

# August 2009

website: [www.terrigoaltrotters.com.au](http://www.terrigoaltrotters.com.au)  
Email: [trotters@tac.com.au](mailto:trotters@tac.com.au)

## Terrigo Trotters NEWSLETTER

### Trotter Milestones

#### 10 Run Trotters

- # 741 Sally Martin
- # 742 Emily Martin
- # 743 Russel Pinsent

#### 100 Runs

Sharon Harrison



John Stevens



#### 300 Runs

Sharyn Smith



### Editorial

Sad news today, as I write this editorial, of Kerry Anderson's passing. He will be dearly missed by not only his family and close friends, but also by the general running community of the Central Coast.

Kerry gave so much of his time, unconditionally, to support our club from our time trials, to the 6 at 6 to the Bay 2 Bay. He also gave very generously in the way of prizes and lucky draws through his Runner's Shop sponsorship.

Kerry's passion to support the running community was always unwavering. His discounts to runners at every purchase was always bundled with a good conversational story or two....or three (time permitting!)

Just hours before Kerry left us, I visited him in hospital. He was asleep though, so I missed out on a good chat, however on leaving, I turned to see him for one last time, and was lucky enough to witness him give a twitch and a smile, enjoying the dream he was having. A special memory I will cherish.

RIP Kerry. You were one of a kind.

Sharon Harrison  
[Sharon@runtoruin.com.au](mailto:Sharon@runtoruin.com.au)  
Mobile: 0402270994

## 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)

### August 2009

1st Dave's Damn Run  
8th Mark's Run  
15th Bob's Hill  
22nd Pony Club  
29th Brooks Hill Time Trial

### September 2009

5th Enzo's Edventure  
12th Gerry's Run  
19th North Avoca Lake Track  
26th Flat 10km 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 tin** 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, best not to use this service.

### 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 between 6am and 6.30am 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.

*It's On Again*



## **The Annual 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 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.

**Lucky DOOR PRIZE \$400 travel voucher,  
compliments of Travelling Fit**



## **Latest News**

TICKETS NOW AVAILABLE EVERY  
SATURDAY MORNING AFTER  
THE RUN FROM  
SHARON HARRISON OR SEE A  
COMMITTEE MEMBER

# TERRIGAL TROTTERS OFFICE BEARERS 2008-2009

## General Committee

Dina Batt Dave Byrnes Graham Davis Sharon Harrison Greg Tegart



### President

Paul Davison

Ph: 43823871

Mb: 0417586395

paul.davison@bigpond.com



### Vice President & Public Officer

Kevin Andrews



### Treasurer

Mark Dunlop



### Secretary

Roger Matthews



### Clothing Officer

Tina Baverstock

### Webmaster

**Dave Byrnes**  
**0428 880784**

### Registrar

Leon Harradine

4368 1937

### WebMaster

Dave Byrnes

0428 880784

### Newsletter

Sharon Harrison

0402270994

### Results Tabulator

Kim Cook

0409 320240

### Life Members

Kevin Andrews

Leon Harradine

Keith King

Marg Aurisch

Col Woods

Steve Cannon

Jenny Harwood

### Auditor

Fortunity



**Trotter Number:** 710

**Name:** Maree Clarke



**Status:** Married

**Occupation:** Teacher

**Favourite Run:** Kincumber Mountain

**Favourite Distance:** Anything I can finish

**Race PB:** It's early days!! 10km Flat Time Trial 56minutes

**Your Shoe Brand:** ASICS

**Other Sports:** Scuba Diving (although it's been a long time since my last dive)

**List Your Favourite:**

**Food:** Seafood (especially atlantic salmon)

**Music:** Bolivian Pan Pipes

**Actor:** Johnny Depp

**Movie:** Chocolat

**Wine:** Chardonnay

**Travel Destination:** Coastal National Parks with great hiking and swimming

**Vehicle:** A reliable one (with A/C)

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

1. Books
2. Mask and Snorkel
3. Thermorest

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

My husband

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

To have an endless supply of energy and 'bounce'

**Committee Meeting Minutes are no longer published in the online Newsletter. Please email Mark Dunlop at [mdunlop@nscchahs.health.nsw.gov.au](mailto:mdunlop@nscchahs.health.nsw.gov.au) if you wish to obtain a copy of this month's minutes.**

# City To Surf 9th August 2009

(Pictures compliments of Bionda Hiensch)



## HOW FIGHTS START

One year, a husband decided to buy his mother-in-law a cemetery plot as a Christmas gift.. The next year, he didn't buy her a gift.

When she asked him why, he replied, "Well, you still haven't used the gift I bought you last year!"

And that's when the fight started.....

\*\*\*\*\*

I asked my wife, 'Where do you want to go for our anniversary?'

It warmed my heart to see her face melt in sweet appreciation.

'Somewhere I haven't been in a long time!' she said...

So I suggested, 'How about the kitchen?'

And that's when the fight started....

\*\*\*\*\*

My wife and I are watching Who Wants To Be A Millionaire while we were in bed. I turned to her and said, 'Do you want to have sex?'

'No,' she answered.

I then said, 'Is that your final answer?'

She didn't even look at me this time, simply saying 'Yes.'

So I said, 'Then I'd like to phone a friend.'

And that's when the fight started....

\*\*\*\*\*

I tried to talk my wife into buying a case of VB Light for \$44.95.

Instead, she bought a jar of cold cream for \$7.95. I told her the beer would make her look better at night than the cold cream.

And that's when the fight started.....

\*\*\*\*\*

My wife and I were sitting at a table at my high school reunion, and I kept staring at a drunken lady swigging her drink as she sat alone at a nearby table. My wife asked, 'Do you know her?'

'Yes,' I sighed, 'She's my old girlfriend...I understand she took to drinking right after we split up those many years ago, and I hear she hasn't been sober since.'

'My God!' says my wife, 'who would think a person could go on celebrating that long?'

And that's when the fight started...

# Check Out the Terrigal Trotter's Website

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

Runs for the Month  
Updated Run Maps  
Race Results  
Super 7 Series Updates  
Upcoming Social Events  
Upcoming Club Runs  
Upcoming Running Events  
Newsletter Archives  
Photo Gallery



And Lots More.....

Suggestions for additional content are welcome

Dave Byrnes  
[dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au)  
Mb: 0428880784



You win this time Penis...  
One of these days I'm going to find you, and when I do....

# Financial Planning

Dan was a single guy living at home with his father and working in the family business. When he found out he was going to inherit a fortune when his sickly father died, he decided he needed a wife with which to share his fortune.



One evening at an investment meeting he spotted the most beautiful woman he had ever seen. Her natural beauty took his breath away. "I may look like just an ordinary man," he said to her, but in just a few years, my father will die, and I'll inherit \$200 million." Impressed, the woman obtained his business card.

Three days later, she became his stepmother. Women are so much better at financial planning than men.

**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.**

# TROTTERS' ANNUAL EVENTS CALENDAR

## August 2009—December 2009

Saturday, 9 August 2009

**SYDNEY CITY TO SURF 14KM**

Terrigal Trotters will have 2 buses going to this event and will be providing 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

**CENTRAL COAST 10K CHAMPIONSHIPS / 1 HOUR RUN**

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

Mingara Track. Includes 3000m, 800m, 400m and 60m races. See ad this newsletter

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).

## TROTTERS' ANNUAL EVENTS CALENDAR

**August 2009—December 2009 continued..**

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.



**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

***terrigaltrotters-subscribe@yahoogroups.com***

# Male or Female?

You might not have known this...but a lot of non-living objects are actually either male or female. See if you can work out which is which and write your guess alongside each object. Answers are below

keeps trying

always know which buttons to push...he just he'd be lost without it...and while he doesn't consider this: It easily gives a man pleasure, You probably thought it would be male...but THE REMOTE CONTROL: Female. Ha!

and are occasionally handy to have around. 500 years...they've hardly changed at all... HAMMERS: Male... because in the last the bottom.

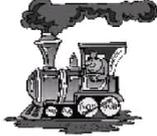
EGG TIMERS: Egg timers are female because...over time...all the weight shifts to people.

always use the same old lines for picking up TRAINS: Definitely male... because they looked at and frequently getting hit on. Female...because they're constantly being WEB PAGES:

are soft...squeezeable and retain water. SPONGES: These are female...because they you have to light a fire under their arse.

ject... because to get them to go anywhere... HOT AIR BALLOONS: Also a male ob- bald easily and are often over inflated TYRES: Tyres are male, because they go break havoc if you push the wrong Buttons. the right buttons are pushed...but can also They are an effective reproductive device if warm them up again.

because once turned off...it takes a while to PHOTOCOPIERS: These are female, right through them. they hold everything in...but you can see FREEZER BAGS: They are male, because

OBJECT	MALE OR FEMALE
	Freezer Bags
	Photocopier
	Wheel
	Hot air balloon
	Sponge
	Web Pages
	Trains
	Egg Timer
	Hammer
	Remote Control

# 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 instadia and all out-of-stadia events - additional events cost extra).

10km Road Race

Sunday, 11th October

8km Cross Country Race

10km Road Walk

20km Road Walk

Tuesday 13th October

5000m Track Race

Thursday 15th October

5000m Track Walk

Saturday 17th October

Half-Marathon Road Race

Sunday, 18th October

Plus all other track and 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...?**



Then come along to a track session.

Track Training sessions are available 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.

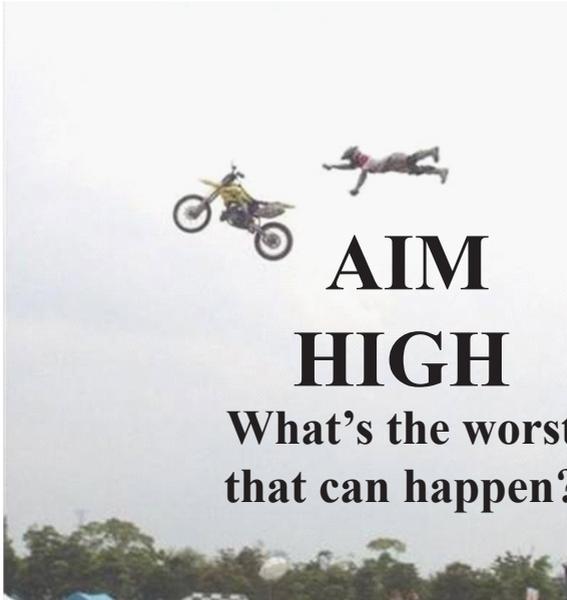
All Trotters at all levels of abilities are welcome to come along. Contact Dave Byrnes at [dave@davebyrnes.com.au](mailto:dave@davebyrnes.com.au) or Mobile: 0428880784 if you have any questions.

*Whilst Dave is away on his ride around Australia during August and the first half of September, track will still be on every Tuesday night at Adcock Park*



**AIM  
HIGH**

**What's the worst  
that can happen?**





# Adventure Before DeMENTia



Calling all men heading for deMENTia that would like to join me in a little adventure!!!

The first adventure will be a five day walk from Barrington Guesthouse to Craven, the first part of the Tops to Myall's Heritage Trail which ends at Hawks Nest a total of 220 kilometres.

It is planned to start on Sunday 30 or Monday 31 August

It is envisaged that this will be the first of many varied adventures, walks, runs, mountain bike rides, canoe trips, mountain climbing, abseiling, bungee jumping, parachuting etc (I didn't say I was going to do all of them!!!)

If you are interested see me at Trotters or give me a call on 0417 418 228 or 4369 7469.

Keith King

MY LIFE BROKEN DOWN INTO SEGMENTS



Paul Davison and Barb Byrnes presenting the Bay to Bay cheque to Barb from The Shirley Shuttle



Wayne Daley looking pretty swish in his 500 run jacket





# SIX AT SIX REPORT

## 1st July (14 runners)

1st Charlie Brooks 22:32  
2nd Darren McClellan 22:44  
3rd Joel Green 22:58

### *Women*

1st Claire Hallett 26:45  
2nd Lydia McKay 27:45

## 8th July (15 runners)

1st Carl Barker 22:29  
2nd Ryan Lindsay 23:18  
3rd Charlie Brooks 24:02

### *Women*

1st Suzy Woodbury 25:53  
2nd Claire Hallett 26:57  
3rd Leanne Flynn 33:49

## 15th July (17 runners)

1st Carl Barker 22:24  
2nd Ryan Story 22:51  
3rd Darren McClellan 23:13

### *Women*

1st Suzy Woodbury 25:57  
2nd Claire Hallett 27:47  
3rd Amanda Mitchell 31:10

## 22nd July (17 runners)

1st Darren McClellan 22:37  
2nd Josh Wright 22:37  
3rd Carl Barker 23:00

### *Women*

1st Claire Hallett 29:45  
2nd Leanne Flynn 33:14

**Our Congratulations to  
Tina and Stuart Baverstock,  
Sarah and Liam Scrivener , and Mari-  
Mar Walton who are all expecting new  
additions to the family soon.**



# Central Coast 10K Championships

Get ready for our annual race night at Mingara



Tuesday 1st September, 6pm at Mingara Athletics Track

Entry is \$8 adults and \$6 children

Races include:

- 10k Championships
  - 1 hour race
  - 3,000 metre
  - 800 metre
  - 400 metre
  - 60 metre

For further details, see Margaret Aurisch or phone her on 0400309326

## UMINA BEACH SAND SLOG

Is on again due to popular demand on the 27th September, 2009.

We will be welcoming the new surf season in with a bit of exercise on beautiful Umina Beach. We have a 10km for the fit and energetic and a 5km for the others. We also have a 2km for the under 12's.

The 2km is a non-competitive run. I believe any child that can complete the 2km is a winner and will be given a T-shirt to celebrate their finish. The run will start at 8:00am and will be on both hard and soft sand over a measured course. There will be medals for all age groups except for the kids run and a heap of lucky door prizes for those that attend the presentation at 10:00am. So come and join in the fun and make a day of it on Umina Beach.

**Entry forms available online at [www.umina-slc.com](http://www.umina-slc.com)**

See you there. Greg Brown - Race Co-ordinator

# July Results

July Flat Time Trial

25 July 2009

Trotter No.	Name		Time	Aq Points
609	Carl	Barker	0:37:44	796.0
665	Ian	Temblett	0:38:22	753.3
734	Michael	Miles	0:38:35	727.5
633	Andrew	Mildren	0:38:51	733.0
8185	Gary	Field	0:38:57	710.4
8360	Chris	Bell	0:39:18	686.3
658	Mark	Dunlop	0:39:31	682.6
723	Matt	Collins	0:40:10	701.7
8208	Joel	Green	0:40:21	671.7
267	Wayne	Daley	0:40:34	746.5
118	Steve	Field	0:40:40	685.3
726	Robbie	Wilkinson	0:40:42	No DOB
654	James	Moran	0:41:05	668.8
8359	Lucas	Ferrier	0:41:49	645.0
88	Greg	Love	0:42:00	745.4
15	Murray	Antony	0:42:05	771.1
568	Colin	Barnett	0:42:16	683.8
258	Adrian	Smith	0:43:00	662.3
733	Michael	O'Rourke	0:43:20	622.5
273	Steve	Fry	0:43:44	624.0
8	Steve	Hughes	0:44:00	724.3
576	Steve	Guest	0:44:02	666.4
699	Darrel	Robins	0:44:16	662.9
8361	Alan	Cooke	0:44:31	605.9
352	Graham	Davis	0:44:39	713.7
8370	Mark	Louie-Johnson	0:44:40	603.9
546	Sharon	Harrison	0:44:58	694.1
585	Peter	Jackson	0:45:09	681.8
690	Tom	Robertson	0:45:17	595.7
27	Ken	Hickson	0:45:28	720.3
607	Jeff	Dick	0:46:30	662.0
677	Rod	Northey	0:46:36	578.8
505	Greg	Brown	0:46:46	642.3
8345	Jenny	Barker	0:46:49	666.7
600	Kelli	Warren	0:47:11	656.2
556	Chris	McInerney	0:47:16	674.2
162	Tony	Mylan	0:47:48	595.8
622	Daniel	Draper	0:48:02	561.6
264	Sonia	White	0:48:10	687.7
713	Dave	Fogg	0:48:16	603.3
8362	Steve	Deane	0:48:22	616.2
593	Steven	Gray	0:48:29	669.3
534	Susan	McBride	0:48:30	665.4

## July Flat Time Trial

25 July 2009

Trotter No.	Name		Time	Aq Points
618	Monica	Nicol	0:48:34	653.4
408	Shelayne	Mathieu	0:48:34	No DOB
257	Doug	Pender	0:48:46	641.9
506	Kim	Mahoney	0:48:55	648.7
8363	Daniel	Long	0:49:19	546.9
8348	Tim	Folland	0:49:41	595.2
8349	Shirley	McComb	0:49:57	651.6
248	Les	Lowe	0:50:24	605.8
548	Dave	Hopkins	0:50:37	608.2
447	Brett	Larkin	0:50:55	594.7
8384	Kim	Retsord	0:51:02	586.2
168	Cathy	Toby	0:51:24	638.7
515	Barry	Bowden	0:51:39	640.3
711	David	Booth	0:52:07	567.4
145	Jenny	Harwood	0:52:28	667.2
679	Karen	Boyd-Skinner	0:52:28	590.1
657	Bruce	Higginbottom	0:52:42	683.4
8365	Lorraine	Jackson	0:53:03	629.9
631	Wayne	Doherty	0:53:28	571.0
8352	Gordan	Leslie	0:53:50	536.8
558	Tania	Thompson	0:54:13	590.2
8366	David	Simpson	0:54:57	510.8
494	Mark	Rollins	0:56:35	535.2
486	Jo	Ridley	0:56:39	579.6
17	Margaret	Aurisch	0:56:41	649.6
508	Barb	Byrnes	0:56:42	642.7
586	Donna	White	0:56:58	526.5
8367	Sarah	Doyle	0:57:11	574.1
704	Ian	Keene	0:57:27	581.4
8388	Alan	Currall	0:57:44	567.3
678	Gina	Wilson	0:58:50	508.5
488	Roger	Matthews	0:58:51	551.4
557	Sabine	Byrne	1:02:40	498.1
8369	Christine	Laing	1:03:32	516.8
250	Margaret	Vaughan	1:03:35	651.8
345	Lori	Baldoni	1:06:01	520.3
481	Tony	Collins	1:10:57	470.8
207	Greg	Tegart	1:10:57	433.9
538	Laurie	Stopford	1:15:46	480.9
239	Bill	Karskens	1:30:50	498.9

**Gold Coast Half Marathon**

**5 July 2009**

Trotter No.	Name		Time	Ag Points
573	Darren	McClellan	1:22:57	722.3
690	Tom	Robertson	1:31:30	651.9
27	Ken	Hickson	1:36:37	743.5
111	Sandy	Hickson	2:27:08	540.2

**Gold Coast Marathon**

**5 July 2009**

Trotter No.	Name		Time	Ag Points
314	Allen	Pearson	3:25:30	641.2
364	Robert	Ellershaw	3:50:46	616.9

**Hunter Valley 10KM**

**19 July 2009**

Trotter No.	Name		Time	Ag Points
709	Jessica	Mitchell	0:41:17	729.4
723	Matt	Collins	0:41:30	679.1
676	Susie	Woodbury	0:46:51	638.6
599	Tracey	Stein	1:07:20	487.6
693	Kathy	Matri	1:07:20	479.3
701	Louise	Trigg	1:07:20	479.3

**Hunter Valley Half**

**19 July 2009**

Trotter No.	Name		Time	Ag Points
609	Carl	Barker	1:23:17	791.5
573	Darren	McClellan	1:26:11	695.2
633	Andrew	Mildren	1:28:19	707.7
258	Adrian	Smith	1:31:50	680.6
576	Steve	Guest	1:39:59	644.1
677	Rod	Northey	1:44:18	571.9
89	Mark	Andrews	1:44:58	568.3
619	Rob	Hekking	1:57:12	631.3

**Hunter Valley Marathon**

**19 July 2009**

Trotter No.	Name		Time	Ag Points
734	Michael	Miles	3:05:56	698.5
8168	Matthew	O'Shea	3:41:56	571.5
483	Graham	Ridley	3:43:49	606.5
546	Sharon	Harrison	3:47:30	626.3
568	Colin	Barnett	3:52:32	575.0
669	Chris	Scarlett	3:59:40	529.2
702	Steve	Coote	4:05:26	516.8
717	Ben	Tily	4:21:16	485.5
519	Marimar	Walton	5:47:20	413.6

**12 July 2009**

Trotter No.	Name	Time	Ag Points
609	Carl	1:22:00	803.9
	Barker		

**Sri Chinmoy Half Marathon**

**26 July 2009**

**Cities Marathon**

Trotter No.	Name	Time	Ag Points
609	Carl	3:01:35	765.0
	Barker		

# FREE FOOD ADMIT 1



Free SMORGASBORD of delicacies  
Coffe and Tea also provided

For one night only at the.....

**Terrigal Trotters Annual General Meeting**

Location: Terrigal SLSC

Date: Monday 7th September, 2009

Time: 7.30pm

## ALL Welcome

Come along for a free feed and have your say at the same time (well, not with a mouth full of food)

An important night for you to support our club, deciding on who and how our club operates throughout the next 12 months.

You can make a difference



# 6 at 6 Memorial Run for Kerry Anderson

Photos (by Emma Harrison)



# 6 at 6 Memorial Run for Kerry Anderson

29th July 2009

List of attendees from sign-on book (and run times, where listed).

*Apologies to the 2 names omitted that I couldn't read*

Margaret Beardslee	Verne Towgood
Ken Hickson	Julie Towgood
Sandy Hickson	Lana Towgood
Jenny Harwood	Graham Parker
Craig Gavin	Maureen Parker
Ross McGuigan	Sonia White (28:13)
Mike Aiken	Carl Barker (22:16)
Paul Davison	Beverley Andrews
Neil Dovell	Kevin Andrews
Darren McClellan (22:14)	Kiah Frankel
Graham Davis	Sasha Frankel
Ian Temblett (22:20)	Jaz Frankel
Sharon Harrison (26:58)	Josh Wright
Emma Harrison	Rob Scoines (24:42)
Mel Bosshard	Jason Kirksmith (24:21)
James Moran	Wayne Doherty
Joe Rolella (23:34)	Carl White
Andrew Newell	Kevin Byrne (29:30)
Ed Perry	Colin Price
Christine Laing	Greg Woodbury (29:44) PB
Greg Wright	Jason Robbie
Peter R Williams	Wayne Daley (23:53)
Natasha Konic	Craig Gustard
Mitch Turner	Mark Dunlop (23:02)
Leanne Flynn	Hayden Forbes
Margaret Aurisch	Shane Forbes
Michael ORourke	Dylan Richardson (30:07)
Mark Andrews	Margaret Vaughan
Debbie Wooden	Mike Long
Colleen Barnett	Wendy Beaton
Rhiannon Barnett	Robert Beardslee
Charles Berry	Charlie Brooks (23:20)
Joel Green (22:56)	Suzy Woodbury (25:15)
Jon Glasson (25:08)	Lydia McKay (26:35) PB
Jon King	

# Naughty Moments.....

## Psychology

A husband and wife were sitting watching a TV program about psychology when he turned to his wife and said, "Honey, I bet you can't tell me something that will make me happy and sad at the same time" She looked at him and said, "You have the biggest penis of all of your friends."

Crabby Road

6-9-07

*Sure, marriage can be fun  
some of the time. Trouble is,  
you're married all of the time.*



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