

the last word...

KEVIN THE CHICKEN.

Trevor the farmer was in the fertilised egg business.

He had several hundred young layers (hens) called 'pullets' and eight or ten roosters to fertilise the pullets' eggs.

Trevor kept records and any rooster that did not perform went into the soup pot and was replaced.

That took an awful lot of his time so he bought a set of tiny bells and attached them to his roosters. Each bell had a different tone so Trevor could tell from a distance, which rooster was performing. Now he could sit on the porch and fill out an efficiency report simply by listening to the bells.

The farmers favourite rooster was Kevin, and a very fine specimen he was too, but on this particular morning Trevor noticed Kevin's bell had not rung at all!

Trevor went to investigate.

The other roosters were chasing pullets, bells-a-ringing. The pullets, hearing the roosters coming, would run for cover but to farmer Trevor's amazement, Kevin had his bell in his beak, so it couldn't ring. He'd sneak up on a pullet, do his job and walk on to the next one.

Trevor was so proud of Kevin, he entered him into the Brisbane Exhibition and Kevin became an overnight sensation among the judges.

The result?

The Judges not only awarded Kevin the No Bell Piece Prize, but they also awarded him the Pulletsurprise.

April 2008

Website: www.terrigoaltrotters.com.au

Email: trotters@tac.com.au

Terrigo Trotters NEWSLETTER

MILESTONES FOR MARCH

10 Run Trotters
#693 Kathy Matri
#694 Candy Hoddinott

300 Runs
Greg Love

500 Runs
Bill Karskens
Paul Davison

700 Runs
Doug Lyndsay

Hi all,

Do you have piles of old running shoes cluttering the wardrobe? Here at trotters we like to help you with this type of domestic conundrum. You may remember a program to donate used running shoes to countries less fortunate than ours. Well, it's on again.

The shoe program needs any runners, clean and washed, tied in pairs and still in reasonable condition, in any size, childrens or adults to send to a relief program in Papua New Guinea. A collection basket will be placed at Trotters for the next two weeks after the newsletter beginning April 26. Alternatively you can contact Liza Whitfield on 0401718407 if you need further details.

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

APRIL

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

MAY 2008:

- 3rd Waterslide
- 10th Avoca Steps
- 17th Fragrant Gardens
- 24th Matcham
- 31st 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

APRIL 2008

Sun 13 Apr ASICS CANBERRA MARATHON AND ULTRA (ACT)

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

Sun 20 Apr NSW MOUNTAIN RUNNING CHAMPIONSHIPS

NSW Mountain Running Championships, O'Briens Rd, Figtree,
Wollongong. Contact Geoff Stalker. Email: riandale@optusnet.com.au

Sun 27 Apr RELIANCE CREDIT UNION BATHURST HALF MARATHON AND 10KM

Ideal lead up to Sydney Half in a great country setting. 9am start.
Email: bathursthalfmarathon@aapt.net.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.

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

Sat-Sun 17-18 May THE NORTH FACE 100

A 100km trail running event in the World Heritage listed Blue
Mountains open to individuals and teams of 2 (50km each).
Contact: Alina McMaster. email: info@arocsport.com.au.

JUNE

Sun 8 Jun MACLEAY RIVER MARATHON

Full Marathon, 1/2 Marathon, 10k run, 5k walk
Contact: Mary Dunkley. email: macsaw@midcoast.com.au.

*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: Mark Dunlop



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



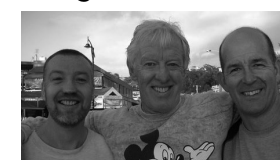
Mike Gero



Rob Waite



Marg Aurisch



The Elders

Public Officer: Leon Harradine

TERRIGAL TROTTERS MINUTES OF MEETING

7th April, 2008 Terrigal Surf Lifesaving Club

Meeting Open:

7:30pm

Present:

Paul Davison, Barb Byrnes, Rob Waite, Mike Gero, Bruce Renwick, Roger Matthews, Marg Aurisch, Wendy O'Shea, Mark Dunlop

Apologies:

Kev Andrews, Bev Andrews, Jenny Harwood

Adjustment to Previous Minutes:

Milestone Presentation to be made by Club President. Moved by Barb Byrnes, seconded by Rob.

Adjustment: moved by Rob seconded by Marg.

Business Arising from Previous Meeting:

Mark Dunlop to investigate electronic methods of recording run attendance. Possible use of barcode scan technology with each trotter having a card attached to keyring to scan run attendance uploaded directly to portable device such as laptop or PDA. Mark to report back next meeting.

Rob and Barb conducted an audit of Run Register. Adjustments made and now correct as at 22/03/2008.

Paul to organize prototype long sleeve coolmax top. Tops to incorporate reflective stripe and should cost \$35.00 each. To be sold to members as cost.

Paul has sourced Brooks reflective wristbands to improve visibility and safety of runners when running in dark/low light. Bands usually sell for \$20.00 a pair but available to Trotters at \$10 a pair. Trotters to buy 75 pairs and split packs & sell at cost to members for \$5.00 each. Moved by Paul, seconded by Marg. Barb organizing hooded jumpers for Bay to Bay also to organize a hooded jumper for Trotters. Prototype/example for next meeting.

24 towels for 100 runs milestones have been handed out with 6 yet to be presented. Barb to check how many towels were ordered last time and decide if more need to be ordered.

Barb unable to meet with Tony regarding Bridge Climb. To catch up with Tony next couple of weeks.

Club Person of the Month:

Nil

Athletes of the Month:

Matthew Robbie 2nd place 6 Foot Track

Darren McClellan PB 6 Foot Track 4:09:21

Graham Ridley PB 6 Foot Track 4:51:58

Nicholas Thompson PB 6 Foot Track 5:31:27

Susan McBride PB 6 Foot Track 5:44:40

Kim Cook 8th place Great Ocean Run 4:01:09

Treasurers Report:

Receipts \$

Payments \$

Surplus \$

Money in Bank \$

Moved by Barb, Seconded by Mike

Correspondence In:

Email from Stuart Eddy regarding safety.

Committee acknowledges email and points made. Committee resolved to no longer man pedestrian crossing but keep Safety Marshall at start of path from car park to direct runners to remain on path side of barrier when running up hill at start of run.

Also, runs to for month of April to remain unchanged but all future runs to be considered for safety e.g. considering available light, not running on trail when too dark.

Committee understands Trotters run for fun but there was a need to ensure safety.

General Business

Marg & Paul suggested it would be beneficial for Office Bearers & Committee Members to have Statement of Duties. This would help to define roles. Persons taking on roles would know what the role entails. Each Office Bearer and Committee Member to draft own Statement of Duties using the draft Volunteers Coordinator as pro-forma. Mike to draft Vice Presidents. All Statements of Duties to be tabled at next meeting.

PORT MACQUARIE IRONMAN

For those that don't know, it's a 3.8k swim, 180k bike and a 42.2k run. Friday night carbo dinner was the usual nervous scenario with the main question being "What'll you do on the day. The expected answers range from "I don't know" to "hope I finish". As a previous finisher, I had no real concern for the time I would take. I don't even wear a watch these days – I need a calendar, not a clock.

Saturday was a good day. Everyone was buying things they don't need for the race – me included.

This year I had a new bike and new bike shoes so I got a new helmet as well. That way my head could be as sore as my feet and bum (from the new bike seat). I went through my usual pre-race procedure of checking my bike into the compound and then set about relaxing for the day. Fish and chips and dim sims for lunch is now the required food for a perfect race. Rice and veggies for tea and Rocky and Braveheart on the tele – what could be better?

Up at 4.00am to the sound of pouring rain – only worry about the things you can change, I thought. Down to the swim area, wetsuit on and into the water at 6.20. Give the bride a kiss and I'm on my way.

What a fight! After telling all around me the rules - to stay in their lanes and no overtaking – that lasted until the cannon sounded. Everyone wanted my bit of water. I have never been so bashed in the swim – 1000 people came in in the 10 minutes from 60 to 70 minutes. I told Bev that I would probably do about 70 minutes and that's exactly what I got.

Out of the wetsuit and onto the trusty steed – only 180 ks to go. After about 10 ks, I got a bit of a rattle and had to go the bike mechanics on the course. Couldn't find anything wrong so I'm back on my way. 60 ks down and my gears wouldn't drive go so off to the bike mechanics again – result – new wheel. On my way again but things weren't so good. Gears didn't mesh properly – oh well just keep going – remember just worry about the things you can change. Coming into town with 60ks to go my left pedal was coming off. "I thought something didn't feel right - so off to the bike mechanics again. Got that fixed but now I couldn't change gears. After 6 staops at the mechanics I'd finished the bike.

Time now for the run. I was probably a little under-done in the run department (and the swim and the bike) so I wasn't expecting anything great. But!!! I had a fantastic time. 14ks went so fast – only 2 laps to go. Would you believe it but on the breakwall was a bloke with a guitar – I couldn't resist it. After playing about 3 songs I was on my way again; now about 22ks under my belt and I was feeling great.

Came back into town and guess what – played another couple of songs. Now I had done 28ks – only 14 to go. Went back out into the dark to Settlement Point and headed back into town to be cheered by the crew. Now only 6 or 7 ks to go. Got to the turn-around and headed to the finish – 3 ks to home. I was feeling terrific and really enjoyed the crowd and the fellow competitors. Ended up with a 13.37 but who cares – I had a great day.

Thanks to all of the supporters who journeyed to Port to cheer us on. It really was greatly appreciated.

Kevin Andrews



SIX AT SIX REPORT

12/3/08 - 19 Runners

1. Matt Robbie	17.18	1. Tara Wood	23.16
2. Josh Wright	19.12	2. Marimar Walton	23.18
3. Charlie Brooks	20.48	3. Kate Keogh	38.28

19/3/08 - 15 Runners

1. Josh Wright	18.19	1. Tamara Cox	22.03
2. Ian Tremblett	19.28		
3. Charlie Brooks	20.03		
* Michael Fritsch	21.10 PB		

26/3/08 - 24 Runners (Full 6km course)

1. Charlie Brooks	22.28	1. Tamara Cox	25.42
2. Darren McClellan	23.42	2. Sharon Harrison	28.22
3. Michael Fritsch	24.18 PB		

2/4/08 - 16 Runners

1. Josh Wright	18.29	1. Tamara Cox	22.31
2. Brett Starkey	18.35		
3. Charlie Brooks	19.52		

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



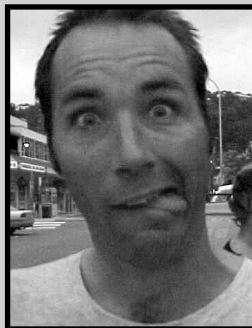
You can purchase your official terrigal trotters uniform from
THE RUNNERS SHOP



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.



Runs for May 2008:

3rd	Waterslide
10th	Avoca Steps
17th	Fragrant Gardens
24th	Matcham
31st	Flat Time Trial

Next Meeting:

Monday 5th May 2008 Terrigal Surf Lifesaving Club

Meeting Closed:

9:30pm

MILESTONE RUNS

Recently, the mottly crew pictured below celebrated 100 runs.

We at trotters think that's a top effort and should be applauded.

The general public just think you're nuts. Comments courtesy of our fearless leader (President Davo)

100 runs

Barry Bowden – Seems like a top bloke, apprehension with his Peninsula Hashie Origins

Kim Mahoney – Hardcore Runner, married to Flying Foxy Hardcore who was a runner once upon a time

Sue McBride – A dedicated and serious Runner, heading towards elite level

Chris McInerney – A optimistic influence at Trotters, for this reason Chris stands out from the crowd

Steve Gray – One of the 1st to arrive every Saturday morning to ensure a seeded position on the line

Laurie Stopford – A quiet and unassuming chap, for this reason Laurie stands out from the crowd.

300 runs

Greg Love – as per Barry Bowden



Laurie Stopford

Left to right: Barry Bowden, Kim Mahoney, Sue McBride
Chris McInerney, Greg Love, Steve Gray.

RUN REPORT FOR MARCH 2008

SIX FOOT REPORT

The Six Foot Track event on 8th March, saw 24 trotters front up. The full results have been published in the newsletter and on the website but some of the highlights were Matt Robbie coming second (2 years in a row), at least 7 trotters making their debut run and another 7 doing PBs.

Most of the first time runners have indicated they will be back next year to shave a few more minutes off their times. I will certainly be back to give it another go and hopefully run a few more of the hills. For anybody looking for a bigger challenge it will soon be time to start training for 12 foot track which comes around in August.

FLAT TIME TRIAL

The March Flat Time Trial saw a field of 99 runners line up with Ian Temblett again taking advantage of the absence of some regulars to take first place with a time of 37:18. Second home was up and coming junior runner Charlie Brooks in a time of 38:07.

It was good to see Rob Scoines make a reappearance to finish in 39:50. Tara Woods had another good run to be first female home in 40:44. Kev Dean continues to bring his times down and finished in 42:06. Kev also finished with the most AG Points for the event with a massive 793.4 which should see him finish strongly in the super7 competition.

HUNTER – HILL TO HARBOUR 10KM RUN

A few trotters ventured up to Newcastle on Easter Monday to compete in this fun run. Ian Temblett was the first trotter home in a time of 37:19. It was good to see Mike Gero back competing finishing in a time of 49:14.

LINDFIELD 10K RUN

This run is a regular with a few trotters, with Charlie Brooks taking out his age group and also finishing in 7 place in a time of 35:36. Tara Woods also returned to record a time of 40:27 for the 10km.



WALK & TALKS

The walk and talk group on Sunday 27th April will be the Cowan to Brooklyn walk. The train leaves Gosford station at 7.12am and arrives at Cowan at 7.48am. This is a 4 hour walk through some of the most beautiful scenic tracks in NSW. Bring a back pack with plenty of food and drink. Lots of stops on the way and finish with lunch at the Hawkesbury River Marina.

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

FIVE MINUTES WITH A TROTTER

Trotter Number: #345

Name: Lori Baldoni

Married Single

Occupation: Teacher



Favourite Run: Kincumber Mountain

Favourite Distance: 10km

Race PB: Finishing 6 ft track - before the sweep!

Your Shoe Brand: Saucony

Other Sports: Biking, bushwalking, swimming, anything outdoors!

List Your Favourite:

Food: Pasta

Music: Rock 'n' roll

Actor: Alice McConnell (my step-daughter)

Movie: Forrest Gump

Wine: Beer

Travel Destination: Anywhere and everywhere (p articularly with mountains to conquer or terrain to explore)!

Vehicle: Toyota Kluger

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

1. Running shoes
2. Bikes and kayaks
3. Surf board for Greg

If you were allowed accompanion, who would it be?

My husband Greg

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

The ageing process

If you must choose between two evils, pick the one you've never tried before.

RED ROCK TO COFFS – WATERWORLD GREAT OCEAN RUN

This run is a 45km run along the beach, over and around some headlands and was held on 30 March. The run has been going for 13 years and this year attracted 65 starters. Trotter, Steve Sayers won the event last year and this year finished second by around 1 minute (3:27) after running with the winner up to the 43km mark.

I ran the event for the first time this year and thoroughly enjoyed the experience. The event started on the northern end of Red Rock beach at 6:30am with almost total darkness. Most of the beaches are hard and good to run on although there were a few soft patches early on and a few waves chasing runners until the tide subsided.

There were a few creek crossings along the way which were mostly waist deep and one headland where we had to go around the headland with waves battering runners up against the rock. I had a good run and finished in 8th Place with a time of 4:01:07. The good news about the event is that because of the soft surface recovery is very fast. Anybody looking for a scenic adventure should put this event in there diaries.

CANBERRA MARATHON

The Canberra Marathon is on this weekend and we have lots of trotters going down to do the 10km, marathon and 50km event. We also have a group of about 12 who are doing their first marathon. I hope you all get the times you are hoping for, you will have plenty of other trotters out on the course supporting you.

IRONPERSON TRIATHLON

Congratulations to Kevin Andrews and the other trotters on completing another Ironperson (I know we should not mention these events). Just remember - 'Triathlons - for those who can't run the distance.'

RUNNING TIP FOR THE MONTH

The person running beside you is probably feeling just as bad or even worse than you – so pass them and see if its true.

Kim Cook

Keeper of Race Results & Records

MINUTES OF BAY TO BAY MEETING

HELD AT 7.30PM ON MONDAY 17TH MARCH 2008 AT TERRIGAL BEACH SLSC

1 Present

Roger Matthews, Barb Byrnes, Mike Gero, Bev Andrews, Paul Davison, Jenny Harwood, Margaret Aurisch and Kevin Andrews.

2 Apologies

Cathy Toby

3 Confirmation of previous minutes

The minutes of the previous meeting were confirmed as a true and correct record. Moved Jenny Harwood, seconded Paul Davison.

4 Business arising from previous minutes

4.1 There are 8 X \$1,000 sponsors.

Brooks are supplying 5 X Brooks Vapor shoe vouchers and 10 Brooks caps. Letter of acceptance to be sent in response to their email to Bev Andrews.

4.2 Kids in Need have been officially notified that they are this years recipient of our donation.

4.3 On line entries will close on the 11th June. The entry form is ready for printing.

4.4 The t-shirts will be: black for competitors, white for volunteers. 1500 shirts have been ordered. Will decide at a later date if orders will be taken for additional t-shirts if entries exceed 1500.

4.5 8 tables are required for drink stops and 10 for the finish area. Unsure where the tables are coming from.

4.6 Gosford Council is supplying the stage. It is 4.8m X 2.3m.

5 Treasurers report

\$5,500 has been received from the sponsors already.

6 Correspondence

Received sponsorship contract from Express Advocate

Letter sent to printer requesting 3,000 entry forms

Received email from Brooks confirming their sponsorship

7 Reportss

Fortunity tape will be used at the starting line and Sea FM tape will be used for the first male and first female at the finish.

Star picketts are required for the finish area, Mike Gero to organise this

2 volunteers are needed at the start and 6 at the finish to assist with timing chips. Gloves are needed for the volunteers, Paul Davison will organise this.

Newcastle Permanent will provide volunteers.

Roger Matthews will investigate sending email entries to past entrants. Jenny has volunteered Craig Gavin to do this.

Mike Gero will organise tents for the finish area from Surf Life Saving. 10 tents are required.

A "PAID" stamp is needed when taking entries on race day. Jenny Harwood will organise this.

10 portable toilets are needed with 6 at the start and 4 at the finish. The 4 at the finish area are to be placed on the grass area near the road to avoid people walking in front of competitors as they are approaching the finish line.

8 General business

8.1 Cathy Toby has volunteered to organise the runners breakfast.

8.2 A large number of volunteers are needed as course marshalls and to assist with pitching tents and various other duties at the finish area. It is hoped that as many Trotters as possible will be available as volunteers on the day of the run. Over the next few weeks, the volunteer co-ordinator will be asking Trotters for their assistance.

9 Time and venue for next meeting

Monday 21st April 2008 at 7.30pm at Terrigal Beach SLSC.

some kind of primal scream thing started happening and the only thought in my head was "JUST LAY DOWN IN THE FOETAL POSITION IN THE DIRT", which didn't help at the time.

This was my fourth Six Foot Track. It seems to be my destiny to do it while carrying injury, infection or broken toe.

The first three went like a dream. This one made up for the good times by being the hardest event I've ever done in my life, by a factor of 100, and that includes last year's Trailwalker (100km of overnight, bush-bashing bliss with expletives.)

But it was worth it for the end.

After 44km of absolute *&#@\$%^, I ran the last downhill section like an idiot, just to get it done.

And when I ran through the finish, realised I was still alive and hadn't lost my bodily functions in the process, I was - and there's no other word to describe it - elated.

That sensation was made even better when Barb Byrnes appeared a minute or two later and agreed to fulfil my dying request for a coffee. She is a goddess.

Of course the flu turned to bronchitis that following week, and started heading for pneumonia until some antibiotics they usually give to horses took effect.

So that is my Six Foot Track story, apart from saying Chris Hatcher might have beat Sue McBride by only a fraction (and the difference was probably because she stopped to do her caring and sharing "You right then?" with me), but at the end she looked a hell of a lot better in a pair of shorts than he did, which is the most important thing.

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.

Six Foot Track

Observations from one sick lady... Jo McCarthy

The Six Foot Track is a demanding event, taking in a mountain range, a river, a slippery start where you can break an ankle while you're whining about getting your shoes muddy, and a finish that can have you hurtling to certain death if you stuff it up.

It takes training, endurance, physical and mental application and bandaids.

People don't normally start its magnificent 46km with the flu. This year, I decided to give it a whirl.

I didn't know I had the flu at the start, but at about the 5km mark, when all the energy in my body drained out through my feet as if someone had turned on a tap, I knew I did. I, personally, and after much thought, do not recommend anyone run the Six Foot Track with the flu.

It hurts.

My running partner until the 5km point was Sue McBride. We had been laughing and singing. Sue had been telling me all the secrets of her sex life (after a few months of Six Foot Track training we were up to Volume 7 - the Teenage Years), the birds were twittering, the sky was overcast and we were on fire.

And then the energy- draining thing happened, Sue abandoned me after a caring and sharing "You right then?", leaving a whirl of dust in her wake, and I spent the next six hours and 41km staying on my feet, while fairies and dragons and a couple of creatures out of the Star Wars bar scene flapped around my head.

The good thing about doing distance events is that you learn things about yourself. You learn your limitations, you learn what food and drink can stay in your stomach after a few hours, and how much you care if a bunch of guys runs past at the 42km mark while you're taking a leak behind a bush with no leaves. (Answer: I didn't give a bugger.) I learnt that when I have the flu while doing the Six Foot Track, I don't like climbing hills, which is a bummer given the flogging mountain in the middle of it.

I learnt that I can't stop at drink stops when I have the flu while doing the Six Foot Track, because I either want to vomit or faint.

I learnt that the fabulous kick you normally get when you cross the road with 39km behind you and only 7km to go doesn't happen when you have the flu. Instead I tried to kick for about three steps before

ANZAC DAY



Leon's Breakfast Run

6-30AM @ 39 Abundance St

Kincumber

B.Y.O. Bacon & Eggs/Kippers

BBQ Available

Health Food Supplied

Families Welcome-Walkers OK

Please Advise your Attendance

43 681937

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

MARCH RESULTS

MARCH FLAT TIME TRIAL

Position	Trotter #	NAME	TIME	AG POINTS	Position	Trotter #	NAME	TIME	AG POINTS
1	665	Ian Temblett	0:37:18	769.1	51	248	Les Lowe	0:49:13	610.3
2	660	Charlie Brooks	0:38:07	739.4	52	548	Dave Hopkins	0:49:31	616.6
3	658	Mark Dunlop	0:38:17	704.6	53	596	Lynne Pinsent	0:49:33	656.8
4	573	Darren McClellan	0:38:32	700.0	54	506	Kim Mahoney	0:49:34	634.9
5	643	Stuart Baverstock	0:39:37	680.9	55	399	Col Price	0:49:54	622.1
6	410	Robert Scoines	0:39:50	748.2	56	21	Dennis Robertson	0:50:07	630.2
7	376	Simon Warren	0:40:29	No DOB	57	678	Gina Wilson	0:50:14	595.6
8	173	Mike Randell	0:40:38	751.4	58	480	Jodie Henderson	0:50:43	531.8
9	668	Michael Fritsch	0:40:41	663.0	59	502	Heiko Schaefer	0:50:46	701.4
10	266	Tara Wood	0:40:44	734.5	60	NN	Stuart Bailey	0:52:26	524.1
11	NN	Jason Kirksmith	0:41:11	655.0	61	574	Cheryl Nas	0:52:32	No DOB
12	267	Wayne Daley	0:41:53	717.2	62	16	Peter Nickless	0:52:35	629.0
13	633	Andrew Mildren	0:41:57	673.9	63	NN	Tammy Shafer	0:52:47	577.3
14	43	Kevin Dean	0:42:06	793.4	64	679	Karen Boyd-Skinner	0:53:08	578.0
15	598	Gary Pickering	0:42:18	721.8	65	623	Paul Theys	0:53:26	581.0
16	NN	Gary Field	0:42:24	648.1	66	558	Tania Thompson	0:53:46	590.2
17	637	Matthew Chapman	0:42:30	637.7	67	NN	Adam Prater	0:54:16	497.1
18	638	Joe Rolella	0:42:41	631.9	68	168	Cathy Toby	0:54:23	598.5
19	NN	Mitch Baker	0:42:52	710.8	69	631	Wayne Doherty	0:54:48	548.1
20	646	Matt Baker	0:42:53	682.0	70	669	Chris Scarlett	0:55:21	487.3
21	441	Adam Gray	0:42:56	635.6	71	677	Rod Northey	0:55:24	486.9
22	654	James Moran	0:43:00	634.6	72	NN	Steve Coote	0:55:36	485.1
23	273	Steve Fry	0:43:11	624.6	73	486	Jo Ridley	0:56:19	577.9
24	519	Marimar Walton	0:43:49	706.6	74	508	Barb Byrnes	0:56:34	637.5
25	568	Colin Barnett	0:43:59	652.3	75	447	Brett Larkin	0:56:52	528.2
26	585	Peter Jackson	0:44:06	692.3	76	586	Donna White	0:57:02	524.5
27	640	Dean Rivelli	0:44:22	608.0	77	599	Tracey Stein	0:57:08	564.8
28	88	Greg Love	0:44:23	693.6	78	NN	Debra Morris	0:57:15	522.6
29	420	Mark Tucker	0:44:23	607.7	79	504	Sid Walsh	0:57:26	581.6
30	684	Nicole Mitchell	0:44:36	672.5	80	81	Tony Collins	0:57:28	569.9
31	357	Jamie Barnes	0:44:37	604.6	81	612	Bill Diebert	0:57:28	No DOB
32	15	Murray Antony	0:44:50	717.2	82	217	Jeanette Dillon	0:57:51	572.6
33	517	Dave Byrnes	0:45:01	707.9	83	135	Marg Harivel	0:57:52	599.2
34	607	Jeff Dick	0:45:59	664.0	84	17	Margaret Aurisch	0:58:33	622.3
35	8	Steve Hughes	0:46:01	686.4	85	452	Debbie Wooden	0:58:55	567.2
36	311	Chris Hatcher	0:46:07	617.5	86	283	Doug Howard	0:59:16	510.9
37	459	Elissa Gribble	0:46:23	645.0	87	395	Neil Dovell	0:59:29	513.2
38	NN	Andy Pether	0:46:24	581.3	88	602	Jason Menzies	1:00:00	449.6
39	NN	Tom Robertson	0:46:33	579.4	89	NN	Louise Trigg	1:01:00	524.6
40	546	Sharon Harrison	0:47:16	655.0	90	NN	Kim Marks	1:02:03	482.5
41	258	Adrian Smith	0:47:29	598.1	91	106	Myles Byrne	1:02:57	530.6
42	590	Tina Baverstock	0:47:30	657.1	92	503	Robyn Pallas	1:04:02	552.0
43	593	Steven Gray	0:47:34	676.0	93	345	Lori Baldoni	1:05:38	513.8
44	544	Craig Gustard	0:47:47	564.5	94	674	Alex Holbeach	1:05:49	474.2
45	352	Graham Davis	0:48:25	646.6	95	626	Kathy Wilson	1:06:13	479.2
46	NN	Darrel Robins	0:48:43	593.2	96	NN	Kathy Matri	1:06:15	479.0
47	NN	Kim Robins	0:48:44	673.7	97	538	Laurie Stopford	1:11:03	506.9
48	681	Sasha Frankel	0:48:49	649.1	98	436	Bruce Abrahams	1:26:50	410.1
49	682	Jasmin Frankel	0:48:49	649.1	99	239	Bill Karskens	1:33:00	468.9
50	556	Chris McInerney	0:49:00	644.6					

HUNTERS HILL TO HARBOUR 24 MAR 2008

Overall Position	Time	Name	Category	Cat Pos
12	0:37:19	Ian Temblett	M40-49y	4
37	0:41:19	Daniel Moore	M40-49y	9
44	0:41:54	Jason Freney	M30-39y	12
46	0:42:04	Michael Randell	M50-59y	4
159	0:47:31	Steven Gray	M50-59y	13
212	0:49:14	Mike Gero	M60-69y	4

SIX FOOT TRACK 8 MARCH 2008

OverallPos	Firstname	Lastname	Time
2	Matthew	ROBBIE	3:25:16 2nd Place
24	Mark	BATTISTELLA	4:03:46
30	Darren	MCCLELLAN	4:09:21 PB
50	Greg	LOVE	4:19:23
56	Ian	TEMBLETT	4:23:26
68	Carl	BARKER	4:29:13
123	Kim	COOK	4:46:07 PB - Debut
136	Gary	PICKERING	4:49:06 PB - Debut
141	Mark	TUCKER	4:49:50
154	Graham	RIDLEY	4:51:58 PB
186	Sarah	SCRIVENER	4:55:47 PB - Debut
243	Dave	BYRNES	5:04:08
360	Allen	PEARSON	5:23:17
370	Tim	FRYIRS	5:25:21
373	Michael	HULL	5:25:46
415	Nicholas	THOMPSON	5:31:27 PB
465	Robert	ELLERSHAW	5:40:49
481	Chris	HATCHER	5:42:34
485	Colin	PRICE	5:43:09 PB - Debut
494	Susan	MCBRIDE	5:44:40 PB
566	Cathy	DONNET	5:56:35 PB - Debut
567	Darrel	ROBINS	5:56:36 PB - Debut
626	Debbie	WOODEN	6:12:10 PB - Debut
693	Joanne	MCCARTHY	6:31:17

WATERWORLD GREAT OCEAN RUN 45KM 30 MAR 08

Position	Name	Time
2	Steve SAYERS	3:27:46
8	Kim COOK	4:01:09

CANBERRA MARATHON 13TH APRIL

Position	Name	Net Time			
426	Mel ROBBIE	3:39:14			
92	Simon WARREN	3:05:45	429	Allen PEARSON	3:39:21
125	Darren MCCLELLAN	3:10:55	439	Debbie BLOFFWITCH	3:40:22 Debut
139	Greg LOVE	3:13:04	519	Graham RIDLEY	3:47:48
149	Gary PICKERING	3:13:59	536	Yolande WALKER	3:49:39 Debut
178	Bruce RENWICK	3:16:28	597	Jaye BLOFFWITCH	3:55:15 Debut
204	Matthew ROBBIE	3:19:28	598	Skye BLOFFWITCH	3:55:33 Debut
283	Mark DUNLOP	3:27:58 Debut	760	Steven GRAY	4:09:20
361	Kim COOK	3:34:26	788	Dina BATT	4:13:04 Debut
403	Allison ALLEN	3:37:24 Debut	1007	Donna WHITE	5:16:54 Debut
416	Monica NICOL	3:38:03 Debut			