gray	1:11:07	8931	M60-69	57
795	John	Schulze	1:11:40	9889	M60-69	66
502	Heiko	Schaefer	1:11:44	9571	M70-99	1
534	Sue	McBride	1:11:48	9644	F40-49	241
600	Kelli	Warren	1:11:52	9738	F40-49	243
89	Mark	Andrews	1:14:55	12961	M30-39	4079
586	Donna	White	1:18:13	16638	F30-39	1397
619	Rob	Hekking	1:18:20	16776	M60-69	180
248	Les	Lowe	1:20:24	19217	M50-59	989
168	Cathy	Toby	1:24:24	24026	F40-49	1145
494	Mark	Rollins	1:31:26	31394	M50-59	1651
631	Wayne	Doherty	1:31:35	15919	M50-59	1662
722	Judy	Murray	1:43:17	40676	F60-69	113
558	Tania	Thompson	1:52:04	45695	F40-49	3110
525	Kelly	King	1:57:21	48112	F30-39	6636

RESUSCITATE YOUR OLD RUNNERS

Liza Whitfield is again organising a collection of “preloved” running shoes to be sent to runners in 3rd world countries.

It’s an excellent cause, and the organisation is called shoesforplanetearth.com.

- All shoes need to be preferably washed (great in the washing machine) and tied in pairs, no holey or broken ones please.
- Only runners/joggers accepted please.

Liza will be available to collect most Saturdays after run for the next few weeks, or you can call Liza on 0401718407.

INAUGURAL BUMBLE HILL BURN 2011

Run date: 11th September 2011
Start Time: 8.30am
Distance: 6.2 kilometres
Gradient: Starting point elevation above sea level 23 metres.

Finish Line elevation above sea level 300 metres

This run is not for the faint hearted! The starting point is located in Linga Longa Road just outside the Jack Gear Oval in the township of Yarramalong, and then embarks on the steep gradient of Bumble Hill. Known as an A-Grade hill climb, this is the first run up the hill and is being organized as part of the Yarramalong Valley Spring Festival.

For more info and registration, go to: www.bumblehillburn.com.au

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Sherlock Holmes and Dr Watson go on a camping trip. After a good dinner and a bottle of wine, they retire for the night, and go to sleep.

Some hours later, Holmes wakes up and nudges his faithful friend. "Watson, look up at the sky and tell me what you see."

"I see millions and millions of stars, Holmes" replies Watson.

"And what do you deduce from that?"

Watson ponders for a minute. "Well,

Astronomically, it tells me that there are millions of galaxies and potentially billions of planets.

Astrologically, I observe that Saturn is in Leo.

Horologically, I deduce that the time is approximately a quarter past three.

Meteorologically, I suspect that we will have a beautiful day tomorrow.

Theologically, I can see that God is all powerful, and that we are a small and insignificant part of the universe.

So, what does it tell you, Holmes?"

Holmes is silent for a moment.

"Watson, you idiot!" he says. "Someone has stolen our tent!"

Some people are like Slinkies ... not really good for anything, but you can't help smiling when you see one tumble down the stairs.

OFFICE BEARERS FOR 2010-2011

President	Dave Byrnes
Vice President	Leon Harradine
Secretary	Mark Dunlop
Treasurer	Roger Matthews
Clothing	Tina Baverstock
Registrar	Leon Harradine
Results Tabulator	Graham Ridley
Webmaster	Dave Byrnes
Newsletter	Chris Hatcher
Auditor	Jennifer Harwood - Harwood Chartered Accountants
Public Officer	Kevin Andrews

General Committee	Mark Andrews
	Wayne Doherty
	Steve Gray
	Jo Ridley
	Chris Scarlett

Life Members	Kevin Andrews
	Leon Harradine
	Keith King
	Marg Aurisch
	Col Wood
	Steve Cannon
	Jenny Harwood

The last thing I want to do is hurt you. But it's still on the list.

Whenever I fill out an application, in the part that says "If an emergency, notify:" I put "A DOCTOR".

I didn't say it was your fault, I said I was blaming you.

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 18 Sep COORANBONG FUN RUN

10th Anniversary Cooranbong Fun Run consists of 10km, 3km and 1km (under7) events. You may enter on the day from 7am. Contact: Bill Ward. email: bward@avondaleschool.nsw.edu.au.

Sun 25 Sep COFFS HARBOUR HALF MARATHON

The Rotary Club of Coffs Harbour will be conducting on Sunday 25th September 2011 a 21km half marathon, 10km, 5km, 2.5km fun runs as well as 5km & 2.5km walks. Come along and have a run with one of Australia's best ever marathon champions Steve Moneghetti. Contact: Mick Maley. email: uncle@coffshalfmarathon.org.au.

Sat 8 Oct FITZROY FALLS FIRE TRAIL MARATHON 42.2km

Marathon, 10km run, 5 km run. Event Time: 8am Marathon, 8:30am other events. Location of race: Fitzroy Falls, Southern Highlands. Contact: MAX POWDITCH. email: comfrig@bigpond.com.

This calendar information is sourced from the CoolRunning Website.

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

the very last word...

Well folks, this, sadly is the last newsletter I will be crafting - at least for the time being.

I have a few too many juggling balls in the air at the moment, and need to cut back so I can embark on a search for my long lost sanity. Hey, I might even get a run or two in again!!

It's been a pleasure putting the newsletter together each month and with the difficult decision to step down, I couldn't help but look back at my time at the helm.

My first stint followed Ian Lovegrove's superb editorshipnessicity - way back in 2000.

I was assistant to Oona Devlin-Mahoney who took on the role of editor. She was awesome at pulling fantastic content together, but just hopeless at shaping it into any semblance of a publication. Oona would turn up at my studio with a folder of "stuff", and coyly hand it over. As I would raise my eyebrows and 'tut tut' at the train wreck that it was, she'd crack up with her trademark laugh. How I miss them days.

But I digress.

I've been fortunate to be editor (or assistant) on and off for the past 11 years, and the generous support and the endless river of questionable humour and other contributions I have received has made me feel truly close to the heart of what is a fantastic club - with a brilliant bunch people. We're all very fortunate to be a part of it.

So, thank you all, and I do hope to have another crack at it one day.

Adios!

Chris Hatcher

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