



Terrigal Trotters NEWSLETTER

February 2011

MILESTONES

1000 Runs:
Brian Dawson

Giddy all,

Sbin a bit quiet on the running front the last few weeks.

So there isn't much running meat on the bones of this here edition.

But the year is getting into full swing as we speak. There is a large bunch of Trotters who managed to scramble an entry into the 6ft Track and are now putting the finishing touches to their well planned and executed training programs. Ahem.

Best of luck to all who are sailing in her.

And planning is underway for our premier event - the Bay to Bay in June.

Your help is what makes this race the huge success it is, so please contact one of the committee if you can lend a hand.

Happy running!

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

9 February 2011

Most of us start January carrying some "Christmas cheer" in various parts of our anatomy. Though it has the positive effect of encouraging healthy New Year's resolutions, it can make observing them hard work. Add the enervating heat and humidity endured later in the month, and it's enough to make us wonder whether age or ailments are playing a part.

I noticed a number of Trotters' training mates struggling, and didn't feel so flash myself. As the warm weather persisted, if we were to stick to our resolutions, there wasn't much alternative to persevering and suffering, and maybe backing off the pace or distance a bit.

Now February has arrived and, with it, some cooler weather. Not only that, but the training effect of those tough weeks in January is beginning to pay off. We've maybe shed a kilogram or two of that "Christmas cheer", are starting to feel stronger and even relishing some of our training.

Running really is the most honest of sports. Of course, age and illness will have impacts, and externalities like unfavourable weather must be endured. But the rule remains that if you put in the work, you will reap the rewards. Maybe it won't always be faster times or more easier workouts, but you will be healthier, feel better about yourself and enjoy life more.

Now don't get injured!

Dave Byrnes

RUNS FOR THE MONTH

FEBRUARY

19th	Tegart's Revenge	5-Mar-11	Erina Bush
26th	Brooks Hill 10km TT	12-Mar-11	Kev's Kaper
		19-Mar-11	Matcham Valley
		26-Mar-11	Flat 10km Time Trial

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

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH FOR JANUARY 2011

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

CLUB PERSON OF THE MONTH - Steve Cannon

Under the shade of the Yum-Yum Tree, by the water at Davistown, Trotters gather each year to celebrate Australia Day. Steve has been organizing the celebrations for many years and a great family day is always had by all. From the Dummy Spit to the Rolling Pin Toss, the Kids Thong Throw to the SAO Eating Contest, competition is friendly but fierce with Steve organizing, coordinating and umpiring the action.

FEMALE ATHLETE OF THE MONTH - Sabine Byrne

A group of Trotters travelled down to the Snowy Mountains in early January to take part in National Runners Week. There are a number of running events in the week-long festival with one of the toughest being the Crackenback Challenge. A 2km run with 600m of climb to the Summit of Mount Crackenback; it is not for the faint hearted. The event flyer reads "Event only suitable for healthy, experienced and well-prepared runners. Definitely **NOT** for fun runners". A reliable source said Sabine ran strongly in a field of experienced runners to be the 6th female finisher.

MALE ATHLETE OF THE MONTH - Darren McClellan

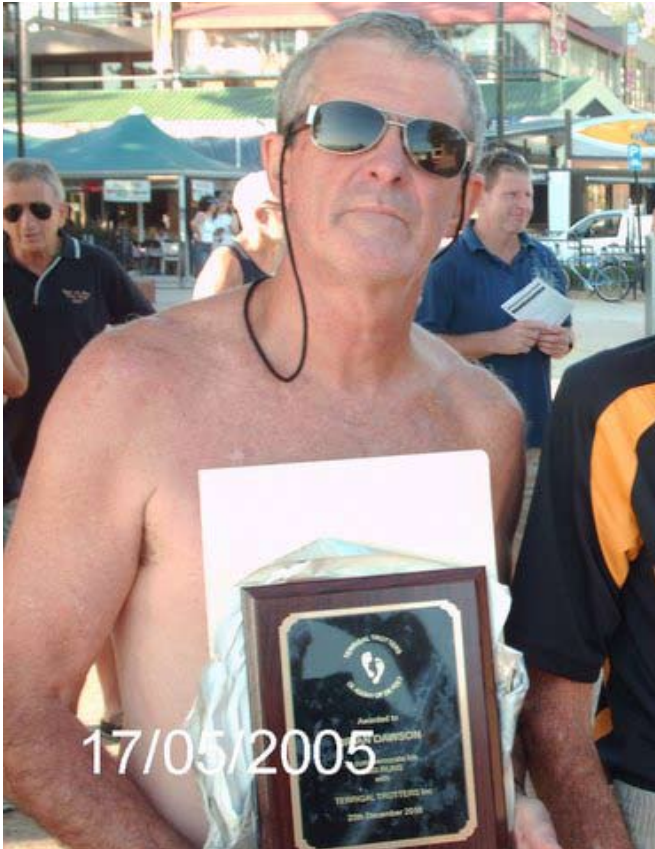
Over recent times Darren's focus has shifted towards the longer distances of the endurance events. Darren started with a solid performance in November, taking out 4th place in the GNW's 100km event. Darren followed this up in January where he ran in the Narrabeen All-nighter; the aim of the race is to complete as many kilometres as possible within 12 hours. Darren ran strongly to finish 2nd and complete a whisker under 124kms, 123.989 to be precise.

JUNIOR ATHLETE OF THE MONTH - Charlie Brooks

On the Thursday evening, right in the middle of the recent heatwave, Charlie made the trip down to Homebush to compete in the State 5000m Championships. Conditions were not ideal with the heat, plus a stiff breeze for good measure; Charlie had to work hard to achieve the result he wanted. Though he did not quite get the time he aimed for, Charlie still ran a PB, recording 16 minutes 40 seconds for the 5000 metres.

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.

1000 RUNS



Would you buy a used 1000 run trophy off this man?

One of our finest has clocked up the odd run or two.
In fact, 1000 to be precise.

Brian 'Dawso' Dawson was one of the very first trotters (no. 20) and has clearly had little else to do every Saturday morning for the last ... ahem... years.

Well done Dawso - great milestone!

RESULTS

Flat 10km Time Trial - 29 January 2011

1	0:37:06	Barry	Willis	855.0	43	0:49:51	Steven	Gray	675.6
2	0:37:18	Luke	Martin	727.6	44	0:50:24	Heiko	Schaefer	736.8
3	0:38:27	Ian	Temblett	779.5	45	0:50:31	Doug	Pender	643.9
4	0:39:04	Kevin	Byrne	702.2	46	0:50:39	Dennis	Robertson	653.4
5	0:39:47	Adrian	Smith	741.7	47	0:50:52	Les	Lowe	618.4
6	0:40:30	Stuart	Baverstock	691.2	48	0:51:25	Luke	Powell	533.4
7	0:40:39	Tom	Robertson	667.7	49	0:51:37	Chase	Whitfield	600.4
8	0:40:47	Gary	Field	701.9	50	0:51:44	Barry	Bowden	662.7
9	0:41:16	Levi	Martin	652.3	51	0:52:09	Steve	Martin	517.3
10	0:41:41	Scott	Antony	651.6	52	0:52:39	Wayne	Evans	617.8
11	0:41:54	Wayne	Daley	750.7	53	0:53:04	Nicolette	Rowe	596.2
12	0:42:00	Charlie	Brooks	661.1	54	0:53:15	Tammy	Shafer	590.1
13	0:42:02	Joe	Rolella	665.9	55	0:53:18	David	Booth	571.3
14	0:42:03	Adam	Kranz	645.4	56	0:53:19	Lyn	Bromwich	684.5
15	0:42:18	Ryan	Lindsay	639.7	57	0:53:48	Jason	Menzies	513.0
16	0:42:26	Graham	Ridley	717.7	58	0:54:56	Roger	Matthews	613.1
17	0:42:36	Roger	Cartwright	No DOB	59	0:55:39	Ed	Beazley	No DOB
18	0:42:43	Mike	Randell	748.7	60	0:56:54	Sue	P?	#N/A
19	0:42:46	Scott	Sheridan	659.4	61	0:56:59	Michael	Pullen	476.3
20	0:42:46	Gary	Pickering	747.9	62	0:58:11	Karen	Boyd-Skinner	540.1
21	0:43:13	Troy	Kastelan	652.5	63	0:58:56	Donna	White	522.1
22	0:43:27	Kim	Cook	730.0	64	0:58:57	Bill	Diebert	556.5
23	0:43:42	Michael	Miles	665.0	65	1:00:06	Brooke	Davison	451.6
24	0:43:54	Leanne	Barron	700.8	66	1:00:07	Tony	Bolcina	453.9
25	0:43:58	Mark	Hope	617.8	67	1:00:14	Michael	Pullen	450.6
26	0:44:54	Rod	Northey	607.7	68	1:00:15	Jaylene	Moreau	No DOB
27	0:44:58	Peter	Miller	604.1	69	1:02:07	Margaret	Aurisch	637.8
28	0:45:00	Sharon	Harrison	708.4	70	1:02:26	Karina	Strange	510.6
29	0:45:02	Tony	Croft	676.2	71	1:02:31	Ivy	Krishnan	434.5
30	0:45:20	Dave	Byrnes	736.4	72	1:03:49	Wayne	Doherty	492.9
31	0:46:12	Peter	Diggelman	704.1	73	1:04:45	Sue	Malcolm	522.6
32	0:46:13	Stewart	Creswick	No DOB	74	1:04:46	Louise	Trigg	510.7
33	0:46:35	Greg	Brown	664.3	75	1:06:54	Ian	Keene	517.1
34	0:47:27	Graham	Davis	691.4	76	1:07:40	Tony	Collins	506.6
35	0:48:32	Trent	Playford	559.2	77	1:07:40	Mark	Rollins	461.1
36	0:48:44	Daniel	Draper	557.4	78	1:07:40	Jon	Stevens	No DOB
37	0:48:49	Peter	Townsend	628.8	79	1:09:41	Sandy	Hickson	560.5
38	0:48:51	Chris	McInerney	671.6	80	1:13:42	Kim	Scott-Harden	423.7
39	0:48:55	Ken	Hickson	688.5	81	1:13:43	Cindy	Jenkins	368.5
40	0:48:59	Dave	Hopkins	652.9	82	1:31:38	Laurie	Stopford	410.7
41	0:49:01	Craig	Andrews	641.1	83	1:48:00	Bill	Karskens	468.3
42	0:49:26	Chris	Scarlett	549.5					

How is it one careless match can start a bushfire,
but it takes a whole box to start a campfire?

BAY TO BAY

The Bay to Bay Fun run is getting closer, Sunday June 19. 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 Mark Andrews, Kevin Andrews, or any B2B committee member.



Time flies like an arrow.
Fruit flies like a banana.

ADHD AVENTURE

March 2011

Day 1 - Tuesday 15 March 2011: Travel to Bulahdelah (car pool) and play golf in the afternoon. Stay at the Bulahdelah Pub.

Day 2 – Wednesday 16 March 2011: Mountain bike riding, again stay at the pub.

Day 3 – Thursday 17 March 2011: Walk up Bulahdelah Mountain, travel home after lunch.

See Keith King for details or contact him on 0421 812 262.

Some more comments made on students' report cards by teachers in the New York City public school system.

Ah, the days of political incorrecednessicity...

Your son sets low personal standards and then consistantly fails to achieve them.

The student has a 'full six-pack' but lacks the plastic thing to hold it all together.

This child has been working with glue too much.

When your daughter's IQ reaches 50, she should sell.

A hole has been found in the nudist camp wall.

The police are looking into it.

Junk is something you've kept for years and throw away three weeks before you need it.

TIME WARP

Each month, Margaret Aurisch pulls 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 Graham Bundock, Trotter number 19



Graham started running with Terrigal Trotters in 1984. Prior to Trotters, Graham was a successful sailor and in 1980 took out first place in the NSW Championships in the Maricat class. Graham continued his sailing success with a 2nd place in the Australian Championships in 1987. Graham represented Australia in the Hobie 16's in France in 1994 and took out 9th place.

Graham has an equally successful running history having completed in excess of 20 marathons, 6 x 6ft tracks, 19 Bay to Breakers and 20 Surf to City.

Some of Grahams best times are:-

6 @ 6 21.33 1985

Surf to City 11K 42 mins

10K time trial 43 mins

Big M marathon (Melbourne) 1986 3 hrs 9 mins

Half marathon 92 mins

Graham completed the Royal National Park 50 miles in 10 hrs 20 mins. Great North Walk Sydney to Newcastle in 6 days.

Graham has slowed down over the last 10 years after having knee replacements and now enjoys the Saturday morning walk and motor bike riding with his partner Sharon.



4333 6064

Mon Tues Thurs and Fri .30-5.30
Wed 9.30-6pm Sat 9-3pm

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THE GOOD NEWS IS, YOU'RE ABOUT TO HAVE PLENTY OF TIME AND ANGST TO FULFILL YOUR DREAM OF WRITING A NOVEL...



WILEY@BOU-SEAQUOR.COM



Ssssmokin'.

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

QUOTABLE QUOTES

There were some interesting quotes posted on the web in regard to the 2011 Maroondah Dam 50km Trail Run. The quotes came from two girls in the 30km run...

Girl 1

"One more thing, as I was climbing one of the first big hills I was overtaken by one of the 50km runners, he was wearing Budgie Smugglers, he was walking up the hill in front of me, do I need to paint a picture?? Could someone please pass me the mind bleach?"

Girl 2

"I did a double-take as the BudgieSmuggler passed me walking up a hill too. The guy I was running with at the time offered to take a photo for me! I guess you can only be thankful that you saw him from behind (and the view was okay J)"

The early bird might get the worm, but the second mouse gets the cheese.

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 27 Feb CENTENNIAL PARK ULTRA

A scenic and flat 3.55km loop around Sydney's iconic Centennial Park. Entrants to complete 14 or 28 loops for the 50km and 100km, respectively. contact: April Palmerlee. email: apalmerlee@yahoo.com

Sun 6 Mar ORANGE COLOUR CITY RUNNING FESTIVAL

A choice of half marathon on bitumen and gravel roads, a scenic 10km run and a fast 5km run/walk. Contact: Bill Fairgrieve. email: wjfairgrieve@hotmail.com.

Sat 12 Mar SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria apply. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships Email: raceorganiser@sixfoot.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 doctor was addressing a large audience in Oxford...

"The material we put into our stomachs should have killed most of us sitting here, years ago. Red meat is full of steroids and dye. Soft drinks corrode your stomach lining. Chinese food is loaded with MSG. High transfat diets can be disastrous and none of us realizes the long-term harm caused by the germs in our drinking water. But, there is one thing that is the most dangerous of all and most of us have, or will eat it.

Can anyone here tell me what food it is that causes the most grief and suffering for years after eating it?"

After several seconds of quiet, a 70-year-old man in the front row raised his hand, and softly said, "Wedding Cake."

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

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