

## the last word...

A woman decides to have a facelift for her 50th birthday.

She spends \$15,000 and feels pretty good about the results.

On her way home, she stops at a news stand to buy a newspaper.

Before leaving, she says to the clerk, 'I hope you don't mind my asking, but how old do you think I am?'

'About 32,' is the reply.'

'Nope! I'm exactly 50,' the woman says happily.

A little while later she goes into McDonald's and asks the counter girl the very same question.

The girl replies, 'I'd guess about 29.'

The woman replies with a big smile, 'Nope, I'm 50.'

Now she's feeling really good about herself. She stops in a drug store on her way down the street.

She goes up to the counter to get some mints and asks the clerk this burning question.

The clerk responds, 'Oh, I'd say 30.'

Again she proudly responds, 'I'm 50, but thank you!'

While waiting for the bus to go home, she asks an older man who was waiting next to her the same question.

He replies, 'Lady, I'm 78 and my eyesight is going. Although, when I was young there was a sure-fire way to tell how old a woman was.

It sounds very forward, but it requires you to let me put my hands under your bra.

Then, and only then can I tell you EXACTLY how old you are.'

They wait in silence on the empty street until her curiosity gets the best of her.

She finally blurts out, 'What the hell, go ahead.'

He slips both of his hands under her blouse and begins to feel around very slowly and carefully.

He bounces and weighs each breast.

He pushes her breasts together and rubs them against each other.

After a couple of minutes of this, she says, 'Okay, okay...How old am I?'

He completes one last squeeze of her breasts, removes his hands, and says, 'Madam, you are 50.'

Stunned and amazed, the woman says, 'That was incredible, how could you tell?'

The old man says, 'Promise you won't get mad?'

'I promise I won't,' she says.

'I was behind you at McDonalds.'

## March 2008

Website: [www.terrigoaltrotters.com.au](http://www.terrigoaltrotters.com.au)

Email: [trotters@tac.com.au](mailto:trotters@tac.com.au)

## Terrigo Trotters NEWSLETTER

Hi all,

### MILESTONES FOR FEBRUARY

#### 10 Run Trotters

#692 Andy Pether

#### 100 Runs

#522 Nicollette Rowe

This year's Bay to Bay fun run is getting up a head of steam.

It's a showcase event for Trotters, thanks to the hard work of the committee and volunteers. If you can help out in any way, contact a committee member, or better still, you can attend the next Bay to Bay meeting, at 7.30 pm on 17th March, at the Terrigo Surf Club.

The Sydney Half Marathon is looming! It's on May 18, and is a great run, not to mention a very social event for Trotters. Early entry is well advised - it sells out fast!

And good luck to those pounding away on 6ft track. May God have mercy on your souls.

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

## MARCH

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

## APRIL

- 5th Fatmans's Run
- 12th Marg's Meander
- 19th Hastings Road
- 26th Brooks Hill Time Trial

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

## 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

## MARCH 2008

### 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](mailto:raceorganiser@sixfoot.com).

### Sun16 Mar LINDFIELD ROTARY CLUB ANNUAL FUN RUN

5km Fun Run & 10km Fun Run Contact: MikePailthorpe  
email: [mikeadel@bigpond.net.au](mailto:mikeadel@bigpond.net.au).

### Mon 24 Mar HERALD HILL TO HARBOUR

Challenging 10km course runs from Dixon Park along Bar Beach, King. Edward Park, Newcastle and Nobby's Beach and the entire Honeysuckle Foreshore. Contact: Paul Humphreys. email: [admin@hevents.net](mailto:admin@hevents.net).

## APRIL 2008

### Sun13 Apr ASICS CANBERRA MARATHON AND ULTRA (ACT)

42.2km & 50km, 7am, Telopea Park High School, Canberra contact: Dave Cundy. email: [cundysm@ozemail.com.au](mailto:cundysm@ozemail.com.au).

## MAY 2008

### SAT-MON 3-5 MAY

#### WILD ENDURANCE 100K TEAM CHALLENGE

A 100K trek in the Blue Mountains for teams of 4-5. Fundraiser for Wilderness Society environmental campaigns. Contact: Sean Greenhill. email: [sean.greenhill@wilderness.org.au](mailto:sean.greenhill@wilderness.org.au).

### SUN 18 MAY

#### SYDNEY MORNING HERALD HALF MARATHON

Starts 7:30am from Lower Fort St, The Rocks, Sydney.  
Contact: Call 1800-555-514 during office hours

*This calendar information is sourced from the CoolRunning Website.  
For more detailed race and other running information visit [www.coolrunning.com.au](http://www.coolrunning.com.au)*

# 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

3RD March, 2008  
Terrigal Surf Lifesaving Club

### Meeting Open:

7:40pm

### Present:

Paul Davison, Rob Waite, Mike Gero, Bruce Renwick, Roger Matthews, Marg Aurisch, Mark Dunlop

### Apologies:

Barb Byrnes, Kev Andrews, Bev Andrews, Col Wood

### Adjustment to Previous Minutes:

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

Adjustment made to add Barb Byrnes and remove Bruce Renwick from the above committee.

### Casual Vacancy in the Office of Club Secretary:

The Committee welcomed Mark Dunlop to the Position of Club Secretary

### Club Person of the Month:

Wendy O'Shea – attendance count & drinks

### Athlete of the Month:

Darren McClellan – 1st Sri Chinmoy 16km Run at Iron Cove, Lilyfield 1:00:21

### Junior Athlete of the Month:

Charlie Brooks - Sri Chinmoy 8km Run at Iron Cove, Lilyfield 0:29:13

### Business Arising from Previous Meeting:

Uniform: Long Sleeve tops for winter. Paul to see Kerry from Runners Shop for ideas bring sample to next meeting.

25th Year Celebrations Event: Mike expressed need to do more to make the event special. Surf Club has been booked for mid August but it was thought that this may be too familiar and an alternate venue may be more appropriate. Working party to be formed to organize celebrations. Suggestion box to be placed out at Saturday Run for members input.

Proposal for 100 Runs Presentations: After consideration of changes to 100 Run Milestone Presentations, the committee decided that runners no longer be given three choices of award but the 100 run presentation be a towel for all runners reaching the Milestone. Presentation to be made by Club President. Moved by Barb Byrnes, seconded by Rob.

### Treasurers Report:

Statement of Receipts & Payments tabled by Roger Matthews

Receipts	\$833.50
Payments	\$285.77
Surplus	\$547.73
Money in Bank	\$12,843.81

Roger suggested that with interested rates high at the moment \$8000.00 be invested in fixed term bank deposit for a period of 3 months. Moved by Roger, seconded by Mike.

## EGGSALENT TEACHERER

Our very own quiet, shy Ross McGuigan TT#24 has been awarded "Excellence in Teaching 2007" by Kincumber High School for his student's outstanding results in both the School Certificate and Higher School Certificate 2007. The annual award is voted on by the School Principal and Executive, the School Parents and Citizens Association and the students at the School also reflecting his entire school involvement...they must love him...

Who would have thunk it!!!



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

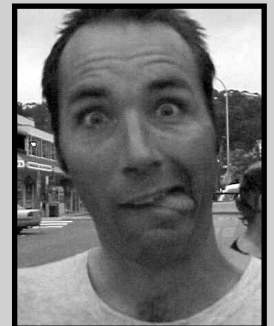
Do you need a public domain to voice your crazy and socially inappropriate rantings?

Then become a contributor to the newsletter.

**Email the editor: [chris@artitude.com.au](mailto:chris@artitude.com.au) or phone Chris on 4360 2579.**

Otherwise look for this friendly face.

Approach with caution.





# SIX AT SIX REPORT

## 13/2/08 - 30 Runners

1. Darren McClellan	19.19	1. Tara Wood	21.28
2. Charlie Brooks	19.57	2. Marimar Walton	23.12
3. Brett Starkey	19.58		
* Michael Fritsch	22.17 PB		

## 20/2/08 - 17 Runners

1. Charlie Brooks	19.48	1. Suzy Woodbury	24.02
2. Darren McClellan	19.51		
3. Brett Starkey	20.40		
* Michael Fritsch	22.12 PB		

## 27/2/08 - 26 Runners (Full 6km course)

1. Charlie Brooks	22.22	1. Suzy Woodbury	24.48
2. Darren McClellan	22.24	2. Marimar Walton	26.29
3. Carl Barker	22.40	3. Simone Harvey	28.32

## 5/3/08 - 22 Runners

1. Josh Wright	16.55	1. Suzy Woodbury	22.53
2. Charlie Brooks	18.51		
3. Carl Barker	19.21		
* Michael Fritsch	21.34 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



### ALWAYS TRYING TO HELP..

If you have a bad cough, take a large dose of laxatives, then you'll be afraid to cough.

Bruce thanked Roger for the work he puts into presentation and detail of the Financial Statements. Committee all agreed. Thank-you Roger.

### Correspondence:

Certificate of Currency from Austbrokers noting \$20,000,000 Liability cover.

### Safety & Marshalling:

After feedback from Safety Marshalls and runners including turning into Hillcrest St, the Brooks Hill Time Trial will no longer follow Hillcrest St and Ena St but finish outside Country Comfort approx 20 metres up from pedestrian crossing. Thank-you to Marshalls for help and feedback.

Mike put forward a motion of appreciation to Bruce for all his effort and time spent organizing and co-ordinating the time trials. Committee agreed. Thank-you Bruce.

### General Business:

Marg expressed a need by members taking on official roles within the club to attend meetings. Marg also noted section 18 (g) of the constitution: Casual Vacancies, For the purposes of these rules, a casual vacancy in the office of a member of the committee occurs if the member is absent without the consent of the committee from all meetings of the committee held during a period of 6 months.

Members with roles within the club unable to attend meetings, supply information relevant for decision making prior to meetings.

Bruce moved a motion to approach Kim Cook to research electronic methods of recording run attendance with an aim to improve the efficiency and accuracy. Seconded by Mike.

Mike approached by Policeman Sid in relation to a Terrigal Trotters participating in a Blood Donor Drive. It was decided to put an advert in the Club Newsletter.

Barb has been in touch with Tony Collins and they are working on a date for his Bridge Climb.

An Audit of the Run Attendance Books is due. This is to be done by a Committee Member and Run Attendance Books to be sighted at next meeting.

Runs for April 2008:

5th	Fatmans's Run
12th	Marg's Meander
19th	Hastings Road
26th	Brooks Hill Time Trial

### Next Meeting:

Monday 7th April 2008  
Terrigal Surf Lifesaving Club

### Meeting Closed:

9:50pm

### GET WELL

The good doctor, Andrew Mahoney is practising as a patient after a superman impersonation went horribly wrong.

He had an unplanned early exit from a flying fox and landed with a thud, with his heel taking pretty much all the impact.

The result was a smashed heel that required surgery. Unfortunately there were some complications and two more bouts of surgery. He now has a long and painful convalescence ahead. We wish him the very best for his recovery.

# RUN REPORT FOR FEBRUARY 2008

Whilst February has been a quiet month for races, many trotters have been training up for runs that are coming up in the next few months, including six foot track (March 8), Hunter 10km (March 24), Canberra Marathon (April 13) & SMH Half Marathon (May 18).

Whilst on the SMH half marathon, don't forget that entries opened this week for the event and they will fill up fast. This year the start & finish will be in Hyde park, however the rest of the run will be unchanged so you still get to run through some of the best parts of Sydney.

The Hunter 10km event is run through some of the beaches in Newcastle and finishes at the foreshore near the brewery. The course has a hill in the beginning but the remainder is pretty much downhill so if you are looking for a fast time for 10km and have nothing to do on Easter Monday then give it a go. Great way to get an extra run up for the Super 7 Competition.

## SUPER 7 PROGRESS

The top 15 placings in the Super 7 Competition at the end of February is as follow:

Barry Willis	833.0	Robert Scoines	756.7	Mike Randell	735.5
Carl Barker	782.0	Ian Temblett	751.8	Ken Hickson	717.7
Mat Robbie	772.0	Murray Antony	749.4	Wayne Daley	713.9
Greg Love	763.9	Kevin Dean	749.0	Heiko Schaefer	710.7
Adam Jordan	760.7	Charlie Brooks	748.1	Tara Wood	701.7

Some of these runners need to complete both the required number of races and satisfy the attendance criteria at trotters to be eligible for a placing. The competition finishes at the end of May.

## HILL TIME TRIAL

Another finish was trialled in the recent Hill Time Trial and reports back indicate that it is back to the drawing boards again.

It was a surprise to see Matt Robbie make a comeback to Trotters and post a great time of 33:02. Adam Jordan kept him honest with a time of 35:49 and looks to have recovered from his recent injury.

Some good runs were also recorded by the girls with Tara Woods running a 42:46 and Susie Woodbury posting 44:55. Susie has been improving her times and she has now broken under 45 minutes barrier. I am predicting that Hillary Wood and Debbie Wooden will be the next good performers based on their surnames.

Another runner worthy of comment is Bill Karskens who turns up for almost every time trial. He is a great example to those of us who may not feel like running. Bill gets out there at almost 82 and has a go. Great work Bill.

One other comment on the time trial was that I was running towards the back of the pack and it appears that some runners are not taking time trials seriously. This came



## WALK & TALKS

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

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

# FIVE MINUTES WITH A TROTTER

**Trotter Number:** #260

**Name:** Wendy O'Shea

**Married/Single**

**Occupation:** Engineering machinest



**Favourite Run:** Shelley Beach to Crackneck

**Favourite Distance:** 10km

**Race PB:** Never looked

**Your Shoe Brand:** Comfortable

**Other Sports:** Anything I can participate in - can't stand watching

**List Your Favourite:**

**Food:** Absolutely everything French

**Music:** Anything to dance to - waltzes to hip hop

**Actor:** Woody Allen

**Movie:** 'As it is in Heaven' & Foreign films

**Wine:** Water

**Travel Destination:** Terrigal on Saturdays - did all my travelling years ago.

**Vehicle:** Reliable with good radio

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

1. Good Music
2. Good food
3. Good Company

**If you were allowed accompanion, who would it be?**

My best mate - Wayne

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

Use my intuition, not my logic

as a complete surprise. Some of the runners were treating the event as a social outing and actually chatting on the run. I will not name names at this stage but they will know who they are.

## SRI CHINMOY IRON COVE 16KM

This run was on 24 February and was on a course known as the bay run which is around Drummoyne in Sydney. The race was won by Trotter Darren McClellan with a great time 1:00:21. This was a great result and some reward for the hard training Darren has been putting in for six foot.

An 8km event was also held on the day and another trotter Charlie Brooks won this event with a time of 0:29:13.

## CANBERRA TRAINING

We have a group of trotters who are training to run their first Marathon at Canberra in April. The group headed by Mark Dunlop can be seen out training most days and I am sure that we will see some good results from the team.

Another runner making a long awaited comeback in Canberra is Bruce Renwick (our time trial timekeeper). Bruce has some injuries over the past twelve months and it will be good to see him back competing. Bruce will have a new number at the beginning of his age by race day and should perform well. Bruce currently holds some Australian Age Records for 50kms.

## RUNNING TIP FOR THE MONTH

Do you want to know how to keep running PBs for as long as possible? Keep entering runs you have not done before and are different lengths that way they will always be PBs.

Kim Cook

Keeper of Race Results & Records

## 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.

The accommodation is booked for the nights of the 1/08/08 to end 3/08/08, the approx cost will be \$100.00 per person for the 2 nights, the accommodation is for 13 people so the first 13 in with a deposit get a bed, no kids.

For more information, contact Rob Wait.

## MINUTES OF BAY TO BAY MEETING

HELD AT 7.30PM ON MONDAY 18TH FEBRUARY 2008 AT TERRIGAL BEACH SLSC

### 1 Present:

Beverley Andrews, Craig Gustard, Roger Matthews, Paul Davison, Jenny Harwood, Margaret Aurisch, Barb Byrnes and Mike Gero

### 2 Apologies:

Kevin Andrews

3 Confirmation of previous minutes item 4.2 should read as "at various locations", not shopping centres. The minutes of the previous meeting were confirmed as a true and correct record. Moved Mike Gero, seconded Paul Davison.

### 4 Business arising from previous minutes

4.1 Crown Plaza has been booked for afternoon tea from 2.00 - 5.30pm on the Sunday afternoon after the run.

4.2 There are 6 X \$1,000 cash sponsors. ET Australia, Fortunity, Erina Diagnostic, Travelling Fit, Fitness First and Riddle Constructions. Bakers Delight has not confirmed their sponsorship. Tony Arico's Travel World is donating the participation prize of a holiday for 2. Travel World will not be mentioned on the front page of the entry form.

4.3 Central Coast Skips are giving vouchers.

The Runners Shop to confirm Brooks sponsorship.

Kevin Andrews is contacting Iguana Joes.

Boral has moved to Newcastle, Barb will contact them.

Budget is providing a truck.

Savvy fruits will provide fruit for the runners brunch

Simplicity Funerals and Stan Priestly Physiotherapist are each sponsoring \$500.

Newcastle Permanent and Rotary are possibilities.

Express Advocate will provide media support but will not be giving \$1500 therefore the run will be named Sea FM/Express Advocate Bay to Bay .

4.4 There will be on line entries as per last year. There will be a "yes"/"no" box on the entry form for entrants to tick for sponsor information. All sponsors logos are to be forwarded to Barb by the end of February so that the entry form can be prepared. Major sponsors logos will go on the back of the T shirt and the Terrigal Trotters logo will be on the sleeve.

### 5 New business

5.1 Craig Gustard presented a request for Central Coast Kids in Need to be the recipient of this years donation. Kids in Need provide financial assistance to Central Coast parents whose children require out of area hospitalisation. Kids in Need supported Craig's family by paying accommodation costs at Ronald McDonald House while his daughter Dana spent many months in Westmead Hospital. Barb Byrnes moved to accept CC Kids in Need as this years recipient of the Bay to Bay donation. Seconded Mike Gero. Accepted.

### 6 Treasurers report

The same as per last month. All invoices for new sponsors are to be paid by the end of February for the sponsors names to be included on the entry form.

### 7 Correspondence

A letter from Col Wood was tabled. The Historical Society cannot provide the tables for the drink stops and finish area. Bev Andrews will investigate tables.

### MY LIFE BROKEN DOWN INTO SEGMENTS



Whoever coined the phrase, 'Honesty is the best policy', was obviously never married to an insecure woman with a fat ass.

A bride on her wedding night says to her husband 'I must confess darling, I was a hooker'. He says 'That's alright, dear. Your past is your past, but I must admit that I find it quite erotic. Tell me about it'. She replies 'Well, my name was Nigel, and I played for Wigan'.

## BAY TO BAY 2008

All Trotters are aware of the sensational Bay to Bay Fun Run. If you know of a Business that might consider sponsorship with our 2008 Bay to Bay Fun Run. Please speak with Barb Byrnes or Paul Davison about the possibility of new Community Partners for the Bay to Bay.

Barb Byrnes M: 0434 645115

Paul Davison M: 0417 586395



## CROSS BORDER RIVALRY

Two boys in Sydney were playing football when one of the boys is attacked by a vicious Rottweiler.

Thinking quickly, the other boy rips a board off the nearby fence, wedges it down the dog's collar, and twists, breaking the dog's neck.

A Sydney Morning Herald reporter hears about the incident and rushes over to interview the boy.

"Young Swans Fan Saves Friend From Vicious Animal," he starts writing in his notebook.

"But I'm not a Swans fan," the little hero replies.

"Sorry, since we are in Sydney I just assumed you were," says the reporter, and he starts again.

"Roosters Fan Rescues Friend From Horrific Attack!" he jots in his notebook. "I'm not a Roosters fan either," the boy responds.

The reporter starts again: "Blues supporter risks life in heroic rescue!"

"I'm not a Blues fan either," the boy responds.

"I assumed everyone in Sydney was either for the Swans, Roosters or the Blues. What team do you cheer for?" the reporter asks.

"We are both from Brisbane and I'm a Maroons fan," the boy says cheerfully.

The reporter starts a new sheet in his notebook and writes:

"Little Redneck Cane Toad Bastard Vandalises Fence and Kills Beloved Family Pet."

### 8 Other business

8.1 Jenny Harwood is the contact person for the "chip".

8.2 Bev Andrews and Mike Gero will go to Gosford Council to look at stages.

8.3 Margaret Aurisch to contact Gosford Primary School for use of their hall on Saturday 14th June from midday to 4.30pm for entries.

8.4 Kilometre distances need to be repainted on the road.

8.5 Steve Jury has asked if he can be the coffee provider at the finish area.

8.6 1500 T shirts will be printed for this year.

9 Next meeting to be held on Monday 17th March at 7.30pm at Terrigal Beach SLSC.

### UPDATE ON MICHAEL AITKEN

The latest is that Michael has been in Rehabilitation for the past 8 days. He has not taken well to it, trying to dislodge feeding tubes and generally rejecting any form of help. He has had time in a wheelchair as part of the process, which must be extremely regimented for him to "recover".

As such, the Medical Staff have asked for NO outside visitors, cutting back the immediate family to just a few hours in 24, enabling a strict routine to be established.

This behaviour is considered "normal" in this instance, as the patient may realise, partially, the position he/she is in and totally reject it.... and Hate the world.

Marilyn, at this time, has also asked not to have contact with any "outsiders". She had the fact that Michael has suffered severe brain damage "dumped" on her "officially" last week by the medical staff and as such Reality has hit and she is doing it very tough.

As always, I will pass on any news I hear as soon as possible.

Ross

# JANUARY RESULTS

## HILL TIME TRIAL 23 FEBRUARY 2008

Position	Trotter #	GIVEN NAME	FAMILY NAME	TIME
1	449	Mat	Robbie	0:33:02
2	271	Adam	Jordan	0:35:49
3	90	Barry	Willis	0:37:28
4	665	Ian	Temblett	0:38:02
5	62	Scott	Antony	0:39:15
6	573	Darren	McClellan	0:40:05
7	643	Stuart	Baverstock	0:42:02
8	173	Mike	Randell	0:42:31
9	88	Greg	Love	0:42:33
10	266	Tara	Wood	0:42:46
11	668	Michael	Fritsch	0:43:01
12	No Number	Gary	Field	0:43:13
13	633	Andrew	Mildren	0:43:17
14	130	Kevin	Byrne	0:43:50
15	273	Steve	Fry	0:43:57
16	43	Kevin	Dean	0:44:20
17	576	Steve	Guest	0:44:48
18	676	Susie	Woodbury	0:44:55
19	638	Joe	Rolella	0:45:00
20	No Number	John	Glasson	0:45:05
21	568	Colin	Barnett	0:45:33
22	15	Murray	Antony	0:45:50
23	654	James	Moran	0:45:57
24	198	Danny	Moore	0:46:50
25	585	Peter	Jackson	0:47:06
26	671	Sky	Bloftwich	0:47:12
27	593	Steven	Gray	0:47:48
28	459	Elissa	Gribble	0:47:53
29	No Number	Tom	Robertson	0:48:36
30	607	Jeff	Dick	0:48:50
31	276	Tom	McNally	0:49:46
32	441	Adam	Gray	0:50:31
33	27	Ken	Hickson	0:50:31
34	258	Adrian	Smith	0:50:31
35	590	Tina	Baverstock	0:50:37
36	575	John	McEntee	0:50:41
37	1	Kevin	Andrews	0:50:50
38	8	Steve	Hughes	0:50:51
39	544	Craig	Gustard	0:51:05
40	556	Chris	McInerney	0:51:10
41	570	Mandy	Collins-Woolcock	0:51:43
42	No Number	Ray	Sanna	0:51:51
43	407	Greg	Slade	0:51:57
44	No Number	Matt	Robertson	0:52:06
45	683	Cathy	Donnet	0:52:09
46	No Number	Kim	Robins	0:52:09
47	No Number	Darrel	Robins	0:52:10

## FEBRUARY TIME TRIAL (Continued)

48	678	Gina	Wilson	0:52:28
49	366	Wayne	Evans	0:52:34
50	548	Dave	Hopkins	0:53:03
51	515	Barry	Bowden	0:53:05
52	680	Robbie	Soede	0:53:09
53	21	Dennis	Robertson	0:53:11
54	12	Keith	King	0:54:06
55	506	Kim	Mahoney	0:54:06
56	92	Mike	Osbourne	0:54:08
57	385	Nick	Dent	0:54:27
58	16	Peter	Nickless	0:54:43
59	505	Greg	Brown	0:55:20
60	168	Cathy	Toby	0:55:29
61	390	Hilary	Wood	0:55:35
62	302	Dot	Stockwell	0:55:44
63	217	Jeanette	Dillon	0:55:46
64	558	Tania	Thompson	0:56:13
65	No Number	Tammy	Shafer	0:56:48
66	486	Jo	Ridley	0:57:52
67	107	Lyn	Bromwich	0:58:17
68	669	Chris	Scarlett	0:58:41
69	No Number	Lisa	Vaughan	0:58:49
70	631	Wayne	Doherty	0:59:32
71	494	Mark	Rollins	0:59:37
72	211	Rob	Wait	0:59:51
73	673	Kevin	Lohan	1:01:37
74	675	Simone	Harvey	1:02:30
75	602	Jason	Menzies	1:03:01
76	395	Neil	Dovell	1:03:22
77	135	Marg	Harivel	1:04:21
78	503	Robyn	Pallas	1:05:31
79	345	Lori	Baldoni	1:06:49
80	481	Tony	Collins	1:18:25
81	531	Mark	Tuxford	1:18:25
82	436	Bruce	Abrahams	1:27:19
83	239	Bill	Karskens	1:37:52

## NEW ZEALAND IRONMAN TRIATHLON

Craig Gavin and Carl White braved very tough conditions to finish the New Zealand Ironman last week. A hard day at the office.

Well done lads!!

	Swim	Bike	Run	Total
Gavin, Craig	01:12:22	06:52:53	06:40:13	15:00:20
White, Carl	01:12:26	06:50:50	05:03:33	13:23:29