

the last word...

A man feared his wife wasn't hearing as well as she used to and he thought she might need a hearing aid.

Not quite sure how to approach her, he called the family Doctor to discuss the problem.

The Doctor told him there is a simple informal test the husband could perform to give the Doctor a better idea about her hearing loss.

Here's what you do,' said the Doctor, 'stand about 40 feet away from her, and in a normal conversational speaking tone see if she hears you.

If not, go to 30 feet, then 20 feet, and so on until you get a response.'

That evening, the wife is in the kitchen cooking dinner, and he was in the den.

He says to himself, 'I'm about 40 feet away, let's see what happens.'

Then in a normal tone he asks, 'Honey, what's for dinner?'

No response.

So the husband moves closer to the kitchen, about 30 feet from his wife and repeats,

'Honey, what's for dinner?'

Still no response.

Next he moves into the dining room where he is about 20 feet from his wife and asks, 'Honey, what's for dinner?'

Again he gets no response.

So, he walks up to the kitchen door, about 10 feet away.

'Honey, what's for dinner?'

Again there is no response.

So he walks right up behind her.

'Honey, what's for dinner?'

'Ralph, for the FIFTH F***ing time, CHICKEN!'

February 2008

Website: www.terrigoaltrotters.com.au

Email: trotters@tac.com.au

Terrigo Trotters NEWSLETTER

Hi all,

MILESTONES FOR DECEMBER

10 Run Trotters

#691 Andy Martin

100 Runs

#538 Laurie Stopford

#560 Kerriie McInerney

#585 Peter Jackson

600 Runs

#21 Dennis Robertson

800 Runs

#19 Graham Bundock

It was a shock to all of us when we heard Michael Aiken was hit by a car as he was walking his dog along the Round Drive at Avoca.

He suffered very serious injuries and remains in hospital.

It's a reminder that life should never be taken for granted and we should try to make every day a winner - a philosophy Mike has always lived by.

We wish Mike well and his family the very best at this difficult time.

Cheers

Chris Hatcher



Disclaimer

The opinions and ramblings expressed in this newsletter are not necessarily those of the committee, or of anyone with integrity or sensitivity for that matter. The editor in no way sets out to offend anyone. This seems to happen quite naturally.

RUNS FOR THE MONTH

FEBRUARY

- 9th Crommity Hill
- 16th Ross McGuigans Run
- 23rd Brooks Hill Time Trial

MARCH

- 1st Woodies Run
- 8th Bob's Run and 6 Foot Track
- 15th Seymour Ponds
- 22nd Kincumber Mountain
- 29th Flat Time Trial

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

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

Motto: We go hard in the Bush

Meet every Monday and Thursday 4-30 at Mystery Locations

Club Colours: Red, White and Green

Club Emblem: is the Waratah

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 880784 for details.

TROTTERS' ANNUAL EVENTS CALENDAR

Jan 2008 THE 5TH INAUGURAL "ROUND THE BAY CLASSIC"

5:00am at Lions Park at the Gosford Waterfront (between the pool and sailing club). Reputed to be 38km. Contact Keith King or any Committee Member for details.

Jan 2008 AUSTRALIA DAY WATERFRONT PICNIC/ BBQ

11:30am. Trotters and their families welcome. Watch for details nearer the date.

April 2008 ANZAC DAY RUN

A simple Anzac service followed by a relaxed bush run with various distances available together with a walkers track. Families welcome and Leon and Heather invite you to stay for breakfast.

May 2008 SYDNEY MORNING HERALD HALF MARATHON

21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney. Trotters organizes bus transport to and from this event.

Jun 2008 OLD GREAT NORTH ROAD RUN

42.3km from Wisemans Ferry to Mogo along the Old Great North Road. BBQ at Finish.

Jun 2008 MACLEAY RIVER MARATHON (aka KEMPSEY MARATHON)

Marathon, 1/2 Marathon, 10km run, 5km walk. 7.00am. Arakoon National Park. Trotters may organize a bus to and from this event.

Jun 2008 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.

Jul/ Aug 2008 TROTTERS SKI WEEKEND

Usually in late July or early August. Contact Rob Wait for details.

Aug 2008 SYDNEY CITY TO SURF 14KM

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

Aug 2008 ONE HOUR RUN

In Conjunction with Mingara Athletics Club. 8am start. Mingara Athletic Centre.

Sept 2008 TERRIGAL TROTTERS ANNUAL GENERAL MEETING

7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2007-08.

Sep 2008 BRISBANE WATER TRACK 10KM & MIRACLE MILE

6:30pm start. Adcock Park Track.

Sep 2008 TROTTER OF THE YEAR DINNER

Trotter of the Year Dinner and Awards Night.

Sep 2008 BLACKMORES SYDNEY MARATHON FESTIVAL

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

Oct 2008 RELAY FOR LIFE

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

Oct 2008 GIRRAKOOL TO PATONGA

24.5km from Girrakool Picnic Area across Brisbane Water NP to Patonga. BBQ at Finish.

Nov 2008 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.

Dec 2008 TROTTERS CHRISTMAS PARTY

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

NEW SOUTH WALES RUNNING CALENDAR

FEB 2008

SAT 9 FEB LITTLE BLACK DRESS RUN - SYDNEY FRONTRUNNERS

It's a 4.3K fun run fundraiser for "Camp Goodtime" of Sydney Children's Hospital at Randwick that looks after children living with HIV. Entry fee is a Voluntary Donation of \$10. The Little Black Dress is the quintessential cocktail party dress - find your frock at St Vinnies or Salvos and darling, don't forget to accessorize !! It's a little queer but all are welcome. Contact Denver email: DenverDenver@Gmail.com.

SUN 24 Feb SRI CHINMOY SYDNEY SERIES RACE 1 - IRON COVE

16 KM, 8 KM & 4 KM. Start/finish is from Leichhardt Park, Glover St, Lilyfield. Races commence at 8 am, from 7 am.

Contact: Prachar Stegemann. email: sydney@srichinmoyraces.org.

MARCH 2008

SUN 2 MAR ORANGE COLOUR CITY RUNNING FESTIVAL - HALF, 10K, 5K

The cost for the half is \$30 which includes a Brooks running singlet valued \$35 and a medal to all finishers, the 10km event is \$15 and the walk/run \$5. Contact: Bill Fairgrieve. Email: wjfairgrieve@hotmail.com.

SAT 8 MAR SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: raceorganiser@sixfoot.com.

Sun 30 Mar THE GREAT VOLCANIC MOUNTAIN CHALLENGE 2008

A 11 km run up the 1397 metre Mount Canobolas near Orange NSW. Total climb of 520 metres with three peaks.

Contact: email: mountainchallenge@hotmail.com.

This calendar information is sourced from the CoolRunning Website.

For more detailed race and other running information visit www.coolrunning.com.au

TERRIGAL TROTTERS OFFICE BEARERS FOR 2007-08



President: Paul Davison



Vice President: Murray Antony



Secretary: Joanna Hawkins



Treasurer: Roger Matthews

Auditor: Trisha Cotterell of Fortunity



Clothing Officer: Wendy O'Shea



Registrar: Leon Harradine



Race Results and Records:

Kim Cook

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Committee Members:



Barb Byrnes



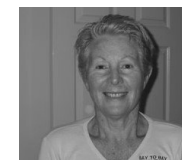
Kev Andrews



Mike Gero



Rob Waite



Marg Aurisch



The Elders

Public Officer: Leon Harradine

TERRIGAL TROTTERS MINUTES OF MEETING

4th February, 2008
Terrigal Surf Life Saving Club

Present:

Paul Davison, Barb Byrnes, Mike Gero, Bruce Renwick,
Roger Matthews, Marg Aurisch, Rob Waite, Bev Andrews,
Jenny Harwood and Jo Hawkins

Apologies:

Kev Andrews and Murray Antony

Club Person of the Month:

Steve and Karen Cannon (Australia Day)
Keith King (The Inaugural 7th Round the Bay Classic)

Athlete of the Month:

Carl Barker 2:38:45 PB by 26.05 Round the Bay
Darren McClelland 2:48:05 PB by 9:08 Round the Bay
Murray Antony 3:03:14 PB by 8:30 Round the Bay
Steve Guest 3:14:11 PB by 58:19 Round the Bay

Sub-committee comprising of Kim Cook, Bruce Renwick, Roger Matthews and Mike Gero, to be formed to decide criteria for Athlete of the Year.

Junior Athlete of the Month:

Nil

Treasurer's Report:

Receipts \$971.55
Payments \$590.10
Surplus \$381.45
\$13,000 in the bank. Moved Barb Byrnes, seconded Mike Gero.

Correspondence:

Nil

Safety and Marshalling:

Positive feedback on Flat Time Trial The new course was proved to be very popular with the club members, this included Ken Hickson.
Committee wants to thank volunteers who manned checkpoints on the new loop and entry into Pacific Street.
Brooks Hill Committee agreed to time Brooke's Hill Time Trial to finish in Ena Road. Runners will be urged to move on from the finish line area asap.

Uniform:

Long sleeve top for winter – to be followed up.

General Business:

This year is the 25th Anniversary of Trotters. Committee to start thinking about organising something special to mark the event and advertise early.
Paul presented Leon's proposal for 100 run Presentations. The motion was put to the Committee that approval be given to the image of Terrigal Beach with backing board and plaque for all category 100 Run presentations including the outstanding presentations. Vote has been deferred until next meeting in March.
Paul, Kevin and Leon to conduct a meeting to clarify the 100 Run process.

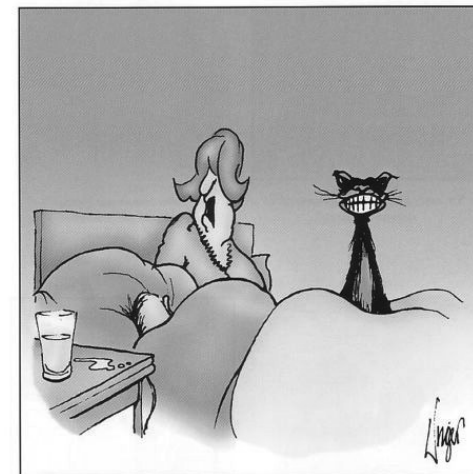
Sam stood over his tee shot on the 350 yard 18th hole for what seemed an eternity. He waggled, looked up, looked down, waggled again, but didn't start his back swing. Finally his exasperated partner asked, "What in the world is taking so long?"

"My wife is watching me from the clubhouse balcony," Sam explained.

"I want to make a perfect shot."

His companion exclaimed.

"You don't have a chance in hell of hitting her from here."



"Wake up. The cat's got your teeth."

Do you have some news, tips or yarns you would like to share with your fellow Trotters?

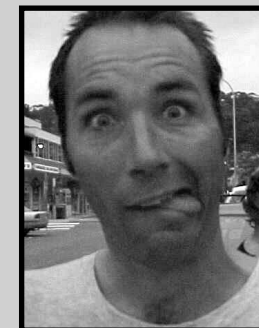
Do you need a public domain to voice your crazy and socially inappropriate rantings?

Then become a contributor to the newsletter.

**Email the editor: chris@artitude.com.au
or phone Chris on 4360 2579.**

Otherwise look for this friendly face.

Approach with caution.



Whitesmith, Gullible & Bingo
Attorneys at Law
Mobile Office

Terrigal Trotters Inc.
Mr Paul Davison,
President.

Dear Mr Davison,

It has been brought to our attention in recent scrutiny of your "Books" with our usual intense scrute, that Number 666 has no name attached. As your retained counsel, it is incumbent on us to inform you that this may cause serious legal ramifications.

TT Inc. needs to have "continuous flow" as it is a running club. Any break causes injury. Injury must be avoided. 666 needs to be instated to heal and prevent further injury.

We have also had correspondance from a Mr. Satan, whom we believe is leading a class action suit representing Ms. Devil, Beelzebub, Demon, Power of Darkness, Antichrist as well as many assorted alinged groups. Put simply they are claiming Discrimination and Vilification. We believe they have a strong arguement to push for trial, especially in light of recent matters...Ponting vs. India, Harbie vs. the Monkey and Donna vs. Kebab and we all know the legal precedent set in this last case.

Our advice is to "table" this document at your earliest appointed meeting in order that we may head off what could be at least a very embarassing situation for TT Inc. and at worst a "train wreck".

Your most Senior Representatives must consider carefully the way forward, indeed that omnipresent group, The Elders, must have input in order that Mr. Satan fully realises that you are not prepared to engage in long, protracted legal rhetoric.

As always our normal fees will apply and we have assigned our Mr. God, who has handled similar cases, to prepare briefs, three to a pack, for your perusal.

Jimmy Whitesmith
Senior Partner,
Whitesmith Gullible & Bingo

Runs for March:

1st	Woodies Run	
8th	Bob's Run	6 Foot Track
15th	Seymour Ponds	
22nd	Kincumber Mountain	
29th	Flat Time Trial	

Next meeting:

Monday, 3rd March, 2008

Venue:

Terrigal Surf Life Saving Club

POSITION VACANT

Casual Vacancy in the office of:

CLUB SECRETARY

Do you want to make a worthwhile contribution to the work of Terrigal Trotters?

Do you want to have more influence over the way Trotters is run?
Do you feel that it is your turn, and have an obligation to help?

If you do please contact a Committee Member if you are interest or require further information or send your confirmation of interest to: trotters@tac.com.au

TROTTERS SKI WEEKEND

Each year, a group of Trotters swap running shoes and gatorade for apré ski boots and schnapps and enjoy a weekend of skiing, aching and frevolity.

Want to join in?

The plan for 2008 is to head down in early August and stay at the Sport and Rec Lodge in Jindabyne.

For more information, contact Rob Wait.

Never forget that you are unique, like everyone else.



SIX AT SIX REPORT

9/1/08 - 13 Runners

1. Charlie Brooks	20.42	1. Marimar Walton	24.06
2. Carl Barker	20.50	2. Jasmine Frankel	24.40
3. Darren McClellan	21.43	3. 24.55	

16/1/08 - 18 Runners

1. Charlie Brooks	19.22	1. Marimar Walton	24.02
2. Darren McClellan	19.36	2. Suzy Woodbury	24.35
3. Carl Barker	20.25		

23/1/08 - 13 Runners

1. Josh Wright	19.25	1. Suzy Woodbury	23.30
2. Charlie Brooks	19.50	2. Sasha Frankel	24.28
3. Darren McClellan	19.50	3. Jasmine Frankel	24.50

30/1/08 - 6 Runners (Full 6km course)

1. Charlie Brooks	23.14	1. Suzy Woodbury	26.38
2. Darren McClellan	23.18	2. Marimar Walton	28.00
3. Carl Barker	23.28		

6/2/08 - 26 Runners

1. Matt Robbie	16.55	1. Suzy Woodbury	23.30
2. Josh Wright	18.51	2. Sasha Frankel	23.46
3. Charlie Brooks	19.21	3. Jasmine Frankel	24.04
		* Kiah Frankel	28.00 PB

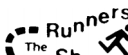
SPECIAL OFFER

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.



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



You can purchase your official terrigal trotters uniform from THE RUNNERS SHOP 

AUSTRALIA DAY

They came, they conquered, they ate a sao.

A fab time was had by all at the Cannon's Australia Day extravaganza. Many thanks to Steve and Karen who always put on a great day. Make sure it goes in your diary for next year!



WALK & TALKS

Join your fellow Trotters and friends for a relaxed Sunday walk followed by brunch.

The first Sunday walk & talk for 2008 will be on the 24th February meeting at 7am at Memorial Park, The Entrance.

Contact Marg Aurisch for more details.



CAN'T GET ENOUGH OF THE TROTTERS?

If you have an email address, you can join the new Terrigal Trotters email list where you can chat to other Trotters, look for people to run with, send some funny things to fellow Trotters, boast about your latest PB or grumble about your latest PW. The latest time trial results will be posted here, along with any other news and results on a regular basis, including monthly runs.

To subscribe to the Terrigal Trotters email list, send a blank email to **terrigoaltrotters- subscribe@ yahooogroups. com**

FIVE MINUTES WITH A TROTTER

Trotter Number: #613

Name: Trudie Myers

Married/Single: Single

Occupation: Registered Nurse

Favourite Run: Girakool/Patonga - Waterslide

Favourite Distance: LSD

Race PB: Nothing exciting yet

Your Shoe Brand: Mizuno

Other Sports: Triathlon



List Your Favourite:

Food: Muesli and yoghurt

Music: Brazilian

Actor: Meg Ryan

Movie: Terrigal Trotters take over the world part 2
starring Meg Ryan as Trudie

Wine: Red

Travel Destination: Saudi Arabia in December,
then to Greece from there.

Vehicle: Subaru

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

1. A manual on how to get off the island
2. A coconut cracker
3. Music

If you were allowed accompanion, who would it be?

Macgyver

If you could change one feature/habit in yourself what is it?

My height or ability to run up hill faster.

RUN REPORT FOR JANUARY 2008

January was a very quiet month for races, with most trotters getting over the Christmas break and some eager to set their sights on the six foot track in early march. Trotters were represented in a few runs over this period.

KOSCIUSKO MARATHON

Two trotters ventured to the high country in late December to run to the highest peak in Australia. The Marathon was held on 23rd December and Carl Barker and Steve Guest joined around a dozen other runners to complete the run from Charlotte Pass Village at 1780m altitude up to the summit at 2228m and return twice. Obviously the first and third 10.5 kms were hard and the second and last fairly easy. Carl ran second with around 3:08 and Steve just broke the four hour mark with around 3.55. Great results for a hard course.

BEYOND THE BLACK STUMP(FAT ASS RUN)

This run is held on New Years Day each year and runs from Berowra down to the ferry and after crossing the ferry runs for around 8km before returning back over the ferry and up a very steep climb to return to Berowra. The total distance is 33kms and this run can be used as a qualifying run for the six foot track. There were about 15 trotters who took it easy on new years eve and ran in the event. No results are to hand yet.

FLAT TIME TRIAL

The new flat time trial course was introduced in January and feedback to date has been positive. I did not run but most that I have spoken to indicate that it should produce faster times with no hill at the end. The results have been posted in the newsletter. With the absence of the top guns, Ian Temblett led the field home with a time of 37:34. Ian's times have been improving over the last six months and he looks a threat in the Super 7 competition.

First female home was Claire Neville with a great time of 45:30. Claire would have been even faster if she didn't have Steve Cannon chatting to her all of the way. This was one of Steve's best times for a while so he has had to work hard to stay with her.

SIX FOOT TRACK TRAINING

Trotters will be well represented at 6 foot this year with many trotters out there training in the heat to ensure they make it home on March 8th. Good luck to everybody in your preparations and on race day.

Kim Cook

Keeper of Race Results & Records

JANUARY RESULTS

JANUARY TIME TRIAL

Position	Trotter #	GIVEN NAME	FAMILY NAME	TIME	AG POINTS
1	665	Ian	Temblett	0:37:34	763.6
2	62	Scott	Antony	0:39:37	680.8
3	267	Wayne	Daley	0:40:28	742.2
4	No Number	Scott	McDonald	0:40:36	No DOB
5	No Number	Tim	Fryirs	0:41:22	652
6	273	Steve	Fry	0:41:42	646.8
7	88	Greg	Love	0:42:26	725.4
8	668	Michael	Fritsch	0:42:32	634.1
9	573	Darren	McClellan	0:42:58	627.7
10	643	Stuart	Baverstock	0:43:12	624.3
11	118	Steve	Field	0:43:25	637.3
12	No Number	Gary	Field	0:43:25	No DOB
13	No Number	Steve	Jack	0:43:32	663.8
14	27	Ken	Hickson	0:43:53	732.7
15	529	Graham	Steele	0:44:07	631.6
16	633	Andrew	Mildren	0:44:38	628.8
17	654	James	Moran	0:44:50	604.4
18	No Number	John	Glasson	0:44:51	No DOB
19	369	James	Piper	0:45:20	595
20	317	Claire	Neville	0:45:30	661.8
21	64	Steve	Cannon	0:45:30	644.9
22	No Number	Jason	Vandan	0:45:39	No DOB
23	676	Susie	Woodbury	0:45:43	No DOB
24	607	Jeff	Dick	0:46:04	662.7
25	459	Elissa	Gribble	0:46:11	647.7
26	677	Rod	Northey	0:46:14	583.4
27	628	Amy	Quinlan	0:46:17	646.3
28	519	Marimar	Walton	0:47:25	652.9
29	521	Troy	Eady	0:48:08	583.1
30	480	Jodie	Henderson	0:48:20	558
31	502	Heiko	Schaefer	0:48:56	727.6
32	544	Craig	Gustard	0:49:04	549.7
33	548	Dave	Hopkins	0:49:11	620.7
34	590	Tina	Baverstock	0:49:12	634.3
35	556	Chris	McInerney	0:49:14	635.8
36	No Number	Andy	Pether	0:49:17	No DOB
37	657	Bruce	Higginbottom	0:49:25	No DOB
38	576	Steve	Guest	0:49:31	583.6
39	89	Mark	Andrews	0:50:19	536
40	21	Dennis	Robertson	0:50:35	624.4
41	No Number	Kan	BS	0:50:57	No DOB
42	362	Mark	Griffin	0:51:03	574.8
43	No Number	Brian	Jones	0:51:07	No DOB
44	651	Leigh	French	0:51:12	No DOB
45	20	Brian	Dawson	0:51:36	640.9
46	623	Paul	Theys	0:52:27	591.8
47	481	Tony	Collins	0:53:16	614.8
48	486	Jo	Ridley	0:53:30	603.1
49	248	Les	Lowe	0:53:30	561.4

JANUARY TIME TRIAL (Continued)

Position	Trotter #	GIVEN NAME	FAMILY NAME	TIME	AG POINTS
50	No Number	Peter	Howard	0:54:05	No DOB
51	No Number	Christina	Neville	0:54:16	605
52	302	Dot	Stockwell	0:54:17	615.6
53	631	Wayne	Doherty	0:55:01	545.9
54	522	Nicolette	Rowe	0:55:40	551.7
55	494	Mark	Rollins	0:56:07	531
56	No Number	Sarah	Elliott	0:56:29	No DOB
57	No Number	Ed	Beazley	0:56:29	No DOB
58	586	Donna	White	0:56:43	527.4
59	283	Doug	Howard	0:57:07	525.8
60	602	Jason	Menzies	1:01:09	No DOB
61	No Number	Louise	Trigg	1:01:15	No DOB
62	504	Sid	Walsh	1:02:38	528
63	395	Neil	Dovell	1:03:01	488.5
64	531	Mark	Tuxford	1:14:39	423.1
65	538	Laurie	Stopford	1:15:07	479.4

Mingara Triathlon Club

Mingara Triathlon Club is on a membership drive for February & March.

The club is offering a 2 for 1 membership deal. Membership is normally \$30 senior \$15 junior for each financial year. Race fees are \$10 senior & \$5 junior.

Races are held last weekend each month at Sandy Beach Reserve, Summerland Point.

The swim is in Lake Macquarie, with water safety provided by the Lakes Surf Club.

The ride is laps of a 3k loop of Cams Bld, with roads controlled by the Central Coast V.R.A.

The run is along the foreshore in an out & back format.

Applicants should mention the 2 for 1 offer to the registrar on race days, or note it on the membership form downloaded from the website if posting.

Details of grades & distances are on the clubs website
www.mingatriathlonclub.com.au

John Doran
 Mingara Triathlon Club