



# Terrigal Trotters NEWSLETTER

## June 2011

### **Ten Run Trotters**

#795 Michael Bullen

#794 Shayne

McLaren

### **100 Runs**

Ian Temblett

### **1100 Runs**

Marg Aurisch

### **1300 Runs**

Kevin Andrews

Giddy all,

Well done Trotters!

The Bay to Bay was another raging success and continues to get bigger and better every year. We raised more than \$42,000 for charities and not for profit organisations.

So a big congrats to the Bay to Bay Organizing Committee, most notably joint Race Directors Kevin & Mark Andrews. And a huge thanks to all the many volunteers.

There is a wrap up on p. 7.

We also have a couple of race reports - the slightly soggy Macleay River (Kempsey) marathon and that mecca of portaloos - the Stockholm marathon.

And Truffles? On Kincumba Mountain?

Happy running!

Chris Hatcher

*You have the right to remain silent.*

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

# PRESIDENT'S REPORT

June 2011

About 6:10am on Saturday I found myself, all alone, running as quickly as I dared (which wasn't very quick!) along a barely-perceptible trail behind Terrigal High School trying to regain contact with the leading bunch as we followed Enzo's Edventure. It was cold; it was dark; and there was every chance I would trip and fall or cut myself on the over-hanging vegetation. I was thinking that no sane person would be here, yet I was relishing it. Even though I couldn't see any of my club-mates, I knew they were there, in front and behind, sharing the camaraderie I felt with them as we enjoyed the challenge and adventure of another Saturday run.

A little over twenty-four hours later, Kim Cook and I were controlling traffic and cheering on more than 2,000 Bay to Bay runners as they emerged from the bike track near Gosford Leagues Club. We got lots of happy smiles and repartee, but also appreciated the gritty determination on the faces of runners for whom this was a major challenge. I felt pride in playing a small part in such a special Trotters' event, superbly organised by Kev and Mark Andrews, and many others. As a Club we had again motivated many of our Central Coast neighbours to exercise and achieve worthwhile personal goals whilst raising a huge sum for local charities and our non-profit partners. It was a job well done and a great weekend.

Dave Byrnes





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# RUNS FOR THE MONTH

## **JULY**

2-Jul-11 Kerry Anderson 10km H'cap  
9-Jul-11 Matcham Valley (15.6km)  
16-Jul-11 The Round Drive (11.9km)  
23-Jul-11 Cromarty Hill (13.5km)  
30-Jul-11 Flat 10km Time Trial

## **AUGUST**

6-Aug-11 Muzza's Run (16.3km)  
13-Aug-11 Marg's Meander (11.0km)  
20-Aug-11 Mark's Run (11.6km)  
27-Aug-11 Brooks Hill 10km Time Trial

Maps for most courses can be found at  
[www.terrigoaltrotters.com.au/maps\\_of\\_running\\_courses.htm](http://www.terrigoaltrotters.com.au/maps_of_running_courses.htm)

# TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH FOR MAY 2011

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

## **CLUB PERSON OF THE MONTH: Mark Dunlop**

Trotters is full of generous members who are always willing to help when and where needed, often at the expense of being able to participate in a run. The Bay to Bay is without doubt the main event for Trotters members to volunteer and doing so, missing out on running the premier annual running event on the Central Coast. The idea of a Bay to Bay for Volunteers was suggested to Trotters Secretary, Mark Dunlop, by Trotter # 586, Donna White and was put to the Committee. The Committee agreed to give it a go and Mark organized, promoted and coordinated the run and post run BBQ.

## **FEMALE ATHLETES OF THE MONTH: Judy Murray & Ivy Krishnan**

Quite often it is easy for the Committee to decide on a winner of the Athlete of the Month Award; more often than not there is a stand out. In May there were two standout female performances, different events but equally impressive, so it was decided the award would be shared. Only two days after celebrating her 60th birthday, Judy ran the Sydney Morning Herald Half Marathon, her debut at the distance, finishing in 2hrs 18mins. Ivy Krishnan, a newcomer to Trotters at #788, took on the challenging North Face 100km endurance event, doing it tough but never giving up to finish in 26hrs 38mins.

## **MALE ATHLETE OF THE MONTH: Barry Willis**

Referred to by many as the "White Kenyan", Barry's running ability is rivalled by few of any age. A consistent performer, he is always near the top finishers and regularly places in his age category. Barry had a blistering run at the Sydney Herald Half Marathon finishing 3rd in the Male 50-59 category in a time of 1hr 18mins 38secs; expressed in terms of AG points he scored 881.6, over 50 points more than the next highest scoring Trotter.

## **JUNIOR ATHLETE OF THE MONTH: Matt Collins**

Matt's running goes from strength to strength and he had another fine month of performances in May, including going back to back with wins in the Trotters Time Trials. However the performance that earned him Junior Athlete of the Month, was his run at the Sydney Morning Herald Half Marathon. This was the first time he had competed at this distance and after advice from some experienced Trotters, worked out a race plan and stuck to it. At 17 years old, Matt finished 5th in the under 19's in a time of 1hr 21mins 38secs.

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.

# BAY TO BAY 2011 WRAP UP

by Mark Dunlop

Months of careful planning and hard work had finally come together for the annual Bay to Bay on Sunday, 19th June. Volunteers started arriving at Gosford Waterfront at 5am, working feverishly in preparation for the arrival of the 2200 plus runners.

Down at Fisherman's Wharf Woy Woy the runners assembled in perfect running conditions, cool and no wind, awaiting the starters pistol. At 8am the field was off and up front the early pace was fast. The first runner to cross the finish line was Josh Wright in 38:20, second Cale Bowd in 38:53 and third Mark Warren 38:58. The first female to finish was Therese Auton in 46:35, Suzanne Chandler was second in 47:41 and in third place was Alyssa Betts in 48:30.

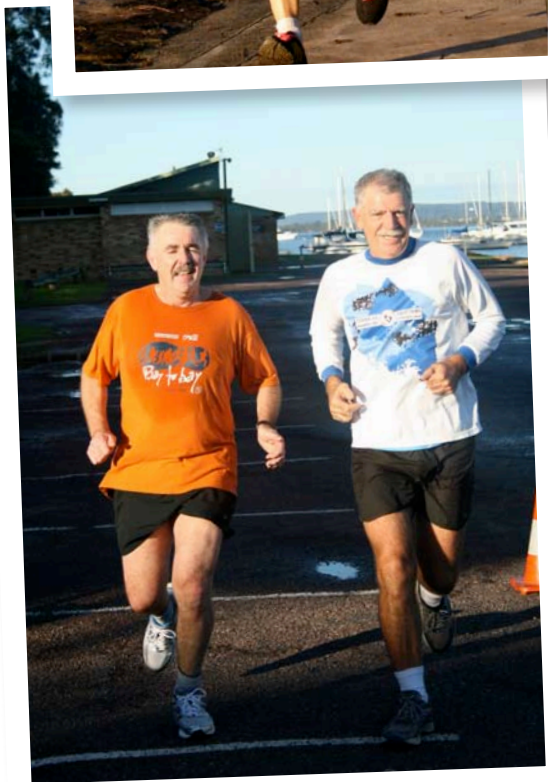
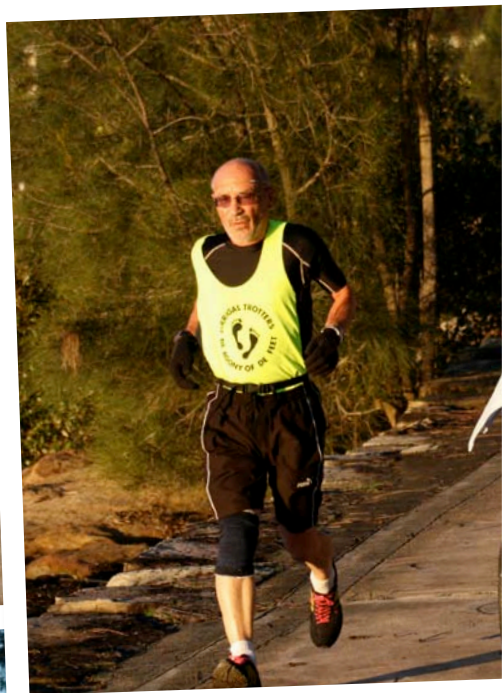
The purpose of the Bay to Bay is to not only promote running on the Central Coast by providing a top class event, but to use the event as a way of raising valuable funds for local charities. This year the two charities selected are very close to Trotters, Firepod – protection of people with disabilities and The Motor Neurone Disease Association – supporting people living with the disease, their families and carers.

With the support of Terrigal Trotters, sponsors, volunteers & participants, the Bay to Bay 2011 was an outstanding success. Due to this success, the Bay to Bay Committee is able to give more money than originally pledged and this year will donate approximately \$42,000, the bulk of this to the two main charities and smaller amounts to a number of not for profit organizations that assisted with the event.

A huge thank-you to the entire Bay to Bay Organizing Committee, most notably joint Race Directors Kevin & Mark Andrews. The team worked well together and the results speak for themselves.

Thanks also go to all the volunteers and sponsors, without you the event would not be possible.

Looking forward to Bay to Bay 2012!



# BAY TO BAY 2011



# VOLUNTEERS BAY TO BAY 2011

By Mark Dunlop

A small but enthusiastic group of runners turned out on Sunday 5th of June for the inaugural Volunteers Bay to Bay; an event organized for Trotter's members who help out at the official Bay to Bay.

Conditions were perfect for running with cool temperatures and no wind. The field set off from the start at Fisherman's Wharf at Woy Woy, continuing along the bike paths that snake along Brisbane Water foreshore all the way to the finish line adjacent to Gosford Sailing Club.

The front-runners were determined from the get go and Graham "The Riddler" Ridley led from the start. Backing up from his best Trotters 10km time trial for 2 years only a week earlier, Graham was determined for another good run & hoping to pick up some valuable Super 7's points. Mike Randell was not far behind in second place and they both maintained their positions with Graham finishing 1st in 50:15 and Mike 2nd in 52:53. Jeff Dick rounded out the top 3 with a time of 59:26 while Mark Andrews scrapped in under the 1-hour mark in 59:56.

Little Oliver "Ollie" Baverstock was ably pushed in his pram by mum and dad, Tina & Stuart, literally finishing just ahead of them, all sharing a time of 1hr 2mins 32secs.

Once the runners had finished the BBQ was fired up and all present enjoyed bacon and egg rolls, a cuppa and a few good laughs.

Reality is only an illusion that occurs due to a lack of alcohol.

# MACLEAY RIVER MARATHON

## 12TH JUNE 2011

If I had had a crystal ball I would have known how dumb we were to make the inspired decision to go camping at South West Rocks Gaol on race weekend. Anyway we didn't and the campsite was booked and the tent was packed. So with the British 'stiff upper lip' firmly in place we set off on Saturday morning without a care for how really stupid we were.

We hadn't been driving long before the heavens opened and it rained all the way to Kempsey. Then suddenly it stopped. Excellent, we might just get away with it we thought. Yeah right; by the time we got to the gaol it started spitting with rain. Quickly we threw the tent together just in time before the rain started again and this time it wasn't going to stop.

We went out to the club for tea and it lashed it down all the time we were in there. Whilst partaking of pre race carbo' loading we met Mel and Gary. They kindly offered us the chance of some accommodation with a real roof, but the stiff upper lip was holding strong and we declined (bloody idiots), we still hadn't worked out what was to come. So back to the tent; things were not too bad, one or two signs of damp, but nothing to worry about. So we went to bed hoping everything would be OK. There was no let up from the rain. It sounded like someone was hosing the tent down all night. There was no way we could sleep. Eric however went out like a light (how do kids do it?). At about midnight Jo said "Eric's wet". Surely he hasn't wet himself we thought. He's a big boy now. Then we realised the water was coming through the floor. We were in a low lying area and the water was coming off the hill and pooling just where we were camped. We quickly got a tarp out of the car and put it on the floor, put the now wet mattresses on top and covered them with bin bags. All we could do now was pray and hope. The rain never stopped and we never slept; apart from Eric.

Somehow we got through to morning: The tent was a mess, there

were numerous leaks and the water kept coming through the floor, but we survived. All I had to do now was run a marathon.

Race morning wasn't too bad, the rain stopped when daylight came. The startline was a gooey mess and we lined up trying to avoid the puddles. My heart wasn't really in it, but we had come this far so there was no pulling out. I started off not feeling too bad, but then after 20 mins I got a cramp in my left shin and could hardly run. Lots of people came past while I spat the dummy. I stopped and stretched and eventually it went away, along with any chance of a fast time. I kept plodding and still had some fun. There were plenty of Trotters about, both running (most wearing their Muzza singlets) and spectating and that always helps to make a run more enjoyable. Jo and Eric were out there encouraging me and I'm always grateful for their support. Eric gives me my gels (if he can tear himself away from his D.S. game). It's an out and back course and at the turn round point I tried to push as hard as I could. I managed to pick up a few places; as Muzza would say "A spot's a spot". In the second half of the race the weather took a turn for the worse. It started spitting at first, but the last 5kms it just threw it down. I was glad just to finish. I was absolutely freezing. Fortunately I had my five star, penthouse suite accommodation to look forward to. I got changed on what felt like was a water bed with a leak in it. Once changed we quickly took the tent down, got soaked one last time and threw it in the boot of the car. Jo kept saying things like "next time we'll do this and next time we'll do that". Next time!!!! Who's she trying to fool. I'm never going camping again ever.

Eventually feeling tired cold and wet we went to the pub for lunch, but they kept the doors open and it was freezing. By now we had had enough and drove home; in the rain.

Graham Ridley

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

# STOCKHOLM MARATHON

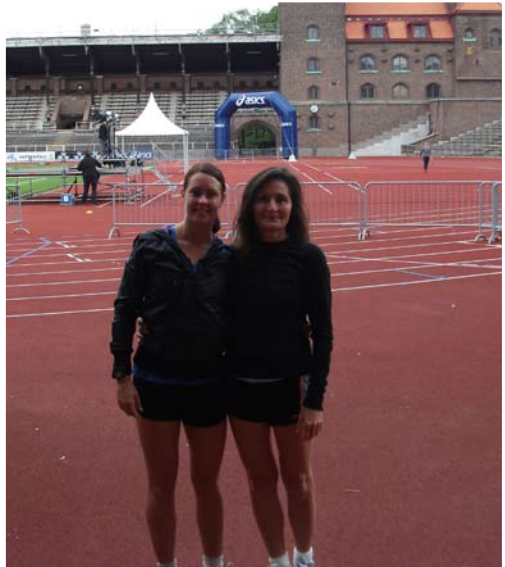
THERE are plenty of reasons for flying to Sweden to run the Stockholm marathon, as Swedish-born Trotters member Jeanette Fredriksson and I did last month.

**1.** The course is beautiful. Stockholm is an historic city built on 14 islands linked by bridges, including islands of nothing but forested parks and gardens. It is a stunning place on a balmy summer day, despite the 15 degree maximum temperature. You run over waterways, through luminous green fields and past beautiful old buildings which are almost distracting enough to make you forget it's a marathon. Note I said almost.

**2.** Swedes love their marathon. Thus they're out in their tens of thousands for the length of the course, drinking, picnicking, partying, dancing to the bands and basically having a great time, which does make the average runner ask why they chose to spend \$170 to run the 42 kilometres, rather than blow \$170 on spectacular food and drink to watch people do it instead.

**3.** Lots of people from around the world love the Stockholm marathon as well. There were 20,700 at the starting line on May 28, more than half from countries outside Sweden. This made for a dazzling melting pot of sweating, panting, grunting people, with the added bonus that I now know how to swear in more than 30 different languages.

**4.** The finish line in Stockholm's historic Olympic Stadium, which hosted the Olympic Games in 1912 and still holds the world record for having more athletic world records broken within it than any other stadium. It was pretty amazing to complete the final lap in such a place before falling over the finish line for a memorable marathon photo. Trotters who were little fellas when the 1912 Olympics were held - say Keith King, Brian Dawson, Kenny Hickson and Steve Cannon - might want to think



about a centenary trip for the 2012 marathon to remind themselves what the world was like when they were boys.

**5.** But finally, the main reason why every Trotters runner should do the Stockholm Marathon at least once in their lives is for the toilets. There are hundreds of them. More toilets than you can count. Avenues of toilets that stretch as far as the eye can see when you first arrive. Just look at the accompanying photo and the toilet-to-runner ratio of 200-odd toilets for every runner. The Swedes recognise that in the 21st century when we're all consumers, marathon runners should have a choice of toilets at every event, rather than the communist-era conditions we're used to in Australia where the queues at all events are long for resources that are, basically, crappy (fulfilling the requirement for at least one bad pun in every toilet-related newsletter article). There were so many toilets that I divided my first wee into five so that I could run from one toilet to the other to prolong the experience, so much so that Jeanette started to get anxious we wouldn't have time for other marathon-related activities like getting our chips, finding the starting line and actually running the thing.

Anyway, so that's my Stockholm Marathon report, although a tip for anyone planning to do it next year. Do not listen to Sue McBride on how long it is. She swore that marathons in the northern hemisphere were only 5km long, which meant that when it was still going at 6km I got a bit of a shock, not to mention how my 5km training regime was sorely tested by the 41km mark.

The end. Joanne McCarthy



# 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

**Steve Hughes.....Trotter # 8**



Steve started running with Terrigal Trotters in 1984 and has in excess of 1120 runs.

Steve has competed in many events over the years and has some impressive times.

Best 6 @ 6: 19.05 October 1984

Best 1/2 marathon: 77 mins 42 secs Gerringong 1986

Best 10K: 1986 35 mins 33 secs

Bay to Breakers: 11K 38 mins 49 secs

Six foot track: 1992 4 hrs 41 mins

Jetset triathlon: 1km/30km/10km 1 hr 48 mins

Sun Herald City to Surf : 14K 2004 1hr 43 secs

Harrington Pub to Pub: 12.5K 1985, 1st placegetter 44 mins 50 secs

Steve was in a team with Ken Hickson and Murray Antony in the Sydney Morning Herald 1/2 marathon in 1992 where they won 1st male team over 40 years.

Steve no longer competes in fun runs but spends his retirement days riding his motor bike, renovating homes and doing long walks. Steve has completed most of the Great North Walk in segments. Steve is a member of the historic homes trust and is good value to have on long walks through Sydney when he gives the run down on some of Sydney's notorious areas, historic homes and family vaults in cemeteries.



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



Well it's been a hectic month with a lot of people racing in a lot of places and taking the opportunity to score last minute super 7 points. The competition closes at the end of June, but I'll give you a couple of weeks to let me know of any result you wish to have included.

### May Flat Time Trial 28.05.2011

Position	trotter No	Time	Name		Points
1	723	0:36:49	Matt Collins	M	763.7
2	665	0:37:58	Ian Temblett	M	789.5
3	130	0:38:11	Kevin Byrne	M	718.4
4	766	0:38:19	Adam Kranz	M	708.3
5	792	0:38:26	Barton Raethel	M	706.2
6	118	0:38:49	Steve Field	M	743.0
7	773	0:38:56	Jason Kirksmith	M	708.9
8	734	0:38:59	Michael Miles	M	745.4
9	658	0:39:08	Mark Dunlop	M	710.1
10	253	0:39:22	Stuart Eddy	M	687.4
11	267	0:39:48	Wayne Daley	M	790.3
12	749	0:40:42	Ryan Storey	M	666.8
13	483	0:40:46	Graham Ridley	M	747.0
14	517	0:40:52	Dave Byrnes	M	816.9
15	735	0:41:01	Jamie Collins	M	706.5
16	690	0:41:08	Tom Robertson	M	659.8
17	785	0:41:19	Mark Hope	M	672.6
18	745	0:41:37	Gary Field	M	687.8
19	9/01/23	0:41:46	Jordan Dennis	M	644.5
20	173	0:42:42	Mike Randell	M	749.0
21	576	0:42:44	Steve Guest	M	706.9
22	676	0:43:28	Suzy Woodbury	F	705.1
23	198	0:44:08	Danny Moore	M	712.7
24	713	0:44:39	Dave Fogg	M	676.6
25	9/06/22	0:44:51	Greg Cole	M	619.6
26	568	0:44:52	Colin Barnett	M	668.1
27	2/10/22	0:45:22	Chris Birchall	M	593.3
28	26/06/22	0:45:32	Rob Gibbons	M	619.3
29	8	0:45:38	Steve Hughes	M	725.2
30	12/05/22	0:46:00	Luke Powell	M	596.2
31	276	0:46:06	Tom McNally	M	591.9
32	480	0:46:24	Jodie Henderson	M	598.9
33	505	0:46:43	Greg Brown	M	667.8
34	83	0:47:01	Mike Thorpe	M	735.8
35	162	0:47:04	Tony Mylan	M	627.0

36	736	0:47:37	Jenny	Barker	F	669.5
37	598	0:47:39	Gary	Pickering	M	671.2
38	585	0:47:40	Peter	Jackson	M	671.0
39	622	0:47:49	Daniel	Draper	M	570.7
40	22/11/22	0:47:57	Steve	Deane	M	645.4
41	677	0:48:21	Rod	Northey	M	564.4
42	602	0:48:23	Jason	Menzies	M	574.4
43	1	0:48:32	Kevin	Andrews	M	659.0
44	639	0:48:34	Deidre	Moran	F	651.5
45	638	0:48:36	Joe	Rolella	M	576.0
46	607	0:48:41	Jeff	Dick	M	657.0
47	590	0:48:58	Tina	Baverstock	F	656.4
48	17/01/23	0:49:16	Michael	Bullen	M	551.3
49	21	0:49:21	Dennis	Robertson	M	676.5
50	515	0:49:40	Barry	Bowden	M	690.3
51	593	0:50:09	Steven	Gray	M	671.6
52	89	0:50:46	Mark	Andrews	M	531.4
53	529	0:51:03	Graham	Steele	M	569.2
54	679	0:51:06	Karen	Boyd-Skinner	F	619.2
55	548	0:51:18	Dave	Hopkins	M	623.5
56	698	0:51:24	Tammy	Shafer	F	611.4
57	21/10/22	0:52:07	Andrew	Webster	M	584.3
58	752	0:52:09	Maria	Timmers	F	583.2
59	765	0:52:25	Therese	Wellsmore	F	618.6
60	385	0:52:30	Nick	Dent	M	630.4
61	667	0:52:40	Tony	Bolcina	M	518.1
62	207	0:52:42	Greg	Tegart	M	601.9
63	506	0:52:43	Kim	Mahoney	F	615.1
64	92	0:52:47	Mike	Osbourne	M	638.1
65	600	0:53:03	Kelli	Warren	F	596.4
66	107	0:53:05	Lyn	Bromwich	F	687.6
67	711	0:53:42	David	Booth	M	571.6
68	12	0:54:25	Keith	King	M	613.5
69	715	0:54:42	Detta	O'Dwyer	F	658.6
70	16/12/22	0:55:11	Kaylee	Raethel	F	549.9
71	494	0:58:40	Mark	Rollins	M	531.8
72	641	0:59:54	Jon	Stevens	M	593.7
73	631	0:59:59	Wayne	Doherty	M	524.4
74	522	1:01:44	Nicolette	Rowe	F	516.4
75	558	1:01:45	Tania	Thomson	F	530.1
76	452	1:06:49	Debbie	Wooden	F	525.6
77	27/10/22	1:10:13	Samantha	Blake	F	432.2
78	25/01/23	1:10:14	Shayne	McLaren	M	386.7
79	538	1:21:50	Laurie	Stopford	M	459.9

### Sri Chinmoy Mirambeena 16 km Fun-Run - 12 June 2011

Place	Name	Time	Category	Category Place
11	Dave Byrnes	1:08:26	M60+	1

## Macleay River 13<sup>th</sup> June 2011

### Macleay River 10km

bib	Name	Time	Net	Pos	Gender	pos	Division
0521	MICHAEL MILES	00:37:59	00:37:58	4	M	4	M40-49 1
0555	MICHAEL RANDELL	00:42:09	00:42:07	11	M	11	M50-59 1
0562	DENIS ROBERTSON	00:48:46	00:48:42	36	M	29	M60plus 2
0446	CHARLENE EDDY	00:52:15	00:51:41	58	F	17	F30-39 4
0506	DENISE MAGUIRE	00:52:16	00:52:12	59	F	18	F30-39 5
0549	BRINLEE PICKERING	01:01:46	01:01:38	122	F	59	F18-29 11
0550	GARY PICKERING	01:01:46	01:01:37	122	M	64	M50-59 9

### Macleay River Half Marathon

bib	Name	time	Net time	pos	Gender	pos	Division	pos
0336	BARTON RAETHEL	01:27:07	01:27:03	8	M	8	M18-29	2
0273	MARK HOPE	01:29:11	01:29:02	12	M	12	M30-39	3
0399	DANNY MOORE	01:33:07	01:33:06	23	M	20	M50-59	3
0346	JOE ROLELLA	01:36:10	01:35:59	32	M	28	M30-39	9
0344	MEL ROBBIE	01:39:50	01:39:49	46	M	38	M50-59	5
0373	MICHAEL THORPE	01:41:02	01:40:53	50	M	41	M60plus	1
0319	RODNEY NORTHEY	01:42:14	01:42:02	52	M	43	M30-39	15
0268	KEN HICKSON	01:43:47	01:43:39	58	M	49	M60plus	2
0269	RACHELLE HICKSON	01:44:33	01:44:25	61	F	11	F18-29	3
0310	DEIRDRE MORAN	01:44:45	01:44:31	62	F	12	F40-49	3
0255	MATTHEW TOBY	01:50:35	01:50:18	85	M	68	M50-59	15
0287	KEITH KING	01:58:37	01:58:28	123	M	90	M60plus	6
0398	CATHERINE TOBY	01:58:37	01:58:12	123	F	34	F40-49	12
0235	PAUL DAVISON	02:04:14	02:03:56	132	M	93	M50-59	22
0371	GREG TEGART	02:04:39	02:04:29	137	M	97	M50-59	24
0270	SANDRA HICKSON	02:34:17	02:33:52	183	F	66	F50-59	10

### Macleay River Marathon

bib	Name	time	net	pos	Gender	pos	division	Pos
0073	LEVI MARTIN	02:59:48	02:59:46	4	M	4	M30-39	4
0072	GREG LOVE	03:13:19	03:13:15	8	M	8	M50-59	3
0094	THOMAS ROBERTSON	03:14:21	03:14:13	11	M	10	M18-29	2
0066	ADAM KRANZ	03:24:16	03:24:07	20	M	18	M18-29	4
0024	KEVIN DEAN	03:32:40	03:32:34	24	M	22	M60plus	1
0038	DAVE FOGG	03:33:08	03:32:58	25	M	23	M40-49	5
0044	STEVEN GUEST	03:40:05	03:39:59	30	M	27	M40-49	9
0093	GRAHAM RIDLEY	03:46:51	03:46:43	35	M	32	M40-49	11
0063	JACQUELINE KING	03:51:07	03:51:02	41	F	5	F30-39	2
0075	SUSAN MCBRIDE	03:53:39	03:53:28	46	F	7	F40-49	2
0096	CHRIS SCARLETT	04:09:08	04:09:00	59	M	48	M30-39	16
0017	STEVEN COOTE	04:09:09	04:09:00	60	M	49	M30-39	17
0118	SCOTT ANTONY	04:09:09	04:09:00	60	M	49	M30-39	17
0101	SAMUELA SIRILO	05:12:47	05:12:30	97	M	72	M18-29	10

<b>Bay To Bay 19th June 2011</b>						
pos	Category pos	name	time	cat	gender	gen pos
3	3	<u>Mark WARREN</u>	00:38:58	Open	Male	3
6	3	<u>Dominic PERRY</u>	00:40:21	20-29	Male	6
11	3	<u>Charlie BROOKS</u>	00:43:49	16-19	Male	11
15	5	<u>Matthew COLLINS</u>	00:44:33	16-19	Male	15
19	2	<u>Michael MILES</u>	00:45:03	40-49	Male	19
23	3	<u>Ian TEMBLETT</u>	00:45:37	40-49	Male	23
27	5	<u>Darren MCCLELLAN</u>	00:46:05	30-39	Male	27
50	17	<u>Mark HOPE</u>	00:48:34	30-39	Male	47
56	10	<u>Thomas ROBERTSON</u>	00:49:01	20-29	Male	53
71	1	<u>Ingrid CLELAND</u>	00:49:53	30-39	Female	5
76	2	<u>Tara WOOD</u>	00:50:06	20-29	Female	8
78	4	<u>Jamie COLLINS</u>	00:50:19	12-15	Male	70
84	3	<u>Wayne DALEY</u>	00:50:48	50-59	Male	75
99	29	<u>Shane MCKINNON</u>	00:51:28	30-39	Male	87
102	7	<u>Suzy WOODBURY</u>	00:51:35	30-39	Female	13
108	1	<u>Sharon BYRNES</u>	00:51:52	40-49	Female	14
122	39	<u>Troy KASTELAN</u>	00:52:29	30-39	Male	105
126	9	<u>Leanne BARRON</u>	00:52:44	30-39	Female	18
146	24	<u>Colin BARNETT</u>	00:53:38	40-49	Male	126
180	33	<u>Michael FRITSCH</u>	00:54:37	20-29	Male	153
272	13	<u>Greg BROWN</u>	00:56:56	50-59	Male	229
295	12	<u>Trudy RAE</u>	00:57:42	40-49	Female	47
372	18	<u>Tammy SHAFER</u>	00:59:41	40-49	Female	68
381	6	<u>Robert HEKKING</u>	01:00:00	60-69	Male	312
424	24	<u>Karen BOYD-SKINNER</u>	01:00:39	40-49	Female	88
439	34	<u>Maria TIMMERS</u>	01:01:00	30-39	Female	93
465	88	<u>Michael HULL</u>	01:01:44	40-49	Male	366
519	6	<u>Chase-lily WHITFIELD</u>	01:03:00	16-19	Female	114
578	4	<u>Lynn BROMWICH</u>	01:04:05	50-59	Female	136
639	12	<u>Hamish BOOTH</u>	01:05:36	U12	Male	474
640	35	<u>David BOOTH</u>	01:05:36	50-59	Male	475
690	46	<u>Kaylee RAETHEL</u>	01:06:33	20-29	Female	186
840	70	<u>Detta O'DWYER</u>	01:09:53	40-49	Female	268
1031	56	<u>Verne TOWGOOD</u>	01:14:40	50-59	Male	653
1157	115	<u>Ivy KRISHNAN</u>	01:17:38	40-49	Female	471
1373	159	<u>Kimberly TEGART</u>	01:25:52	20-29	Female	630
1374	19	<u>Chloe KIRKSMITH</u>	01:25:52	U12	Female	631
1375	232	<u>Jason KIRKSMITH</u>	01:25:53	30-39	Male	744

If you have been missed of the list; Please let Trotters know.

Bay to Bay Marshalls Run 5<sup>th</sup> June 2011

Trotter No	Time	Name			Points
483	0:50:15	Graham	Ridley	M	732.0
173	0:52:43	Mike	Randell	M	733.5
607	0:59:26	Jeff	Dick	M	650.6
89	0:59:56	Mark	Andrews	M	543.9
502	1:00:41	Heiko	Schaefer	M	740.7
593	1:02:28	Steven	Gray	M	652.3
590	1:02:32	Tina	Baverstock	F	618.6
643	1:02:32	Stuart	Baverstock	M	540.0
789	1:04:43	Yvonne	Mathot	F	570.4
8324	1:05:19	Denise	Maguire	F	573.6
21	1:05:19	Dennis	Robertson	M	618.3

**The Adidas Sydney:10 4<sup>th</sup> June 2011**

102	Willis, Barry	35:39
118	Brooks, Charles	36:10
132	Temblett, Ian	36:36
215	McClellan, Darren	39:12
299	Wood, Tara	41:33
436	Rae, Trudy	47:17

**WALLAROO STATE FOREST FUN RUN 2011 RESULTS**

**10km results:**

1st female – Suzy Woodbury – 43.51.17

**Australian Mountain Running Championships**

**Camp Mountain, Brisbane QLD**

**Sunday 29 May 2011**

Junior Men 8.2 km

5th Charles Brooks NSW U20 34:57

**Big Sur Marathon California 1<sup>st</sup> May 2011**

Gary Pickering 3.29.36

Rob Scoines 4.45.35

**Cooks River 10km Fun Run (Strathfield) - 26 June 2011**

Pos	Cat Pos					
11	2	<u>Dave BYRNES</u>	00:38:47	55+	Male	11
16	1	<u>Sharon BYRNES</u>	00:40:57	36-54	Female	1

Check out the winner of the inaugural B2B marshals race; one fine athlete.

Woodford to Glenbrook 25km							26.06.2011
Pos	Cat	Pos	Name	Time	Cat	Gen	Pos
15	3		<u>Michael MILES</u>	01:40:11	40-49	Male	14
22	7		<u>Ian TEMBLETT</u>	01:42:22	40-49	Male	21
30	1		<u>Matthew COLLINS</u>	01:45:14	15-19	Male	28
57	5		<u>Thomas ROBERTSON</u>	01:51:10	20-29	Male	52
59	4		<u>Danny MOORE</u>	01:51:43	50-59	Male	54
68	26		<u>Joseph ROLELLA</u>	01:54:49	30-39	Male	62
79	3		<u>Suzy WOODBURY</u>	01:57:14	30-39	Female	10
90	26		<u>Chris TAYLOR</u>	01:59:03	40-49	Male	79
95	27		<u>Allen PEARSON</u>	02:00:22	40-49	Male	84
111	13		<u>Kim Cook</u>	02:02:34	50-59	Male	98
114	41		<u>Darren MCCLELLAN</u>	02:03:29	30-39	Male	101
143	48		<u>Daniel DRAPER</u>	02:08:19	30-39	Male	120
147	16		<u>Greg BROWN</u>	02:08:48	50-59	Male	124
148	4		<u>Allison ALLEN</u>	02:08:48	40-49	Female	24
166	52		<u>Lindsey SCHULTZ</u>	02:12:29	30-39	Male	136
170	5		<u>Denis ROBERTSON</u>	02:15:07	60+	Male	138
177	16		<u>Denise MAGUIRE</u>	02:16:13	30-39	Female	35
180	56		<u>Pete MULHEARN</u>	02:16:58	30-39	Male	145
184	6		<u>Vanessa SMITH</u>	02:17:09	40-49	Female	37
198	7		<u>Steven GRAY</u>	02:20:18	60+	Male	157
208	9		<u>Deirdre MORAN</u>	02:22:10	40-49	Female	45
209	22		<u>Maria TIMMERS</u>	02:22:25	30-39	Female	46
238	14		<u>Tammy SHAFER</u>	02:30:12	40-49	Female	65

#### Mountain Bike

196	23	<u>Michael RANDELL</u>	00:59:45	50-59	Male	190
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That was one busy month. Now we can start thinking about next years super 7 and it all starts with the Kerry Anderson Handicap or Gold Coast Marathon. So keep those results coming. Remember you've got to be in it to win it and the best way to be in it is to tell me your results, because if you don't I may miss you out.

## 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](mailto:grahamjoridley@gmail.com) or see me on Saturday morning

# THE TRUFFLE RUN

You see some funny things when you go running.

Especially when you run with Sue McBride.

I promised not to name names, so forget I ever mentioned Sue - let's call her Ms X.

There was a group of us running Kincumba Mountain last week (including Ms X) when we decided to take a new track (sort of by mistake). It was a MTB track, - steep and rocky.

We were scrambling down the track when Ms X had a tumble.

Actually, not just a tumble, but long, drawn out gravity-fed crash through the undergrowth. A loud one.

Tony Mylan and I had the misfortune of seeing the whole slow-motion scene unfold - from right behind her. Eeew.

A couple of factors made this fall quite unique.

Firstly, Ms X chose to keep her arms firmly by her side as she ploughed nose first down the hill.

Secondly, she kept going, and going, and going, and GOING!

A couple of things sprang to my mind.

Have you seen the documentary where the penguins slide on their belly, head first off the ice shelf and into the water at great speed?

You get the picture.

But the most vivid mental image was due to the trench created and trail of destruction left in Ms X's wake, as well as the dirt and debris on her face.

If I didn't know better I would swear blind she was foraging for truffles!

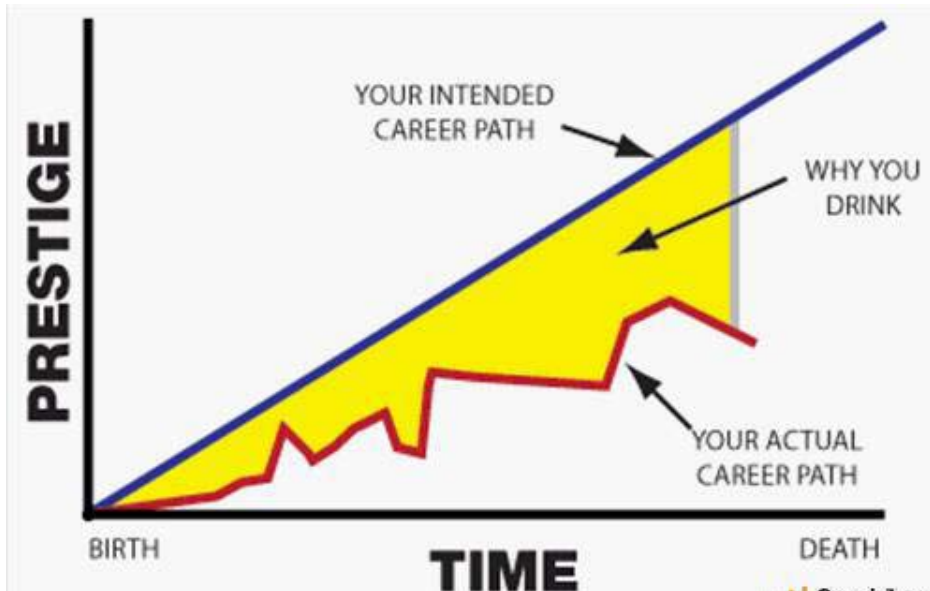
It was the second funniest thing I'd ever seen on a run.

The funniest was the infamous North Avoca storm water crossing, also involving Ms X, but that's another story.

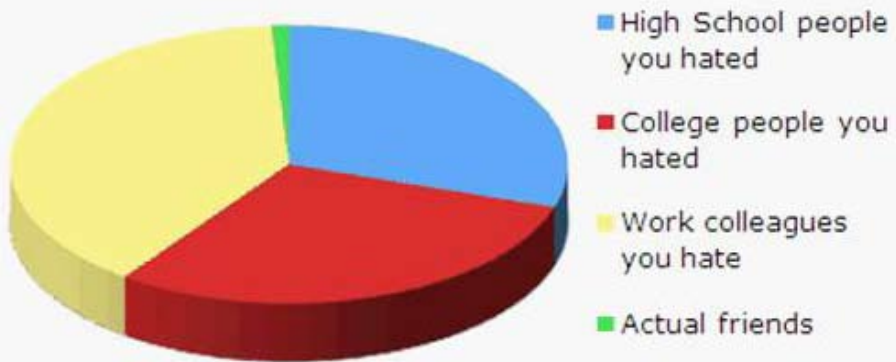
Chris Hatcher

PS. Sue gashed her knee, took a chunk out of a couple of fingers, and ended up with a few grazes, but otherwise was fine.

# LIFE EXPLAINED BY GRAPHS

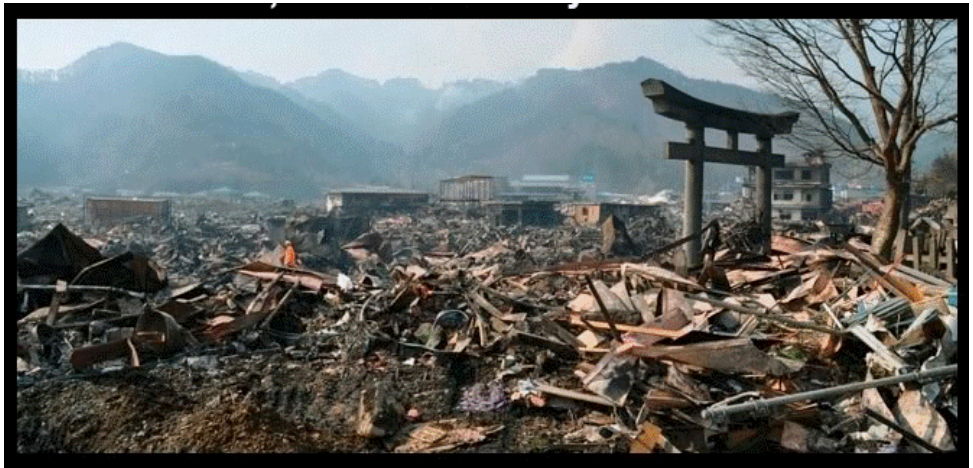


## People who find you on Facebook





Nagasaki 1945, after the atomic bomb



Nagasaki 2011, following earthquake and tsunami

It begs the question, what the hell is that arch made of!?

4333 6064



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

As a senior citizen was driving down the freeway, his car phone rang.

Answering, he heard his wife's voice urgently warning him, "Herman, I just heard on the news that there's a car going the wrong way on the F3.

Please be careful!"

"It's not just one car," said Herman. "It's hundreds of them!"

# 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 3 Jul SHOALHAVEN KING OF THE MOUNTAIN 2011**

A 32km race that travels from the quiet rural village of Cambewarra (40m elevation), up over Mt Scanzi (360m elevation) and ends at the historic township of Kangaroo Valley (40m elevation). Details and online entries at [www.kingofthemountainnowra.org.au](http://www.kingofthemountainnowra.org.au). Contact Doug Jeffrey 0407 441 889 or [admin@kingofthemountainnowra.org.au](mailto:admin@kingofthemountainnowra.org.au)

## **Sun 17 Jul HUNTER VALLEY WINERY RUNNING FESTIVAL**

Staged next to the Hunter Valley Gardens of Pokolbin, the event offers a marathon (2 lap), half marathon, 10km, 6km and 2km Kids Run. Contact: Paul Humphreys. email: [paul@hevents.com.au](mailto:paul@hevents.com.au).

## **Sun 31 Jul WESTLINK M7 CITIES MARATHON**

Starts at Ash Road, Prestons at 7.00am and will finish at Blacktown Olympic Park, Rooty Hill. Other events include the Mizuno Marathon Relay Challenge (21.1km x 2) and a Kids run (2.195km). Contact: Mark Gibson 02 9839 6075 Email: [mark.gibson@blacktown.nsw.gov.au](mailto:mark.gibson@blacktown.nsw.gov.au).

*This calendar information is sourced from the CoolRunning Website.*

*For more detailed race and other running information visit [www.coolrunning.com.au](http://www.coolrunning.com.au)*

# the last word...

A little boy comes down to breakfast. Since they live on a farm, his mother asks if he had done his chores.

"Not yet," said the little boy.

His mother tells him no breakfast until he does his chores.

Well, he's a bit ticked off, so he goes to feed the chickens, and he kicks a chicken. He goes to feed the cows, and he kicks a cow. He goes to feed the pigs, and he kicks a pig. He goes back in for breakfast and his mother gives him a bowl of dry cereal.

"How come I don't get any eggs and bacon? Why don't I have any milk in my cereal?" he asks.

"Well," his mother says, "I saw you kick a chicken, so you don't get any eggs for a week. I saw you kick the pig, so you don't get any bacon for a week either. I saw you kick the cow so for a week you aren't getting any milk."

Just then, his father comes down for breakfast and kicks the cat as he walks by.

The little boy looks up at his mother with a smile, and says, "You gonna tell him or should I?"

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