



Terrigal Trotters NEWSLETTER

May 2011

Remember, this is your newsletter, so if you have a good yarn you would like to share, send me an email: chris@artitude.com.au

.....
Giddy all,

.....
Well, our premier event is just around the corner! The Bay to Bay is on Sunday June 19, and it's not too late to volunteer. Just contact Mark Andrews, Kevin Andrews, or any B2B committee member if you can lend a hand. It's always a great day, and this year, the proceeds go to Firepod and Motor Neurone Disease Assoc.

.....
Well done to everyone who ran the Sydney Half. Check out the results on page 14.

.....
And good luck to the mob heading up to Kempsey for the Macleay River Marathon. It's a really good weekend away - so if you haven't been up there before, give it a go!

.....
Happy running!

.....
Chris Hatcher

*You have the right to remain silent.
Anything you say will be misquoted, then used against you.*

Website: www.terrignaltrotters.com.au • Email: admin@terrignaltrotters.com.au

PRESIDENT'S REPORT

May 2011

A couple of "near misses" last week reminded me that running can be a risky business.

While running in the left-hand breakdown lane along Empire Bay Drive near Kincumber, a semi-trailer coming from behind strayed to the left and missed my shoulder by mere inches. Then, a few days later while running along the Scenic Highway in Terrigal, a largish dog being walked on a leash took a sudden dislike to me and launched itself at my throat. I managed to instinctively fend it off with my right forearm but the weight of the impact sent me sprawling face first into the gutter. Although both incidents shook me up, I was lucky to sustain no serious injuries apart from some minor cuts and abrasions from the latter.

However, they were reminders that bad things can happen with no warning during a run, even when we are not doing anything wrong. There are, of course, things we can do to reduce our vulnerability. Maybe there wasn't much I could do to anticipate a hostile dog, but I know I could have run facing the traffic on Empire Bay Drive and given myself a better chance of avoiding errant truckers.

We all need to be thinking about what we can do to mitigate the risk of accidents while out running. Staying alert is important, as is wearing bright gear in the dark and not running two or three abreast along Oceanview Drive in the early morning. We can all think of other steps that would reduce risk and we always need to bear in mind how difficult it might be for a motorist to see or avoid us and act accordingly.

Stay safe!

Dave Byrnes

RUNS FOR THE MONTH

MAY

28 May Flat 10km Time Trial

JUNE

4-Jun-11

11-Jun-11

18-Jun-11

25-Jun-11

Woody's Wun

Gerry's Run

Enzo's Edventure Run

Kerry Anderson 10km
Handicap

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

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

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

CLUB PERSON OF THE MONTH - Paul Davison

Paul has selflessly contributed to Trotters over many years, always lending a hand whether it be Relay for Life, Girakool to Patonga or helping organize the Bay to Bay. Paul has also served 3 years as Trotters President and also served the General Committee. Quietly giving, many may not know that Paul has provided storage for much of the Trotters equipment that is used for events such as the Bay to Bay, at no cost to the club, helping Trotters save funds and use in other areas for the benefit of members.

FEMALE ATHLETE OF THE MONTH - Sue Ingham

Competing in her seventh 6ft Track, run in possibly the conditions tougher than the previous six, Sue put in a trademark sterling performance. Sue finished second in the 60-69 Female category, completing the 45km trail course in 6 hours and 42 minutes.

MALE ATHLETE OF THE MONTH - Tom Robertson

Over the past year Tom's running has been improving significantly, he has picked up a number of nominations and has been very close to winning the athlete of the month award. In February, Tom made his debut at the 6ft Track Marathon, at short notice filling in for an injured Trotter. In gruelling heat, he was one of only a handful of Trotters to break the 5-hour mark and record a time of 4 hours, 59 minutes and 15 seconds.

JUNIOR ATHLETE OF THE MONTH - Matt Baker

As a State Triathlon age champion, Matt's training schedule means he can not regularly attend Trotters, but occasionally turns up to run Trotters time trials and show just how much he his running has improved. Matt ran the March Trotters Flat 10km Time Trial, battling all the way with Mark Warren, to eventually come second and join a select group of runners to break 35minutes, finishing in 34minutes 47 seconds.

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.

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

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

CLUB PERSON OF THE MONTH - Mark Andrews

One of the great things about Trotters is how members look out for each other; when one needs a hand, there is always another there to help. The Anzac Day Run is a long standing tradition for many Trotters and has been hosted over the years by Club Registrar and Life Member, Leon Harradine; unfortunately due to ill health, Leon was unable to host the run this year. Up steps Mark Andrews, not wanting to see the run cancelled, Mark put his hand up and hosted the run from his home, meaning the run was able to follow the traditional course and organized the BBQ breakfast for all the runners afterwards.

FEMALE ATHLETE OF THE MONTH - Suzy Woodbury

Quietly going about her business, the reigning Trotters Female Athlete of the Year travelled up to Karuah on the North Coast to compete in the Karuah RSL 8km Fun Run, putting in another outstanding performance to be the first female to finish.

MALE ATHLETE OF THE MONTH - Michael Miles

Michael has been a consistent performer over the past few years, being a finalist for the Male Athlete of the Year in 2010. Continuing on from this, Mick was ready for another strong showing at the NNW 100's in November 2010 but sustained a major injury that required surgery and a long lay off from running and extensive rehabilitation. Starting with walking, then jogging to now running, his determination has seen him nearing pre-injury condition. Mick has improved each month in the Trotters time trials and in the April Charles Kay 10km Hill Time Trial Mick finished in 7th position, in a personal best time for the course of 40min 57secs.

JUNIOR ATHLETE OF THE MONTH - Matt Collins

With dedication to his training, Matt is developing into a very fine runner. At 17 years old, he has most of his older Trotters rivals getting used to only seeing his back. This was never more true than in the April Charles Kay 10km Hill Time Trial where Matt had his maiden win in a Trotters Time Trial, finishing first in a time of 38 minutes and 20 seconds.

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

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 - Firepod and Motor Neurone Disease Assoc.

Please give your name to Mark Andrews, Kevin Andrews, or any B2B committee member.

KERRY ANDERSON HANDICAP

The Kerry Anderson handicap will be held on Saturday 25th June, 2011 and is run in place of the regular trotters Saturday run.

The event will be run over the trotters 10km flat time trial course and medals will be awarded to first 3 finishers.

Runners handicap times will be based on results from trotters 10km flat time trials run during the last 12 months.

To qualify, runners need to have run at least one flat time trial during this time.

The upcoming April trotters 10km flat time trial, to be run on 28th May, will be the last chance to gain a handicap time.

Handicaps and start times for all eligible runners will be posted on the trotters website in the first week of June following the May trotters time trial.

If you have any questions please send email to admin@terrigaltrotters.com.au or see Mark Dunlop

VOLUNTEER'S BAY TO BAY

SUNDAY 5TH JUNE, 7AM

STUCK BETWEEN A ROCK AND A HARD PLACE?

**YOU WANT TO RUN THE BAY TO BAY BUT YOU
WANT TO HELP OUT AS WELL?**

The Bay to Bay is the premier running event on the Central Coast and is organized by your running club, Terrigal Trotters. Surplus funds from the event are given to local charities to help local people; last year over \$30,000.

This year the Committee will be organizing a 12km run over the Bay to Bay course, two weeks before the official Bay to Bay takes place on Sunday 19th June.

NO ENTRY FEE

DRINK STATION

TIMES RECORDED

SUPER 7'S ELIGIBLE (Bay to Bay not)

ATHLETE OF THE MONTH ELIGIBLE

FREE BBQ FOR ALL RUNNERS AT FINISH

Meet at 6:15am, Gosford Sailing Club for transport to start line at Woy Woy for 7:00am start.

We need as many volunteers as possible for the Bay to Bay so if you can, please email your contact details to admin@terrigoaltrotters.com.au and a Committee Member will call you to let you know how you can help.

If you want to run the Volunteers Bay to Bay see Mark Dunlop or send text with your name to 0466 824 007.

ADHD WISEMANS FERRY REPORT

Monday 16 May 2011 saw four ADHD members (Barry Bowden, Keith King, Rob Wait and Wayne Evans) head to Wisemans Ferry for a three day MTB ride and camping trip.

At 11.00am under a clear sunny sky we set off, crossed the ferry, a short ride on Settlers Road and we entered the National Park on the Old Great North Road and made our way up Devines Hill soaking in the history of the convict built road and the views back over the McDonald and Hawkesbury Rivers.

Sixteen kilometres later at 2.00pm we arrived at the 10 Mile Hollow camping area, set up our tents, lit the fire and settled in for a relaxing afternoon. We were sharing the area with some contractors building a new bridge on the track and later in the night Rob used his charm and acquired four beers from them which we gratefully consumed around the fire!! Delicious meals of dehydrated food, two minute noodles, cans of meat and vegetables and cups of soup were expertly cooked and enjoyed.

A cold night ended in the start of another beautiful day, we set off around 9.00am for the relatively short (26kms) ride over some technical rocky and sandy areas culminating at Mogo Camping Area again setting up camp and getting the required fire going. We had the place to ourselves until the welcome arrival of Marg and Harry Harivel, whilst we were happy to see them, when they produced some beer our happiness turned to ecstasy!!!! They even supplied some potatoes to add to our dehydrated food, two minute noodles, cans of meat and vegetables and cups of soup!! An enjoyable night around the campfire followed.

The next morning was quite cool and we took Harry's advice and rugged up for the nine kilometre downhill run to the McDonald River valley, a great ride. Then we followed the river for another 21 kilometres to St Albans pub arriving just at opening time so had coffee and beers. Again followed the river for another 20 kilometres back to Wiseman's Ferry for the finish of a great few days and of course, another beer to celebrate.

WOODFORD TO GLENBROOK

26th June 2011

Oaks Fire Trail, Blue Mountains, NSW

Ride or Run the Oaks Fire Trail through the beautiful Blue Mountains National Park, from the town of Woodford down to the Euroka Clearing near Glenbrook and help raise much needed funds for the services provided by CareFlight.

You can compete for one of the age and gender category prizes, try for an outright place or just have some fun travelling on this great trail. The event will have full first aid and medical support as well as lots of drink stations,

Stay on afterwards in the Euroka Clearing where there will be family fun, food and sponsor stalls.

You can enter at this website: <http://w2g11.gofundraise.com.au/>

TERRIGAL TROTTERS will be organising a bus for club members to this event. Please contact Mark Dunlop (0466 824007) if you want a seat on the bus.

Dolphins are so smart that within a few weeks of captivity, they can train people to stand on the very edge of the pool and throw them fish.



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



27th March 2011

Sri Chimnony half marathon. Ken Hickson, 1h 47 12. 3 rd over 60

16th/17th April 2011: Tony Collins 137.4km Coburg 24 hr race. 10th position.

25th April 2011: Mount Solitary Ultra 45kms

Brendan Clark 23rd 6hrs 52mins

Jason Kirksmith 35th 7hrs 10mins

7th May 2011 Heiko Schaefer Sydney Striders Open 10km Homebush 49.29 1st 70-74

Hilly Time Trial 30 April 2011

position	Trotter		Name	
	No	Time		
1	723	0:38:36	Matt	Collins
2	8112	0:38:28	Brendan	Clark
3	90	0:39:30	Barry	Willis
4	665	0:39:38	Ian	Temblett
5	130	0:39:43	Kevin	Byrne
6	773	0:40:46	Jason	Kirksmith
7	734	0:40:57	Michael	Miles
8	658	0:41:22	Mark	Dunlop
9	730	0:41:27	Levi	Martin
10	726	0:41:30	Robbie	Wilkinson
11	766	0:41:36	Adam	Kranz
12	709	0:41:46	Jessica	Mitchell
13	88	0:41:53	Greg	Love
14	267	0:42:19	Wayne	Daley
15	8384	0:42:51	Barton	Raethel
16	198	0:43:17	Danny	Moore
17	483	0:44:10	Graham	Ridley
18	690	0:44:12	Tom	Robertson
19	785	0:44:44	Mark	Hope
20	638	0:45:14	Joe	Rolella
21	173	0:45:17	Mike	Randell
22	266	0:45:29	Tara	Wood
23	735	0:46:11	Jamie	Collins
24	8	0:48:17	Steve	Hughes
25	147	0:48:47	Peter	Diggleman
26	788	0:48:51	Tony	Croft
27	83	0:49:34	Mike	Thorpe

28	27	0:49:50	Ken	Hickson
29	505	0:49:57	Greg	Brown
30	774	0:50:05	Sam	Sirilo
31	8362	0:50:23	Steve	Deane
32	8371	0:50:41	Gerard	Ivins
33	8306	0:50:45	James	Wright
34	713	0:50:46	Dave	Fogg
35	757	0:50:47	Jeanette	Fredriksson
36	585	0:50:49	Peter	Jackson
37	556	0:51:00	Chris	McInerney
38	602	0:51:11	Jason	Menzies
39	607	0:51:30	Jeff	Dick
40	8435	0:51:30	David	Kelpsa
41	8390	0:52:48	John	Schulze
42	711	0:52:53	David	Booth
43	97	0:52:58	Dick	Scholes
44	1	0:53:03	Kevin	Andrews
45	515	0:53:17	Barry	Bowden
46	698	0:54:26	Tammy	Shafer
47	502	0:54:46	Heiko	Schaefer
48	8324	0:54:48	Denise	Maguire
49	21	0:54:49	Dennis	Robertson
50	366	0:55:06	Wayne	Evans
51	775	0:55:49	Chase	Whitfield
52	107	0:55:52	Lyn	Bromwich
53	667	0:55:55	Tony	Bolcina
54	513	0:56:52	Liza	Whitfield
55	574	0:56:52	Cheryl	Nas
56	8319	0:57:14	Callan	Bates
57	715	0:57:58	Detta	O'Dwyer
58	586	0:58:52	Donna	White
59	642	0:59:02	Jaylene	Moreau
60	8186	0:59:02	Yvonne	Mathot
61	679	0:59:21	Karen	Boyd-Skinner
62	207	0:59:42	Greg	Tegart
63	481	0:59:53	Tony	Collins
64	8414	1:00:06	Rob	Whitfield
65	641	1:01:37	Jon	Stevens
66	591	1:03:44	Barry	Houghton
67	631	1:05:30	Wayne	Doherty
68	494	1:05:31	Mark	Rollins
69	111	1:13:47	Sandy	Hickson
70	250	1:13:48	Margaret	Vaughan
71	538	1:27:22	Laurie	Stopford

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

RESULTS CONTINUED

The North Face 100km - 14 May 2011

Place	First Name	Last Name	Trotter Number	Time
49	Darrel	Robins	699	12:58:39
72	Darren	McClellan	573	13:36:14
156	Matthew	O'Shea	739	15:11:54
166	Brendan	Clark	8112	15:25:57
211	Jason	Kirsmith	773	16:14:01
475	Steven	Gray	593	23:14:19
499	Ivy	Krishnan	788	26:38:50

Sydney Morning Herald Half Marathon 15th May 2011

Trotter Number	Net Time	First Name	Last Name	AG points	Overall Place	Category	Category Place
536	1:12:18	Mark	Warren		19	M20-29	8
271	1:14:45	Adam	Jordan	798.2	37	M30-39	17
8210	1:17:01	Luke	Martin	777.9	61	M20-29	22
90	1:18:38	Barry	Willis	881.6	94	M50-59	5
730	1:20:29	Levi	Martin	735.8	135	M30-39	64
723	1:21:38	Matt	Collins	762.5	170	M00-19	5
665	1:22:49	Ian	Temblett	788.3	201	M40-49	26
709	1:23:54	Jess	Mitchell		252	F20-29	3
734	1:26:14	Michael	Miles	732.6	364	M40-49	61
198	1:29:54	Danny	Moore	764.3	617	M50-59	28
690	1:31:51	Tom	Robertson	652.3	807	M20-29	188
266	1:33:55	Tara	Wood		1026	F20-29	33
546	1:35:48	Sharon	Byrnes		1263	F40-49	16
793	1:42:26	Tony	Croft	648.1	2533	M40-49	478
787	1:43:15	Leanne	Barron	651.8	2869	F30-39	188
352	1:50:17	Graham	Davis	657.6	4470	M50-59	259
502	1:55:25	Heiko	Schaefer	707.4	5748	M70-79	4
702	1:55:55	Steve	Coote	512.9	5899	M30-39	1901
89	1:57:30	Mark	Andrews	504.0	6305	M30-39	1982
8324	1:58:30	Denise	Maguire	571.2	6578	F30-39	680
21	1:58:30	Dennis	Robertson	617.7	6580	M60-69	163
763	1:58:53	Clare	Lawrance	554.1	6693	F20-29	554
276	1:58:54	Tom	McNally	500.0	6695	M30-39	2084
586	2:09:46	Donna	White	518.6	8813	F30-39	1138
722	2:18:52	Judy	Murray	632.3	9857	F60-69	17

A bartender is just a pharmacist with a limited inventory

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 Sandy Hickson
Trotter number 111- 730 runs



Sandy began running with Trotters in the mid 80's and has competed in various distances both locally and internationally. Sandy, along with Ken, managed the 6 @ 6 for many years by keeping the records, providing drinks and time keeping. Sandy's best time for 6 @ 6 is 26.06. Sandy has completed 7 marathons with a best time of 4hr 21 mins at Kempsey. Other marathons were Sydney, Fitzroy Falls, Queenstown NZ and London. London was a memorable event, the runners had been told not to rely on text messages as there could be an overload in the system. When Sandy finally got thru to Ken he replied that he was up the back of the pub near the toilets but failed to mention WHICH PUB. There were 25,000 competitors and London is full of pubs.

Best 10K time was 52 mins as the runner in a triathlon team event. Sandy has completed in numerous half marathons, one of her favourite distances. Best time was 2 hrs 3 seconds for The Entrance half. Also completed many Sydney Morning Herald, Bankstown, Gold Coast 8 times, Woy Woy, Noosa, Fiji (with Leon) and Holsworthy (dodging bullets).

Other runs include Palm Beach to Manly 30K, Sydney City to Surf, completed 10. Best memories are of the bus trips with Muzza singing and handing out prizes on the bus. 6 Foot Track, one of the hardest things she has ever done. Gosford City to Surf numerous times, Bay to Breakers, Cooranbong, Sand Slog and Thredbo Runners Week, an event that everyone needs to do at least once.

A woman was sitting at a bar enjoying an after work cocktail with her girlfriends when Steven, a tall, exceptionally handsome, extremely sexy, middle-aged man entered. He was so striking that the woman could not take her eyes off him.

This seasoned yet playful heartthrob noticed her overly attentive stare and walked directly toward her.

Before she could offer her apologies for staring so rudely, he leaned over and whispered to her, "I'll do anything, absolutely anything, that you want me to do, no matter how kinky, for \$20.00.. on one condition..."

Flabbergasted but intrigued, the woman asked what the condition was. The man replied, "You have to tell me what you want me to do in just three words."

The woman considered his proposition for a moment, and then slowly removed \$20 bill from her purse, which she pressed into the man's hand along with her address. She looked deeply and passionately into his eyes, barely concealing her anticipation and excitement, and slowly and meaningfully said....

"Clean my house."

Evening news is where they begin with 'Good evening', and then proceed to tell you why it isn't.

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WEDNESDAY

25th May

GIRLS ONLY

Curves

Long Jetty

10.30-12.30

Coast Runners Shop

In Store Fitting

2.30-4.30

Mingara One

6.30-8.30



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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

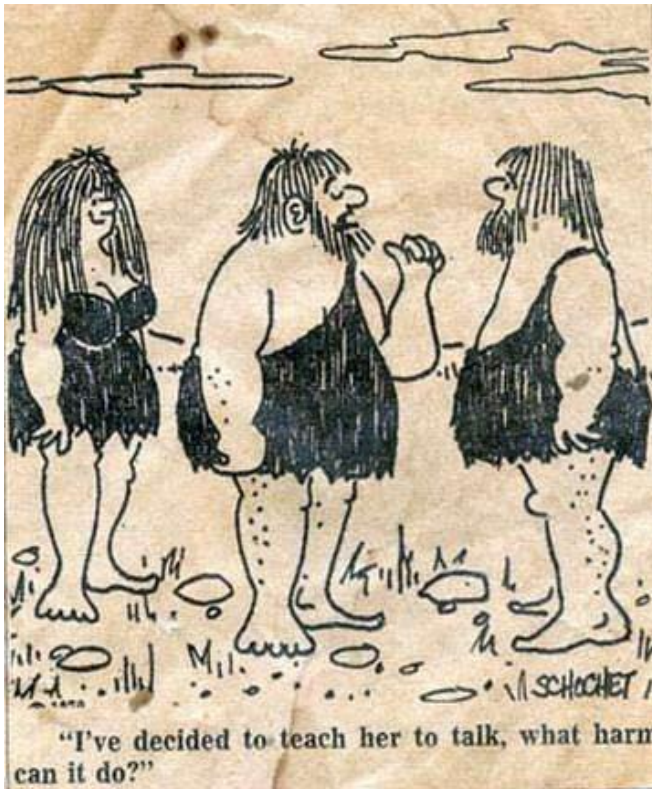
Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison



Bills travel through the mail at twice the speed of cheques.

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 5 June THE 37TH ANNUAL GREAT NOSH FOOTRACE

Run or walk on a traffic-free course from Lindfield Oval via Roseville Bridge to Seaforth Oval through some of Sydney's most spectacular bushland. The course is 15km, mostly on bush tracks and fire trails, with some steep sections. Entries Online - see www.bennelong.nsw.orienteering.asn.au for link to online entry form contact: Joel Putnam. email: 30x@idx.com.au.

Sat-Sun 11-12 June MACLEAY RIVER MARATHON

Marathon, Half marathon, 10k run, 5k walk contact: Peter Needs. email: trialbay@gmail.com.

Sat 18 June COASTAL CLASSIC

A stunning 29.1km trail run along the Coast Track from Otford to Bundeena. Contact: Gary Farebrother - 0403 820

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 man doing market research knocked on a door and was greeted by a young woman with three small children running around at her feet. He says, 'I'm doing some research for Vaseline. Have you ever used the product?'

She says, 'Yes. My husband and I use it all the time.'

'And if you don't mind me asking, what do you use it for?'

'We use it for sex.'

The researcher was a little taken back. 'Usually people lie to me and say that they use it on a child's bicycle chain or to help with a gate hinge. But, in fact, I know that most people do use it for sex. I admire you for your honesty. Since you've been frank so far, can you tell me exactly how you use it for sex?'

The woman says, 'I don't mind telling you at all... My husband and I put it on the door knob and it keeps the kids out.'

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