

# JUNE 2009

## Terrigal Trotters NEWSLETTER

Website: [www.terrigoaltrotters.com.au](http://www.terrigoaltrotters.com.au)  
E-mail: [trotters@tac.com.au](mailto:trotters@tac.com.au)

### TERRIGAL TROTTER MILESTONES

**100 Runs**  
**John Solan**  
**Barry**  
**Houghton**  
(pictured)



**300 Runs**  
**Bruce**  
**Abrahams**  
(pictured)



**400 Runs**  
**Mark**  
**Andrews**  
(pictured)



**600 Runs**  
**Barry Willis**

**700 Runs**  
**Peter Cartmell**

### Editorial

Apologies to all those trotters who have sent me a lot of funnies for this month's newsletter and they didn't make it in. Unfortunately, due to you all doing so much and achieving so many things, there's not enough room for them all this month. But rest assured they will come in handy during a month of less activity.

A busy month coming up with lots of races, including our own Bay to Bay fun run. There's never too many volunteers so if you haven't yet done so, please let our committee members know if you are willing to lend a hand.

I also have a Gold Coast Marathon entry available for a reduced price, as I will not be able to go now. They have a no refund policy but are happy for runners to transfer entries to others. So if you would like it, please let me know.

Finally, keeping the best until last, a HUGE congratulations to Jess Mitchell for a fantastic PB at last Saturday's 10km Time Trial. Unofficially a time of 38m20s is an amazing effort and a great reward for all that hard training. Well done!

Sharon Harrison  
[Sharon.harrison@det.nsw.edu.au](mailto:Sharon.harrison@det.nsw.edu.au)

# SATURDAY MORNING RUNS

**6:00am, Terrigal Beach Car Park**

*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)*

## June 2009

6th Erina Bush  
13th Captain Cook Run  
20th Kev's Kaper  
27th Brooks Hill 10k Time Trial

## July 2009

4th Waterslide  
11th Woody's Wun  
18th Keith's Run  
25th Brook's Hill 10k Time Trial

## 7.30am Meetings each Saturday

*All Trotters are invited to remain after Saturday's runs for general announcements and information presented at 7.30am on "The Wall". This is a great time to meet new trotters, maybe even join the regulars for breakfast or coffee across the road.*

## Trotter Registration

**Don't forget your \$2 registration on Saturdays. It not only clocks up those runs for the Super 7, and runner milestones etc, it also confirms you as a runner for the morning where insurance is concerned.**



The key box is provided on Saturday morning as a convenience to all members who do not wish to carry their car keys while running. Keys will be available by 7.00am at the latest so, if you need to leave earlier, it is best not to use this service.

## OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the **Wombie 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.

**Track Training Sessions** are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford, AND each Thursday morning at 6am at The Haven, Terrigal.

# TERRIGAL TROTTERS OFFICE BEARERS

2008-09

## President

Paul Davison  
Ph: 43823871  
Mb: 0417586395  
paul.davison@bigpond.com



## Vice President & Public Officer

Kevin Andrews



## General Committee



Dina Batt



Dave Byrnes



Graham Davies



Sharon Harrison



Greg Tegart

## Secretary

Mark Dunlop



## Treasurer

Roger Matthews



## Registrar

Leon Harradine  
4368 1937

## Terrigal Trotters Elders

Ross McGuigan  
Tony Mylan  
Col Wood

## Life Members

Kevin Andrews  
Leon Harradine  
Keith King  
Marg Aurisch  
Col Woods  
Steve Cannon  
Jenny Harwood

## Clothing

Tina Baverstock



## Webmaster

Dave Byrnes  
0428 880784

## Newsletter

Sharon Harrison  
0402270994

## Auditor

Fortunity

## Results Tabulator

Kim Cook  
0409 320240



## FIVE MINUTES WITH A TROTTER



**Trotter Number:** #116

**Name:** Douglas Lindsay

~~Married~~ Single

**Occupation:** Now Retired.

Previously Apprentice Marine Engineer, Garden Island 1942-47;

District Superintendent, NRMA 1956-1988.

**Favourite Run:** Sydney Half Marathon (May) **Favourite Distance:** 14k City to Surf

**Race PB:** PB's no longer important. Now I run to keep fit and just finish. Trotters help me to stay focused.

**Your Shoe Brand:** Brooks

**Other Sports:** 5-20yrs Soccer/20-30 Tennis/50-55 Squash/55 -? Running

**List Your Favourite:**

**Food:** Seafood

**Music:** Opera/Swing/Jazz/Rock

**Actor:** Meryl Streep

**Movie:** Mamma Mia

**Wine:** NZ Marlborough Sauvignon Blanc

**Travel Destination:** Paris

**Vehicle:** Toyota Celica

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

1. My Guitar
2. Complete Works of Shakespeare
3. Bible

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

My lovely wife of 59 years (Married 26th May 1950)

**If you could change one feature/habit in yourself what would it be?**

At 81 years, you have done all your changing. Now is the time for acceptance and thankfulness

The Committee Meeting Minutes will no longer be published in this web version of the Terrigal Trotter's Newsletters. If you wish to obtain a copy of the minutes, please email our Club Secretary, Mark Dunlop, at [mdunlop@nsccaahs.health.nsw.gov.au](mailto:mdunlop@nsccaahs.health.nsw.gov.au)

The Committee Meeting Minutes will no longer be published in this web version of the Terrigal Trotter's Newsletters. If you wish to obtain a copy of the minutes, please email our Club Secretary, Mark Dunlop, at [mdunlop@nsccaahs.health.nsw.gov.au](mailto:mdunlop@nsccaahs.health.nsw.gov.au)

**SPECIAL  
OFFER**



**60 York St.,  
East Gosford  
Phone 02 43248331  
Mobile 0417 288511**

**All Trotters who buy a pair of running shoes at The Runners Shop in the next six months will have their names put into a hat. At the end of the six months, one lucky Trotter purchaser will have their name drawn and receive a second pair of the same shoes FREE.**



## **XC2**

### **WANNA COME GET DIRTY?**

On Sunday 14th June, a bunch of us are getting together for a bit of duathlon training with a difference—we will be running, cycling and running in the mud! Kicking off at 9am, we'll be off for a bush run followed by a couple of laps on a mountain bike, then another bush run.

Distances will be:

**A-Grade—3km run/9km cycle/3km run**

**B-Grade—3km run/6km cycle/1km run**

**C-Grade—1km run/2.5km cycle/1km run**

If you'd like to come and join in the fun, be at Federation Park behind Lakes Grammar on Aldenham Road no later than 8.30am as we will be having compulsory practice lap on the cycle loop so everyone can get accustomed to the course, and then we will have a thorough briefing before everyone runs amok.

This is not a sanctioned event by any club, organisation or business—just a group of friends getting out and having a bit of fun. No individuals will be liable for any injuries incurred whatsoever and all participants run and ride at their own risk.

There are no loos so unless you wanna poo behind a tree, go before you come!

Kim Cook

**\*\*\*IMPORTANT NOTE\*\*\*\***

**THIS IS A NON-SANCTIONED EVENT BY TERRIGAL TROTTERS INC.**

## Gary and Rob get a sweat up in the City of Love



### By Rob Scoines

Gary Pickering and Rob Scoines ran the Paris marathon on Sunday 5<sup>th</sup> April 2009. Getting to the start line proved to be half the fun both in the days and hours leading up to the run.

Bonjour Madame, Monsieur

We arrived in London with our support crew (Amanda and Andrea) 1 week before Marathon day, staying near Kensington gardens, which facilitated a couple of pre Marathon training runs through the parks to Buckingham palace, Trafalgar Square and beyond. We arrived in Paris on the Wednesday, which allowed for one meandering pre Marathon run through the back streets; so meandering in fact that we had to return to the apartment via the metro after becoming somewhat (OK completely) lost.

On the day of the marathon we took the metro to the Charles de Gaulle station, along with the rest of the city's population – standing room only in the train, very congested at the station. Emerging from the station didn't provide much relief as the crowds accessing the baggage drop off area were in gridlock.

We were eventually able to drop off our gear, and then had to turn around to leave the baggage area for the start area only to be confronted by even worse gridlock. There was a decidedly revolutionary mood in the air and, in

scenes reminiscent of the storming of the Bastille, some runners started climbing 3 meter high gates and fences to escape to the start area; chaotic!. It was about this time that serious doubts arose that we were going to make the 8.45 a.m. start.

However, we broke through to take our places in our allotted time-based zones 15 minutes before the start. There were 31,000 runners lined up on the Champs Elysees in front of the Arc de Triomphe; a magnificent sight on a perfect cloudless morning. Fears of a freezing pre run wait proved baseless, the usual count-down ensued and it was Bon Voyage.

The course is very flat, and is effectively an out and back narrow loop returning to the other side of the Arc; going via Place de la Concorde, Place de la Bastille, Tour Eiffel..., adjacent to the river Seine, into the Bois de Boulogne (park) and finishing in Foch Ave. Magnifique!

However, whatever way you dress it up, a marathon is 42.195k that needs to be run.

Rob's marathon – I had good start, and felt comfortable with a 4.15 min/k pace early on, if a little warm. The 3 hour pace groups caught me at about 10k so I decided to hook up with them for a while. Went through half way in 1:29:41 and was pleasantly surprised to be able to hold the pace. I was starting to develop dreams of nudging sub 3 hour before the inevitable leg heaviness and slow down kicked in at 35k. Given a complete lack of contingency in terms of time, and despite leaving nothing behind during that last 7ks I came in at 3:01:20. Bravo!

The crowds were great; in some places the road narrowed with strong crowd support giving a Tour de France type feel. The course itself though was very crowded, too many runners for the width of the roads – think City to Surf red group kms 3-6. I had to be careful not to clip heels and elbows, particularly when trying to access the water stations where I saw a couple of guys hit the deck. It really wasn't until 35k that I felt free to run in my space, and of course by then my running wasn't exactly smooth.

Although frustratingly close to sub 3, I've convinced myself that it was a great result given my recent (read last 4 years) bad run with injuries, and certainly something to build on. My marathoning joie de vivre was rekindled – the challenge of striving to do your best in the company of like-minded runners, supported by crowds and individuals (thanks girls) who appreciate the effort.

Gary's run – started in the 3:15 pack. After 8k it was still quite congested as we passed some of Paris' most famous landmarks. Grabbed a bottle of water at the previous drink- stop, took a swig, but as luck would have it, ended up with water in my lungs. Not a good feeling! I coughed and snorted for ages, went through half way in 1:36. Just caught the tail end of the 3:15 group and had thoughts of a respectable time. At 30k those previous thoughts were gone. It was down- hill from there for this black duck. I staggered across the line in 3 30. It was good to finish.

Personal Note (Rob) – I was in fact running the marathon for my brother's father in law, Pierrot, at whose place in Brittany we were going to be staying for a few days after the marathon. However, he passed away unexpectedly just before we arrived in France. Andrea and I attended his funeral a few days before the marathon, and we were reminded yet again how precious life is and not to take people and the good things we have in life for granted. He was so looking forward to our arrival and was very interested in our Paris Marathon adventure. Make the most of life - if running is your thing and you are fortunate enough to be able to run, get out there and enjoy it.

Au revoir

## Keep up to date with the latest Trotter information...



...including weekly runs, training cancellations or changes, or latest results by joining the Terrigal Trotter's Email List.

It's a great way to find other Trotters to run with, or to post announcements. With almost 100 members now subscribed to this site, we will now be posting results, training runs and other information regularly to this email group.

Just send a blank email to

**[terrigoaltrotters-subscribe@yahoogroups.com](mailto:terrigoaltrotters-subscribe@yahoogroups.com)**



## Tuneful Trotters take home a medal!!!

As well as belonging to the Terrigal Trotters, Beverley Andrews, Jenny Harwood, Candy Hoddinott and Marg Robson belong to the local female barbershop chorus, Coastal aCapella. At the recent national Convention of Sweet Adelines in Hobart there was great excitement when the chorus achieved 2nd place in the Small Chorus division.



Choruses from all over Australia attend the annual competition with approx. 800 women taking part in the 20 Year Anniversary Convention in Hobart this year.

Coastal aCapella rehearses each Tuesday night at CCGS at 7.30pm.

How Many  
Men Can  
You Fit  
Under one  
Umbrella?



# Trotter's Monthly Wall of Fame

Carl Barker boasting some damage from trail runs...the things we do to get nominated for trotter athlete of the month 3 times in just 1 month!



Darren McClellan and Charlie Brooks having a "polite" discussion over who won the bigger trophy.....Charlie of course!



Kevin and Dot.....our incredible Ironman Triathletes..or should that be Ironmen Triathletes???

# Trotters at the SMH Half Marathon

*[photos courtesy of Gina Stuart]*



# May Results

## SMH Half Marathon

| Trotter No. | Name    |            | Time    | Aq Points |
|-------------|---------|------------|---------|-----------|
| 271         | Adam    | Jordan     | 1:15:11 | 793.4     |
| 90          | Barry   | Willis     | 1:19:11 | 846.1     |
| 665         | Ian     | Temblett   | 1:19:59 | 793.1     |
| 643         | Stuart  | Baverstock | 1:27:44 | 679.9     |
| 638         | Joe     | Rolella    | 1:29:05 | 669.6     |
| 654         | James   | Moran      | 1:29:27 | 674.3     |
| 267         | Wayne   | Daley      | 1:29:29 | 742.6     |
| 258         | Adrian  | Smith      | 1:29:36 | 697.5     |
| 633         | Andrew  | Mildren    | 1:31:57 | 679.7     |
| 314         | Allen   | Pearson    | 1:33:54 | 660.8     |
| 690         | Tom     | Robertson  | 1:35:35 | 624.1     |
| 192         | Matt    | Toby       | 1:39:15 | 664.1     |
| 684         | Nicole  | Mitchell   | 1:41:24 | 650.9     |
| 618         | Monica  | Nicol      | 1:42:11 | 677.9     |
| 403         | Mel     | Robbie     | 1:42:42 | 647.0     |
| 620         | Allison | Allen      | 1:43:07 | 650.2     |
| 607         | Jeff    | Dick       | 1:44:56 | 643.7     |
| 366         | Wayne   | Evans      | 1:47:01 | 641.8     |
| 486         | Jo      | Ridley     | 1:47:02 | 669.4     |
| 621         | Yolande | Walker     | 1:47:42 | 612.8     |
| 651         | Leigh   | French     | 1:49:45 | 561.4     |
| 211         | Rob     | Wait       | 1:51:00 | 641.3     |
| 399         | Col     | Price      | 1:55:39 | 593.9     |
| 508         | Barb    | Byrnes     | 2:02:00 | 651.5     |
| 168         | Cathy   | Toby       | 2:05:30 | 570.9     |
| 165         | Sue     | Ingham     | 2:05:54 | 666.4     |
| 586         | Donna   | White      | 2:07:34 | 515.8     |
| 631         | Wayne   | Doherty    | 2:08:35 | 516.8     |
| 494         | Mark    | Rollins    | 2:12:35 | 497.2     |
| 387         | Mike    | Gero       | 2:12:55 | 556.6     |
| 503         | Robyn   | Pallas     | 2:18:28 | 562.3     |

## Canberra Half Marathon

| Trotter No. | Name   |            | Time    | Aq Points |
|-------------|--------|------------|---------|-----------|
| 573         | Darren | McClellan  | 1:22:45 | 720.8     |
| 136         | Debbie | Bloffwitch | 1:43:26 | 724.6     |
| 671         | Sky    | Bloffwitch | 1:43:30 | No DOB    |

## State Road Champs Homebush 2 May 2009

| Trotter No. | Name   |           | Time    | Aq Points |
|-------------|--------|-----------|---------|-----------|
| 90          | Barry  | Willis    | 0:35:51 | 851.7     |
| 665         | Ian    | Temblett  | 0:36:55 | 782.8     |
| 573         | Darren | McClellan | 0:37:14 | 727.9     |

**Karuah Fun Run 3rd May:**

**Charlie Brooks 1st 29.23.46;**

**Darren McClellan 3rd 30.11.48**

# May Results continued....

May Flat Time Trial

30 May 2009

| Trotter No. | Name    |                | Time    | Ag Points |
|-------------|---------|----------------|---------|-----------|
| 271         | Adam    | Jordan         | 0:33:42 | 800.4     |
| 8212        | Jeffrey | Van Gangelen   | 0:33:55 | 795.3     |
| 665         | Ian     | Temblett       | 0:37:20 | 774.1     |
| 709         | Jessica | Mitchell       | 0:38:20 | 785.6     |
| 734         | Michael | Miles          | 0:38:45 | 724.3     |
| 573         | Darren  | McClellan      | 0:39:05 | 698.2     |
| 733         | Michael | O'Rourke       | 0:39:13 | 687.8     |
| 130         | Kevin   | Byrne          | 0:39:23 | 684.9     |
| 723         | Matt    | Collins        | 0:39:29 | No DOB    |
| 633         | Andrew  | Mildren        | 0:39:38 | 718.5     |
| 658         | Mark    | Dunlop         | 0:39:44 | 678.9     |
| 483         | Graham  | Ridley         | 0:40:11 | 730.3     |
| 267         | Wayne   | Daley          | 0:40:32 | 747.1     |
| 654         | James   | Moran          | 0:41:03 | 669.4     |
| 8323        | Robbie  | Wilkinson      | 0:41:46 | No DOB    |
| 8209        | Scott   | Sheridan       | 0:42:07 | No DOB    |
| 258         | Adrian  | Smith          | 0:42:40 | 667.5     |
| 8124        | Ryan    | Lindsay        | 0:43:07 | 625.6     |
| 598         | Gary    | Pickering      | 0:43:23 | 709.6     |
| 576         | Steve   | Guest          | 0:43:50 | 664.4     |
| 15          | Murray  | Antony         | 0:43:55 | 738.9     |
| 552         | Tom     | Devlin-Mahoney | 0:44:11 | 615.3     |
| 585         | Peter   | Jackson        | 0:44:17 | 695.2     |
| 198         | Danny   | Moore          | 0:44:26 | 681.5     |
| 265         | Phil    | Creswick       | 0:44:26 | 622.8     |
| 89          | Mark    | Andrews        | 0:44:39 | 604.1     |
| 677         | Rod     | Northey        | 0:44:50 | 601.6     |
| 369         | James   | Piper          | 0:44:52 | 601.2     |
| 183         | Jeff    | Smith          | 0:45:05 | No DOB    |
| 27          | Ken     | Hickson        | 0:45:30 | 713.2     |
| 669         | Chris   | Scarlett       | 0:45:39 | 590.9     |
| 597         | Rishi   | Nandra         | 0:45:54 | No DOB    |
| 607         | Jeff    | Dick           | 0:46:03 | 668.5     |
| 537         | Stuart  | Miles          | 0:46:36 | 578.8     |
| 8347        | Kent    | O'Malley       | 0:46:42 | No DOB    |
| 8353        | Brian   | Bennett        | 0:46:48 | 693.4     |
| 276         | Tom     | McNally        | 0:46:51 | 575.7     |
| 546         | Sharon  | Harrison       | 0:47:01 | 663.8     |
| 593         | Steven  | Gray           | 0:47:13 | 687.3     |
| 556         | Chris   | McInerney      | 0:47:45 | 667.4     |

May Flat Time Trial

30 May 2009

| Trotter No. | Name     |            | Time    | Ag Points |
|-------------|----------|------------|---------|-----------|
| 366         | Wayne    | Evans      | 0:48:04 | 657.1     |
| 540         | Tony     | Nygaard    | 0:48:26 | 610.6     |
| 8354        | Kristy   | McGuigen   | 0:49:10 | 624.7     |
| 698         | Tammy    | Shafer     | 0:49:22 | 622.1     |
| 8355        | Sunshine | Austin     | 0:49:26 | 605.2     |
| 8346        | Robert   | Groves     | 0:49:29 | No DOB    |
| 83          | Mike     | Thorpe     | 0:49:42 | 672.1     |
| 506         | Kim      | Mahoney    | 0:49:44 | 638.0     |
| 505         | Greg     | Brown      | 0:49:55 | 601.7     |
| 639         | Deidre   | Moran      | 0:50:28 | 613.5     |
| 106         | Myles    | Byrne      | 0:51:56 | 649.6     |
| 711         | David    | Booth      | 0:52:08 | 567.2     |
| 211         | Rob      | Wait       | 0:52:16 | 620.9     |
| 8150        | Nathan   | Stuman     | 0:52:21 | 515.2     |
| 8352        | Gordan   | Leslie     | 0:52:40 | 544.7     |
| 145         | Jenny    | Harwood    | 0:53:03 | 653.6     |
| 273         | Steve    | Fry        | 0:53:08 | 510.1     |
| 8278        | Russell  | Pinsent    | 0:53:24 | 529.4     |
| 631         | Wayne    | Doherty    | 0:54:41 | 553.8     |
| 707         | Gina     | Stuart     | 0:55:34 | 580.7     |
| 735         | Jamie    | Collins    | 0:56:11 | 520.5     |
| 447         | Brett    | Larkin     | 0:56:12 | 538.8     |
| 12          | Keith    | King       | 0:56:20 | 570.8     |
| 710         | Maree    | Clark      | 0:56:25 | No DOB    |
| 718         | Bionda   | Hiensch    | 0:56:26 | 553.1     |
| 719         | Narelle  | Stylianovi | 0:57:01 | No DOB    |
| 166         | Dennis   | Fisher     | 0:57:09 | No DOB    |
| 396         | Wendy    | Button     | 0:57:10 | 574.3     |
| 397         | Joanne   | McCarthy   | 0:59:00 | 571.5     |
| 8356        | Karlee   | Edgar      | 0:59:09 | 509.1     |
| 704         | Ian      | Keene      | 0:59:21 | 562.8     |
| 715         | Delta    | O'Dwyer    | 1:00:26 | No DOB    |
| 436         | Bruce    | Abrahams   | 1:18:39 | 457.9     |
| 538         | Laurie   | Stopford   | 1:14:49 | 487.0     |
| 111         | Sandy    | Hickson    | 1:07:46 | 537.7     |
| 345         | Lori     | Baldoni    | 1:08:48 | 494.6     |
| 239         | Bill     | Karskens   | 1:42:23 | 442.6     |

# **TROTTERS' ANNUAL EVENTS CALENDAR**

**May 2009—December 2009**

**Sunday, 21 June 2009**

## **BAY TO BAY 12KM FUN RUN**

A 12km Fun Run from Woy Woy to Gosford organized by Terrigal Trotters. Trotters are needed to help organize this event.

**Sunday, 28 June 2009**

## **WOODFORD TO GLENBROOK**

A 25km trail run and mountain bike ride along The Oaks fire-trail from Woodford to Glenbrook in the Blue Mountains, NSW. Trotters plans to organise a bus to this event.

**Sunday, 19 July 2009**

## **HUNTER VALLEY RUNNING FESTIVAL**

Marathon, Half Marathon, 10 km Run, Kids Marathon, 6.25 km Run and Winery Wander Run/Walk from the Hunter Valley Gardens. Trotters plans to organise a bus to this event.

**Sunday, 9 August 2009**

## **SYDNEY CITY TO SURF 14KM**

Terrigal Trotters plans to organize a bus to this event and provides a BBQ near the finish of the event for members.

**Saturday, 22 August 2009**

## **MT WILSON TO BILPIN**

35km trail run along trails, tracks and dirt roads from Mt Wilson to Bilpin in the Blue Mountains. Trotters plans to organise a bus to this event.

**Saturday, 29 August 2009**

## **TROTTER OF THE YEAR DINNER**

Trotter of the Year Dinner and Awards Night, at Avoca Beach Bowling Club. Starting at 4.30pm for some barefoot lawnbowls, followed by a smorgasboard of food.

**Tuesday, 1 September 2009**

## **BRISBANE WATER TRACK 10KM / 1 HOUR RUN**

Organised by Terrigal Trotters in conjunction with Central Coast Athletics Club. Mingara Track.

# **TROTTERS' ANNUAL EVENTS CALENDAR**

**March 2009—December 2009 continued..**

**Monday, 7 September 2009**

## **TERRIGAL TROTTERS ANNUAL GENERAL MEETING**

7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2009-10.

**Sunday, 20 September 2009**

## **BLACKMORES SYDNEY RUNNING FESTIVAL**

42.2km, 21.1km, 10K run/walk and 3.8km family run from Bradfield Park, Milsons Point. Trotters plans to organize a bus to this event.

**Sunday, 11 October, to Sunday, 18 October 2009**

## **WORLD MASTERS GAMES - Sydney**

No qualifying standards. Anybody can compete. 5-year age group increments from 30 to 100 to compete in athletics. Registration costs \$220 (inclusive of five in-stadia and all out-of-stadia events - additional events cost \$5.50 each). Let Dave Byrnes know if you are interested in participating on 0428 880784 or [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au).

**Saturday/Sunday, 17/18 October 2009**

## **RELAY FOR LIFE**

Starts 10:00am. Join the Terrigal Trotters Relay for Life team at Gatorade Regional Athletics Centre, Mingara.

**Sunday, 25 October 2009**

## **GIRRAKOOL TO PATONGA**

Trotters' 24.5km of very tough running from Girrakool Picnic Area across Brisbane Water National Park to Patonga followed by a BBQ.

**Saturday/Sunday, 14/15 November 2009**

## **THE GREAT NORTH WALK 100s**

100 Mile and 100 Kilometre races along The Great North Walk from Teralba to Patonga organized by Terrigal Trotters. Trotters are asked to help out during this event.

**Saturday, 19 December 2008**

## **TROTTERS CHRISTMAS PARTY**

8:30am (after Trotters Run). Trotters will provide food and drink and Santa will arrive at 9:30am.



## **JOIN THE TROTTERS' TEAM FOR THE 2009 WORLD MASTERS GAMES IN SYDNEY**

NO QUALIFYING STANDARDS. ANYBODY CAN COMPETE.

5-YEAR AGE GROUP INCREMENTS FROM 30 TO 100

To compete in athletics, registration costs AUD \$220 (inclusive of five in-stadia and all out-of-stadia events - additional events cost \$5.50 each).

**10KM ROAD RACE**

SUNDAY, 11 OCTOBER

**8KM CROSS-COUNTRY RACE**

**10KM ROAD WALK**

**20KM ROAD WALK**

TUESDAY, 13 OCTOBER

**5000M TRACK RACE**

THURSDAY, 15 OCTOBER

**5000M TRACK WALK**

SATURDAY, 17 OCTOBER

**HALF-MARATHON ROAD RACE**

SUNDAY, 18 OCTOBER

**PLUS ALL OTHER TRACK & FIELD EVENTS**

**LET DAVE BYRNES KNOW IF YOU ARE INTERESTED  
IN PARTICIPATING**

0428 880784 OR [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au)

Do you feel the  
need...

The need for some  
**SPEED?**



**Track Training sessions are up and running again every Tuesday afternoon at 6pm at Adcock park, West Gosford, and every Thursday morning at 6am at The Haven, Terrigal.**

**Dave Byrnes is kindly offering coaching to all Terrigal Trotters interested in doing track training to improve their fitness or speed (or both!). So come along and join in the fun.**

**All Trotters at all levels of abilities are welcome to come along. Contact Dave Byrnes at [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au) or Mobile: 0428880784 if you have any questions.**

## ADVANCED LEGO





CareFlight  
Proudly Sponsored by 



## Woodford to Glenbrook 28th June 2009

The Terrigal Trotters are organising buses to this year's race. There is already one full bus and just 8 spots left on the second bus. Cost is \$25 for both runners and cyclists for return travel on the bus.

See Kim Cook if you would like one of the last vacant seats on offer



## Running to Music

For your own safety, Terrigal Trotters recommend that iPods or MP3 players not be worn when running.

The Terrigal Trotters is a social running group and we would like to chat with you and get to know you.

If you prefer listening to music, please make sure you are still very aware of traffic and other possible obstacles around you.



## A Who's Who in the Running Community

Kerry Anderson, from the Runners Shop, has been a long time supporter of the running community on the Central Coast for many years. Kerry has always supported the Terrigal Trotter's Time Trials, getting up at a ridiculous hour to come down and help with the timing, providing the time clock as well as helping out with the stopwatch at the finish.



*Photo courtesy of Marg Beardslee*

In addition, Kerry has, for more than 25 years, run the 6 at 6 race in Gosford every Wednesday evenings. The 6 at 6

is a 5-lap Time Trial, where runners pay 50cents to participate and attempt to beat their previous times each week (as well as each other!).

There is a very "little" hill alongside Gosford Public School which gets bigger with each lap. It is a race you just love to hate. It is over in less than half an hour for almost everyone. With every lap, Kerry yells out your time, so you know how you are going compared to previous week's efforts. It is great to have Kerry do this every lap, however it also tests the will as with each lap passing him it is SO tempting to stop and help him out instead.

The most memorable annual 6 at 6 race is the Carols by Candlelight night, where each lap is met with footpath traffic of families heading in the opposite direction towards BlueTongue Stadium. Polite zig-zagging amongst the "carollers" is guaranteed to attract stares of disbelief that you could be out running at this time of night, racing around a couple of blocks with a couple of dozen other runners, instead of having a picnic and singing a few songs with the rest of the "normal" people in the community.

A memorable story I have of Kerry and his involvement with the 6 at 6 was the time Kerry borrowed a van to get to the 6 at 6. Kerry has a tradition of carrying all the results from every year in the back of the van. Unfortunately, on this particular night, the van caught fire and all the 20years+ of 6 at 6 results went up in smoke....along with the melted tin containing the coins, which are annually donated to a charity each Christmas.

At the beginning of this year Kerry became ill and his support of various running events have been difficult for him to continue. We wish Kerry all the best and our thoughts are with him. Kerry has supported us for many years...it would be nice if we could return the favour....and the least we can do is publicly thank him for his incredibly generous efforts. Thanks Kerry.

Sharon Harrison [Editor]

## **Kerry Anderson—A biography**

*Author: Margaret Beardslee*

I first met Kerry back at Talays Runners Shop in Randwick in the late '70's. He came into the store and said if we could give him some good prices he could bring plenty of business our way..... we did and he certainly did!!

He had just finished or was in the process of a major fundraising drive to build a Police Citizens Boys Club at Moree. With the new facility there he knew there would be plenty of youngsters that would be needing better footwear than the Volleys Gym Boots and Adidas Rome on offer.

Kerry had been a quality athlete and enjoyed Distance racing. He also played football and enjoyed many of the codes.

Over the years Kerry sold heaps of gear in the bush on his regular travels back and forward to the "big smoke". Kerry would often arrive with a bus-load of young runners that he and others had trained and gotten enthusiastic about competing in Sydney. It was quite a weekend with around 7-10hrs driving each way. He put so many mile son some of his early cars I think he should have been offered a test job from Ford.... He has the odd story of waking up after falling asleep at the wheel... one scary one was when a farmer woke him up in some field where he had luckily survived quite a distance by not hitting anything!!

Kerry would take care of all the details for his charges and take them to Athletics Interclub and various other races. Some of these athletes went on to become National level competitors and plenty that took his skills and excelled in other sports, such as the top level Rugby League teams.

Kerry had been employed in the meatworks in Moree, and when it closed, he was fortunate to take on a role as a Development Officer with Little Athletics. The pay was not the greatest and commission sales from Talays Runners Shop product helped fill the pay packet. Once again his client base grew.

During a number of ownership changes in The Runners Shop Kerry ended up with a shareholding in the store at Randwick, and this interest finally led to him opening his own store in Toukley in the early '90s.

Kerry was straight into the business of supporting the sport and immediately sponsored events and assisted as a volunteer in anything that was on the go.

He helped in the early days of the Athletic Track fundraising, he organised getting electric clocks to finish lines, and was ever donating his own product and organising product from his suppliers as prizes at fun runs.

In around 1996 he came up with an idea of a Local XC circuit. Gerry Thomas Kerry and myself would take our training squads along to venues on a Saturday afternoon and Kerry would bring the water, time, and organise the results. This humble beginning is now the burgeoning local XC series which boasts over 200 entrants each Saturday. *[continued on next page...]*

## **Kerry Anderson—A biography....continued...**

The business was doing ok at Toukely but he realised the hub of the Coast was further North. He settled on the Gosford area with a couple of attempts at a suitable location. The first being opposite the railway Station, and the Second in the Imperial Centre. He found the East Gosford location and has been there for many years.

Kerry has been a wonderful support to the athletics and running community with his generous donations of time and equipment. He is the first to put his hand up to volunteer at any venue or location and is often the first to think of ways of fundraising to get projects underway. He was also a volunteer at the Sydney 2000 Olympics

## **GATORADE WINTER & SUMMER MONTHLY TUESDAY NIGHT TRACK RACE SERIES**

The Gatorade Regional Athletic Centre, supported by Mingara Athletics Club will be hosting the **Gatorade Winter and Summer Monthly Tuesday Night Track Race Series** open to anyone wishing to compete. The Series will consist of 6 Monthly Tuesday race nights in each of the Summer and Winter competitions. There will be prizes on offer across all age groups, and each night race entrants will be eligible for 3 or more lucky draw prizes. The nights will encourage local competition throughout the year and it is hoped that the series will grow into a premiere competition.

**Where:** Gatorade Regional Athletic Centre.

**When:** 1st Tuesday of each month.

**Cost:** Track Entry (Adult \$3.80, Child / Concession (\$2.60) plus \$2 competition fee.

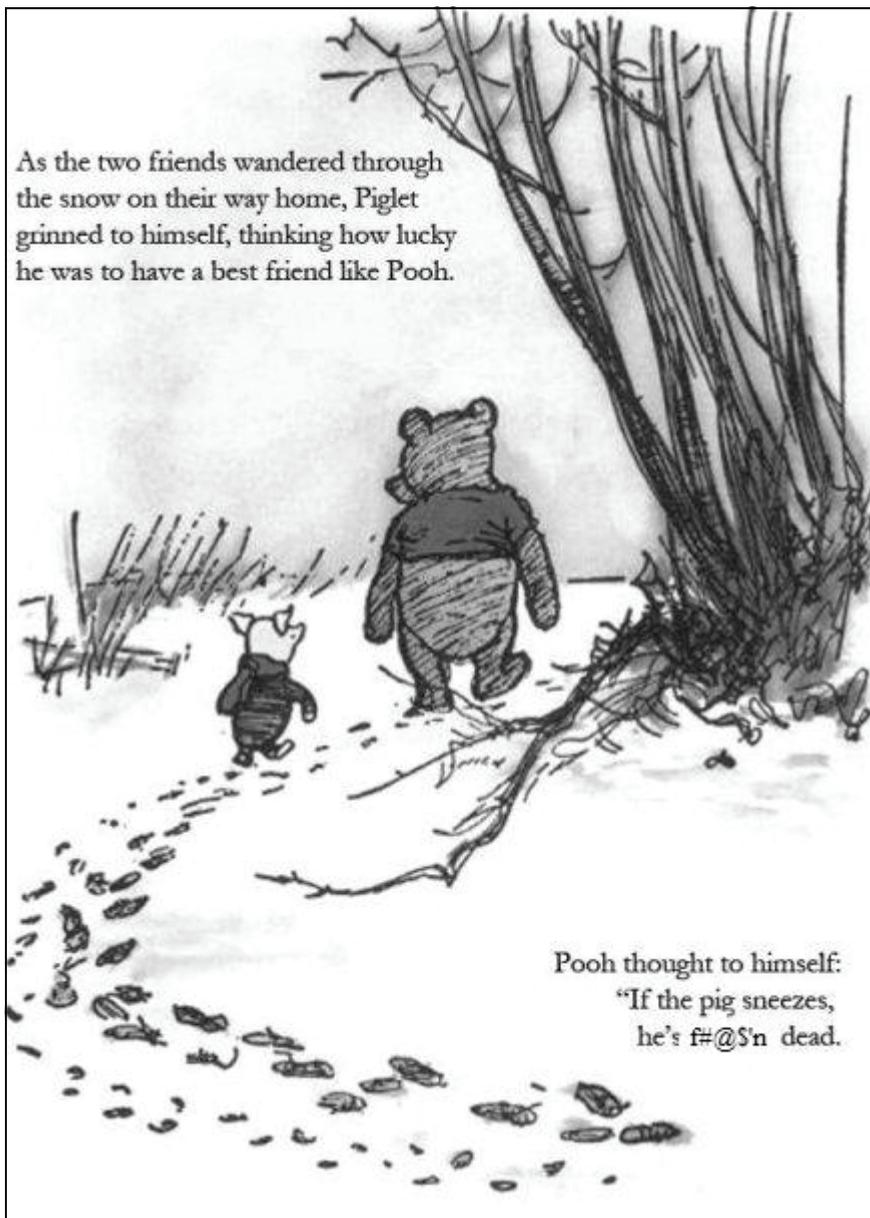
There will be a Winter Series (April to September) and a Summer Series (October to March) offering points for each of the events. Athletes' best four results will count towards the final point score and prizes will be awarded to all series age group winners.

**Categories for the series will be Male and Female in U10 (800/200 only), U15, U20 and then in 10 yr brackets to 70+.**

The winter program will consist of three races: **3000m at 5.45pm, 800m at 6.10pm & 200m at 6.25pm.**

The final race of this series will include the Central Coast 10km Championship and the Central Coast Miracle Mile in conjunction with the Terrigal Trotters and the One Hour Race on the 1st September.

As the two friends wandered through the snow on their way home, Piglet grinned to himself, thinking how lucky he was to have a best friend like Pooh.



Pooh thought to himself:  
“If the pig sneezes,  
he’s f#@s’n dead.”

***It's On Again!***



# **The Annual Terrigal Trotter of the Year Night 2009**

A night of having some fun with fellow runners, this year we will be heading to Avoca Bowling Club for a night of bare-foot lawn bowls (in your best going out clobber) followed by a buffet dinner.

**When: Saturday 29th August**

**Cost: \$25 per person**

**Time: 4.30pm until late**

**For just \$25, you will be treated to the following:**

**4.30pm -6pm Barefoot Lawn Bowls.** Includes free coaching, equipment and guidance before you get competitive in your best clothes!

**From 6pm:** BBQ buffet (steak and chicken), bread rolls and salads

**After Dinner:** Our club presentations then DJ/music and dancing until late

The Avoca Beach Bowling Club also have a bus shuttle service which can be pre-booked by members to get you home if you live locally.

Partners and friends welcome.....but no kiddies for this one :-)

Email Sharon at [Sharon.harrison@det.nsw.edu.au](mailto:Sharon.harrison@det.nsw.edu.au) if you are interested.



Check out the  
Terrigal Trotters

[www.terrigaltrotters.com.au](http://www.terrigaltrotters.com.au)

Runs for the Month

Updated Run Maps

More Results

Super 7 Series Progress Scores

Upcoming Social Events

Upcoming Running Events

Newsletter Archives

Photo Gallery

and lots more....

Suggestions for additional content are welcome

Dave Byrnes  
0428 880784  
[dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au)

**CAN'T SEE YOUR NAME IN OUR RESULTS PUBLISHED IN  
THE  
NEWSLETTER OR WEBSITE?**

**Then let us know by either:**

- Clicking on the button "Trotters, tell us your results" on the website to send your results to us

**OR**

- Contact Kim Cook, our Results Tabulator (phone number listed next page), who will dutifully amend our records and notify the Newsletter Editor and Webmaster



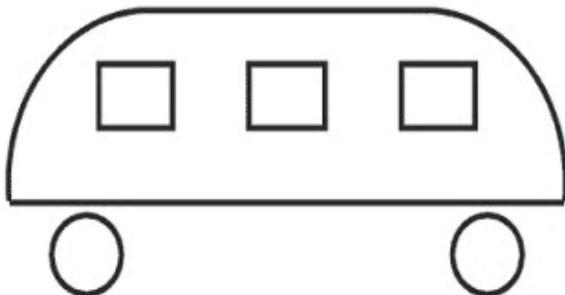


**The Bay to Bay Fun Run is on  
21st June, 2009**

Any Trotters interested in being involved in organising this year's run can call Barb Byrnes on  
Mobile: 0434 645115.

## **Intelligence Test**

Which way is the bus travelling.... To the left or to the right.....



Primary school children all over the UK were shown this picture and asked the same question.  
90% of them gave this answer:  
'The bus is travelling to the right.'  
When asked, 'Why do you think the bus is travelling to the right?'  
They answered:  
'Because you can't see the door to get on the bus.'

# Club Running Singlet / Annual Membership

## \*\*\*\*\*Special Offer\*\*\*\*\*

Front

Back



Ladies new running singlet shown. Mens is a straighter arm cut.  
Tina will have example singlets on display Saturdays after

### OFFER EXTENDED UNTIL END OF JUNE

Up until the 30th June, our club is offering all members a special deal.

Purchase one of our new running singlets, and a year's membership for just \$100.

Tear off the order request below, along with cash/cheque/money order and give to our clothing officer, Tina Baverstock.



Orders **MUST** be received by 30th June to receive discounted annual running fees

Annual membership will be from **1 July 2009 to 30 June 2010**.

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Trotter's Number # \_\_\_\_\_

Name: \_\_\_\_\_ (please print clearly)

Contact Phone: \_\_\_\_\_

Email address: \_\_\_\_\_