

the last word...

An Australian guy decides to travel around the Greek Islands.

He Walks into a bar and Jill (the Australian Barmaid) takes his order, a Fosters, and notices his accent.

Over the course of the night they get to know each other.

At the end of Jill's shift he asks her if she wants to come back to his place and have sex with him. Although she is attracted to him she says no. He then offers to pay her \$200 for sex. Jill is travelling the world and because she is short of funds she agrees.

The next night the guy turns up again, orders Fosters and after showing her plenty of attention throughout the night he asks if she will sleep with him again for \$200. Jill remembers the night before and is only too happy to agree.

This goes on for 5 nights. On the 6th night the guy comes in, orders Fosters and sits in the corner. Jill thinks that if she pays him some more attention then maybe she can then shake some more cash out of him again, so she goes over and sits next to him.

She asks him where he's from in Australia and he tells her: 'Melbourne'.

"So am I . . . What suburb in Melbourne?"

"Glen Iris" he replies

"That's amazing . . ." she says, "So am I, what Street?"

"Cameo Street," he replies

"This is unbelievable . . ." she says, "What number?"

He says "Number 20" and she is totally astonished.

"You are not going to believe this, but I'm from Number 22!

My parents still live there!"

"I know . . ." he says, "Your Father gave me \$1,000 to give to you"

May 2008

Website: www.terrigoaltrotters.com.au

Email: trotters@tac.com.au

Terrigo Trotters NEWSLETTER

MILESTONES FOR APRIL

10 Run Trotters

#695 Carolyn White

#696 John Glasson

#697 Neil Spencer

#698 Tammy Schafer

300 Runs

Neil Dovell

500 Runs

Mike Thorpe

900 Runs

Brian Dawson

1000 Runs

Steve Hughes

Hi all,

Well, it's that time of year... the Bay to Bay is just around the corner.

This is Trotters' premier event and attracts upwards of 1500 runners and raises \$20,000 or more for charity.

Its success relies on the 'many hands make light work' philosophy, so if there is any way you can help out it will be hugely appreciated.

The main demand for help is obviously on the day (June 15), so call Barb Byrnes on 0434 645 115 or Kevin Andrews on 4369 8819 if you can spare some time.

In the mean time, there are three more meetings for the Bay to Bay on May 19th, June 2nd and June 9th, held at Terrigo Surf Club at 7.30pm. All welcome.

Good luck to all those heading to the Sydney half Marathon!

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

MAY 08

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

JUNE 2008:

- 7th Avoca Amphitheatre
- 14th Dingo Run
- 21st Kev's Capers
- 28th Brooks Hill TT

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

MAY 2008

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.

Sun 8 Jun MANLY BEACH SOFT SAND CLASSIC

This running event held entirely on Manly Beach. Distances are 21km, 9km, and 1.6km. Contact: Scott Wood. email: scott@seaaustralia.net.au.

Sun 15 Jun BAY TO BAY FUN RUN

Distance: 12km. 8:00am start. Location: Woy Woy waterfront.

Organised by Terrigal Trotters. Contact: Barb Byrnes 0434 645115

Sun 29 Jun WOODFORD TO GLENBROOK CLASSIC

25km trail run along The Oaks firetrail. Starts approx 10:00am (after mountain bikers) from Woodford Railway Station.

JULY

SUN 13 JUL SHOALHAVEN KING OF THE MOUNTAIN 2008

A challenging run over Mt Scanzi to Kangaroo Valley Showground.

Contact: Andrew Johnstone 0402 084 567. Email: gmolony@yahoo.com.

Sun 27 Jul WESTLINK M7 CITIES MARATHON

The course is predominantly on the Westlink M7 shared pathway, which runs alongside the motorway. Contact email: mark.gibson@blacktown.nsw.gov.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



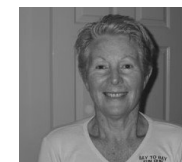
Kev Andrews



Mike Gero



Rob Waite



Marg Aurisch



The Elders

Public Officer: Leon Harradine

TERRIGAL TROTTERS MINUTES OF MEETING

5th, May 2008
Terrigal Surf Lifesaving Club

Meeting Open:

7:31pm

Present:

Paul Davison, Barb Byrnes, Rob Waite, Mike Gero, Bruce Renwick, Roger Matthews, Marg Aurisch, Wendy O'Shea, Mark Dunlop, Kevin Andrews, Beverley Andrews, Jenny Harwood.

Apologies:

Nil.

Adjustment to Previous Minutes:

Addition of financials to Treasurers Report

Receipts \$1110.85

Payments \$643.00

Surplus \$467.85

Adjustments moved by Mike, seconded by Bruce.

Business Arising from Previous Meeting:

Mark has been in contact with local company with regard to portable scanning devices and a separate company with regard to supplying barcoded keyrings. Barb informed meeting Bay to Bay Committee has a portable barcode scanner. A couple of options to consider. Mark to put proposal together and table a next meeting.

Paul tabled a prototype long sleeve running top at a cost of \$50 each. Committee not happy with style.

Paul to keep looking.

Statement of Duties tabled by Office Bearers and Committee Members. Paul to revise and table at next meeting.

Reflective wrist bands purchased and \$60 worth sold already.

Confirmation of adequate supply of 100 Run Milestone towels. Stock takes of all items to be conducted prior to June 30.

Run Audit and adjustments made. Books and changes handed to Leon on Saturday 26th April. Next book audit 1st week in July.

Club Person of the Month:

Nil

Athletes of the Month:

Bruce Renwick - Canberra 50 km Ultra Marathon, 3:56:37 Australian Record M60

Junior Athlete of the Month:

Charlie Brooks - 3rd Bathurst 10km, 37:23

Treasurers Report:

Receipts \$928.80

Payments \$1507.86

Surplus \$-579.06

Moved by Kevin, Seconded by Barb.

Correspondence In:

Invitation from Terrigal Surf Lifesaving Club inviting Trotters President to a sponsor's appreciation night. Letter expressing regret at the quality of 900 milestone gift, stainless steel commemorative cup. Letter expressed that after 900 runs and payment of \$2 per run this was grossly inadequate. Committee resolved that Run Milestones were more about recognition and not material or monetary reward. Following this, a photo of each Trotter receiving Milestone presentation to be included in monthly newsletter. Most emphasis to be placed on 100, 500, 1000 & 1500 Run Milestone. Review of Run Milestones to take place. Paul to send reply letter.

Letter from Dave Byrnes regarding date for Great Old North Road Run & BBQ. Suggested date was 7th September. As this is Fathers Day, the 14th of September would be more suitable. Mark to confirm with Dave. Also, Dave will be making a second and final attempt at riding a bike around Australia, departing from Terrigal Surf Club on Saturday 10th May at 6am. Just prior to Trotters Saturday run. In Dave's absence, during May and June, there will be no routine updating of the Trotters website.

our way through varied terrain and basically waded across thigh deep puddles of the lower ground. All I could think of was leeches!

But we survived the ups and downs and chased our 'Red Bull' fuel-injected team mate across the line with huge smiles on our faces!

Times for the race were widely varied and a lot slower than expected due to the muddy conditions. The top team 'Team Crank' winning in 3hrs 45 mins and the last one to finish 'Do or die trying' made it in just over 11 hours!!

Our Trotters teams had mixed results, some even celebrating with a few drinks at the 'Doylo'.

Overall, everyone seemed to enjoy the day, maybe even Kim? Watch this space as we head to the next adventure...

Aimee

RESULTS

Pos	Team name	Time	Team members
20	Vows of silence	04:52:03	Dot Stockwell, Aimee Quinlan, Chris Hatcher
37	GeeJayCee	05:14:12	Graeme Donnet, Cameron Jenkins, Joel Green
47	Regional Financial Solutions	05:21:33	Ken Mann, David Harris, Tim Barrett
54	Work in progress	05:31:15	Mark Tucker, dean rivelli, benji morris
57	Sand monsters 1	05:32:31	Brian Prosser, simon rawson, Luke Martin
62	The Mulletts	05:34:42	Des Hughes, Greg Love, Mike Thorpe
104	Terrigal Trotters CGK	06:21:08	Keith King, col wood, greg tegart
117	Missing In Action	06:35:11	CHERYL NAS, Cathy Donnet, Cheryl Small
123	just for fun	06:49:36	liza whitfield, jeanette dillon, mandy matuschk
136	Missing in Action 2	07:27:49	Lynne Pinsent, Charmaine Nicholson, Kim Mahoney

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

Man who fight with wife all day get no piece at night.

AROC & ROLL!

The final race of the Aroc/Paddy Pallin Stockland Adventure Series held on Saturday 19th April at Murrays Beach, East Lake Macquarie certainly lived up to its name - what an "adventure"!!

Following a week of torrential rain, the clouds parted for race day to shine its sunny beams on a muddy, fun-filled day.

The course made up of a total of 4km kayak, 20km mountain bike and 10km run, all the while orienteering through checkpoints through residential streets, up small cliff faces and general bush bashing was an adrenaline pumping exercise. Catering for all levels of fitness, these adventure races are in a league of their own. It doesn't matter how fit or fast you are, if you can't navigate to find a check-point then you're basically stuck!

The Aroc race drew a massive 220 teams to it's start line, divided into 3 waves. By the time we (appropriately named 'Vows of Silence') headed off in heat three, the course was abuzz, with headless chooks running in all directions. Initially easing us into it with a small crossword, with checkpoints to find the clues, I felt exhilarated by the madness of it all. What a laugh, as we buzzed around from one checkpoint to another, Dot & I in chat overdrive and poor Chris shaking his head in tow!

After a slight delay finding the first 3 checkpoints, which I'm happy to hear everyone seemed to struggle with, we were on the water madly paddling across the gusty Lake Macquarie with Dot taking the brunt of the cold water sprays.

As the nipper of the team, I took the role of gopher. Running off up cliffs, into bushland to stamp our way through checkpoints with my teams valuable guidance.

By the bike leg, Chris came into his own - taking control of the navigating, despite Dots eagerness to lead the way through divine intervention.

Dot - "Let's go left here guys",

Chris - "Dot... you haven't got the map!!".

Hilarious!

The bike leg was a lot more technical than expected as we weaved

Safety & Marshalling Report

Brooks Hill Time Trial run on 26th April. Feedback was positive and no safety problems.

General Business

AGM to be first Monday in September. Notice of AGM to be advertised in Newsletter.

Constitution has been scanned & uploaded to Trotters website.

Member requested to advertise in the Trotters Newsletter. Policy is no advertising to be placed in newsletter.

Bruce suggested the committee have an Outstanding Actions List. This would ensure all actions undertaken by Committee are seen through to completion. The list is to include action to be undertaken, person responsible and completion/report date. Mark to organize.

Drinks roster to be fixed to cupboard in Gym.

Runs for June 2008:

7th Avoca Amphitheatre

14th Dingo Run

21st Kev's Capers

28th Brooks Hill TT

Next Meeting:

Monday 2nd June 2008

Terrigal Surf Lifesaving Club

Meeting Closed:

8:45pm

FOR THE RECORD...

Hearty congrats to one of our finest!

Bruce Renwick picked up the M60 Road 50k Australian Record at the recent Canberra Marathon & 50K.

It's not Bruce's first Aussie record and I'm sure it won't be the last. Well done Bruce!!

Confessions of a hooker

A couple were lying in bed together on the morning of their tenth wedding anniversary when the wife says, 'Darling, as this is such a special occasion, I think that it is time I made a confession. ...

Before we were married I was a hooker for eight years'.

The husband ponders for a moment and then looks into his wife's eyes and says 'My love, you have been a perfect wife for ten years, I cannot hold your past against you, in fact maybe you could show me a few tricks of the trade and spice up our sex life a bit?'

She said 'I don't think you understand dear, my name was Brian and I played for Parramatta.

Run Report for April 2008

CANBERRA MARATHON

The highlight from Canberra this year was the number of trotters completing their first marathon. Ten trotters completed their first marathon including Mark Dunlop, Michael Fritsch, Allison Allen, Monica Nicol, Debbie Bloffwitch and Daughters Jaye & Skye, Yolande Walker, Dina Batt and Donna White.

Conditions for the run were less than ideal with rain falling shortly after the start for the first hour. In total 21 trotters competed with six of these finishing the 50KM ultramarathon. Darren McClellan and Graham Ridley both finished their first 50km event. Darren warmed up for his 50km with a finish in the 10Km fun run the previous afternoon. Full results are in newsletter.

HILL TIME TRIAL

A total of 89 runners lined up for this month's hill time trial. First home was Adam Jordan in a time of 34:55. Adam is getting back to full fitness after an injury and is starting to post some good times. He was very happy after the run and trying to work out how to fit in another run before his pending fatherhood.

First female home was Elissa Gribble in a time of 46:50. The revamped finish seems to keep everybody happy.

BATHURST HALF & 10KM

A small group of Trotters travelled to Bathurst to compete in both the half marathon and 10km events held on 27 April. Josh Wright and Charlie Brooks came second and third in the 10km race whilst Rob Scoines came in seventh in the half marathon in a time of 87:52.

UPCOMING EVENTS

SMH HALF MARATHON

The Sydney Morning Herald Half Marathon will be held on 18 May, with many trotters entered. Entries have been closed for some time. Good luck to those doing this event.



SIX AT SIX REPORT

9/4/08 - 11 Runners

1. Josh Wright	18.40
2. Charlie Brooks	19.00
3. Carl Barker	20.38

16/4/08 - 24 Runners

1. Josh Wright	18.42	1. Jasmine Frankel	25.20
2. Charlie Brooks	19.04	2. Sasha Frankel	25.20
3. Carl Barker	20.47	3. Kiah Frankel	28.21

23/4/08 - 17 Runners

1. Josh Wright	18.55	1. Sasha Frankel	22.53
2. Charlie Brooks	20.17	2. Jasmine Frankel	23.17 PB
3. Carl Barker	20.28	3. Melissa Hopkins	27.38

30/4/08 - 31 Runners (Full 6km course)

1. Josh Wright	18.29	1. Tamara Cox	24.48
2. Charlie Brooks	18.35	2. Jasmine Frankel	26.58
3. Darren McClellan	19.52	3. Susie Price	28.05

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?

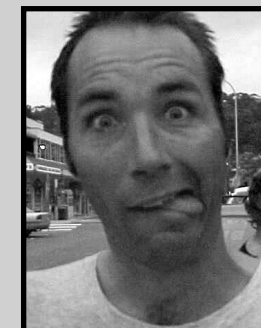
Do you need a public domain to voice your crazy and socially inappropriate rantings?

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.



FIVE MINUTES WITH A TROTTER

Trotter Number: #43

Name: Kevin Agro Dean

Married / Single

Occupation: Woolies slave



Favourite Run: The public loo run

Favourite Distance: First half of any race

Race PB: 4 min/100mtr

Your Shoe Brand: Asic "ifonlys"

Other Sports: Indoor bowls

List Your Favourite:

Food: Wambie Whoppers

Music: Nutcracker sweet

Actor: Pamela Anderson

Movie: Debbie Does Dallas

Wine: Silver Bullets (from the Reschs Vat)

Travel Destination: Kazakhstan

Vehicle: Gregory Getz

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

1. Heaps of Silver Bullets
2. Bottle opener
3. Beroca

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

Debbie (from Debbie does Dallas)

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

Be born again without toenails.

It is always easier to get forgiveness than permission.

GREAT NOSH FOOTRACE

A 15km offroad footrace from Lindfield Oval to Seaforth Oval. A scenic route following middle harbour and crossing Roseville bridge. Some steep and rough sections but a great run for those looking for something different.

See Website for more details.

[bennelong.nsw.orienteing.asn.au/the_great_nosh%20\(coming%20event\).htm](http://bennelong.nsw.orienteing.asn.au/the_great_nosh%20(coming%20event).htm)

WOODFORD TO GLENBROOK

This event will be held on 29 June and is a 25km run or mountain bike race along the Oaks firetrail from Woodford to Glenbrook in the lower Blue Mountains. The last half of the trail is completely downhill and most of the other parts are undulating with only small climbs. We intend taking a bus to this event so anybody interested please let me know.

Kim Cook

Keeper of Race Results & Records



A talking dog goes into a hardware store and says: "I'd like a job please". The hardware store owner says: "We don't hire dogs, why don't you go join the circus?" The dog replies: "What would the circus want with a plumber? "

MILESTONE RUNS



Steve Hughes - 1000 runs



Brian Dawson - 900 runs



Tony Nygard and Brett Larkin - 100 runs



Mel Robbie - 100 runs



Bill Karskens - 500 runs Doug Lindsay - 700 runs



Steve Guest - 100 runs

APRIL RESULTS continued

Bathurst Half Marathon 27 April 2008

Position	Name		Time
7	Robert	Scoines	87.52
31	James	Moran	101.01

Bathurst 10km 27 April 2008

Position	Name		Time
2	Josh	Wright	36.46
3	Charle	Brooks	37.23
8	Darren	McClellan	40.17

CANBERRA 10KM - 12 April 2008

Place	Name	Time
17	Darren McClellan	0:38:23
51	Tara Wood	0:42:02
75	Michael Mirtile	0:44:22
104	Sharon Harrison	0:46:23



WALK & TALKS

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

Contact Marg Aurisch for more details.

Before you judge someone, you should walk a mile in their shoes. That way, when you judge them, you're a mile away and you have their shoes.

APRIL RESULTS

APRIL HILLY TIME TRIAL

Pos	Trotter #	Name	Time	Pos	Trotter #	Name	Time
1	271	Adam Jordan	0:34:55	46	682	Jasmin Frankel	0:51:14
2	665	Ian Temblett	0:38:39	47	548	Dave Hopkins	0:51:38
3	410	Robert Scoines	0:39:04	48	522	Nicolette Rowe	0:52:04
4	573	Darren McClellan	0:39:13	49	657	Bruce Higginbottom	0:52:08
5	130	Kevin Byrne	0:39:27	50	515	Barry Bowden	0:52:11
6	643	Stuart Baverstock	0:39:49	51	-	Steve Coote	0:52:13
7	88	Greg Love	0:40:40	52	488	Roger Matthews	0:52:20
8	273	Steve Fry	0:40:57	53	505	Greg Brown	0:52:42
9	173	Mike Randell	0:41:25	54	486	Jo Ridley	0:52:43
10	-	Roger Cartwright	0:41:33	55	217	Jeanette Dillon	0:53:07
11	-	Scott McDonald	0:41:47	56	302	Dot Stockwell	0:53:13
12	633	Andrew Mildren	0:41:50	57	257	Doug Pender	0:53:21
13	-	Joel Green	0:41:57	58	679	Karen Boyd-Skinner	0:53:27
14	668	Michael Fritsch	0:42:01	59	-	Grant Wilson	0:53:33
15	-	Gary Field	0:42:38	60	14	Peter Cartmell	0:53:43
16	646	Matt Baker	0:43:05	61	-	Peter Hood	0:53:44
17	78	Greg Aurisch	0:43:52	62	107	Lyn Bromwich	0:53:46
18	598	Gary Pickering	0:44:11	63	628	Amy Quinlan	0:54:15
19	441	Adam Gray	0:44:12	64	64	Steve Cannon	0:54:18
20	198	Danny Moore	0:44:14	65	-	Jaci Tebb	0:54:18
21	-	Scott Sheridan	0:44:29	66	-	Ed Beazley	0:54:44
22	457	Kim Cook	0:44:36	67	447	Brett Larkin	0:55:14
23	-	Tim Fryirs	0:44:39	68	12	Keith King	0:57:03
24	-	James Stitt	0:45:00	69	502	Heiko Schaefer	0:57:03
25	97	Dick Scholes	0:45:22	70	365	Ross Macmillan	0:57:05
26	267	Wayne Daley	0:46:26	71	540	Tony Nygard	0:57:05
27	568	Colin Barnett	0:46:31	72	631	Wayne Doherty	0:57:30
28	403	Mel Robbie	0:46:47	73	-	Luke Houghton	0:57:31
29	459	Elissa Gribble	0:46:50	74	-	Sarah Elliott	0:57:53
30	258	Adrian Smith	0:46:50	75	452	Debbie Wooden	0:58:19
31	517	Dave Byrnes	0:46:57	76	494	Mark Rollins	0:58:20
32	352	Graham Davis	0:47:05	77	211	Rob Wait	1:00:19
33	607	Jeff Dick	0:47:16	78	504	Sid Walsh	1:00:58
34	648	Sarah Scrivener	0:47:37	79	481	Tony Collins	1:01:10
35	593	Steven Gray	0:47:38	80	207	Greg Tegart	1:01:11
36	546	Sharon Harrison	0:47:55	81	641	Jon Stevens	1:01:21
37	513	Liza Whitfield	0:48:15	82	106	Myles Byrne	1:02:03
38	8	Steve Hughes	0:48:33	83	395	Neil Dovell	1:04:06
39	544	Craig Gustard	0:48:39	84	16	Peter Nickless	1:05:51
40	619	Rob Hekking	0:49:03	85	-	Katie O'Shea	1:05:58
41	248	Les Lowe	0:49:06	86	563	Tyson Dale	1:10:05
42	556	Chris McInerney	0:49:10	87	-	Betty O'Dwyer	1:10:15
43	590	Tina Baverstock	0:49:30	88	538	Laurie Stopford	1:10:19
44	683	Cathy Donnet	0:49:41	89	239	Bill Karskens	1:35:31
45	681	Sasha Frankel	0:51:12				

Canberra Debut – My 1st Marathon

By Mark Dunlop

It started as a suggestion over coffee, "We should do a marathon.". "I hear Canberra is a good first one to do. Nice and flat, not too hot & not too cold". "I'm in". "Me too". It was decided, we would debut at Canberra Marathon 2008.

We had a group who had been running together for some time and a good 4 months to prepare. Dave Byrnes put together a training plan and we were off.

The morning arrived, the training was over and it was time. A few butterflies but confident the training would see me through. Words of advice sounded loudly in my head. Pace yourself, don't go too hard early, stick to the run plan and the most important, as I was to find out in no uncertain terms, the marathon doesn't really begin until 30km. The Marathon started.

Dave had traveled down to Canberra to give support out on the course and each time I passed him I would give him a big thumbs up. "Feeling great" I would say.

The first hour passed & everything was going to plan, the second hour passed and I was feeling even better. I recalled the advice given to me before the marathon "It doesn't start until 30km" and I maintained the pace. I had just passed the 28km mark, the clock was around 2:05 and I was feeling great. Then I uttered what can be described as famous last words "I might have a crack at 3hrs". Not long after this, at around the 34km mark, my legs said "I don't think so". It felt like someone had jumped out of the bushes and hit me several times with a length of 4 x 4. The confidence from only a few kilometres earlier was gone. It was now a battle to finish.

As I passed Dave for the last time I said "not happy Dave" the reply came "only 5 laps of the Haven to go". I thought "five laps, I can do that. You beauty! Wait a sec, there is still 5 km to go. That's ten laps. You lying bastard!"

There was no sprint up the finishing straight, just both hands raised and a big sigh of relief as I crossed the finish line. I could stop now.

I had finished, 3:27:58. Main goal achieved, finish upright.

The most rewarding part, of our group ten runners that travelled to Canberra for their debut marathon, all finished.

It took a few days for the sense of achievement to sink in. But once I could walk freely again, I felt richer for the experience.

So, for all you Trotters who have contemplated running a marathon, go for it. At least once.

By the time you can make ends meet, they move the ends.

