

## the last word...

The local news station was interviewing an 90-year-old lady because she had just gotten married -- for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 90, and then about her new husband's occupation.

"He's a funeral director," she answered. "Interesting," the newsman thought. He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years.

After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her early 20's, then a circus ringmaster when in her 40's, later on a preacher when in her 60's, and now in her 90's, a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers She smiled and explained...

"I married one for the money, two for the show, three to get ready, and four to go."

## June 2008

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

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

# Terrigo Trotters NEWSLETTER

### MILESTONES FOR MAY

#### 10 Run Trotters

#695 Carolyn White  
#696 John Glasson  
#697 Neil Spencer  
#698 Tammy Schafer  
#699 Darrel Robbins  
#700 Kim Robbins  
#701 Louise Trigg

#### 100 Runs

Donna White  
Linda Hough  
Dave Byrnes

#### 200 Runs

Roger Mathews

#### 300 Runs

Danny Moore

#### 500 Runs

Mike Randell

#### 1000 Runs

Leon Harradine

Hi all,

I've seen some sights at Trotters. Some good, some memorable for all the wrong reasons.

But the best sight I have seen by far, was Mike Aiken back at Trotters having a chat and a laugh.

It's been a tough journey and a remarkable recovery – and an inspiration to all.

Welcome back Mike!

For those who don't know of Mike's running achievements, see page 12 for an insight to his abilities.

Good luck to everyone heading up the Kempsey 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

## JUNE

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

## JULY

5th Pony Club  
12th Woodies Run  
19th Keith's Run  
26th Flat 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 4-00 at at veritable bush locations to be decided at Hardcore HQ on the day of the run – For further information on our participation process please Contact Hardcore #2 M:0417 586395

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.

## LITTLE TROTTERS

Who would have thought that Peter Costello would have inspired so many when he urged Australia to 'go forth and multiply'? Well, it certainly worked at Trotters, with a number of bubs being born in the past few weeks.

Congratulations to:

Adam and Bec Jordan with Sophie.

Kevin and Bev Andrew's daughter Donna with Oliver.

Kevin and Sabina Byrnes with Killian.

Tony and Cherelle Mylan with Joe.

There are still one or two on the way...

Good luck to all!

## A QUICK SPIN

As many of you know, Dave Byrnes is making a second attempt at riding around Australia unsupported and is aiming to break the new record of 51 days and 47 minutes.

He left from Trotters three weeks ago and is making good progress, and as of Thursday, was heading into the WA top end. He has to average a punishing 300 K's a day to break the record.

You can follow his progress on [www.davebyrnes.com.au/](http://www.davebyrnes.com.au/)

Go Dave!

**A couple of T-shirts...**

THE TOP TEN REASONS  
I PROCRASTINATE:  
1.

DYSLEXICS  
UNTIE!

# NEW SOUTH WALES RUNNING CALENDAR

## JUNE 2008

### SUN 8 – 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. Starts from Manly Surf Pavilion  
Contact: Scott Wood. email: office@biglifespport.com.au.

### SUN15 JUN BAY TO BAY FUN RUN

Distance: 12km. Event Time: 8:00am. Location of race: Woy Woy waterfront. Organised by Terrigal Trotters to raise money for Central Coast charities. Contact: Barb Byrnes 0434 645115

### SUN 29 JUN WOODFORD TO GLENBROOK CLASSIC

25km trail run along The Oaks firetrail, from Woodford to Glenbrook in the Blue Mountains. Starts approx 10:00am from Woodford Railway Station. Visit the website for more details.  
[www.coolrunning.com.au/runningguide/wiki/index.php/Woodford\\_to\\_Glenbrook](http://www.coolrunning.com.au/runningguide/wiki/index.php/Woodford_to_Glenbrook)

## JULY

### SUN 13 JUL SHOALHAVEN KING OF THE MOUNTAIN

From Cambewarra over Mount Scanzi finishing in the historic township of Kangaroo Valley. A distance of 32km's. Contact: Doug Jeffrey. email: admin@kingofthemountainnowra.org.au.

### SUN 27 JUL WESTLINK M7 CITIES MARATHON

The course is predominantly on the Westlink M7 shared pathway  
Contact: Mark Gibson. 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](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

## Committee Members:



Barb Byrnes



Kev Andrews



Mike Gero



Rob Waite



Marg Aurisch

## Website Co-ordinator:

Dave Byrnes

## Newsletter Editor:

Chris Hatcher

# PRESIDENT'S REPORT

The committee decided unanimously at the June meeting that our minutes not be included in future newsletters. Our minutes should be exclusively available for Trotters and only Trotters. With the newsletter link in our website we felt that the 'world' should not be aware of all details pertaining to Committee discussions. There is no wish to exclude any member of this information. If any Trotter requires a copy of the minutes, please do not hesitate to ask Mark Dunlop or me for a copy and we will attend to the delivery of our club's minutes to you.

We will have a new version of the long sleeve Trotters Shirt Male and Female styles for your consideration within the next few weeks

Reflective Bands are for sale at \$5. See Wendy O'Shea. We ask for your support to this safety initiative

The committee is collating a Statement of Duties for all positions within our Club. The main drive for this document is to make the transition for new volunteers smoother. We aim to deliver the full document to the AGM on Monday 2nd September 2008. The Statement of Duties will serve as an attachment to the Clubs Constitution.

Gosford City Council has confirmed their intentions to commence work on the pathway during the June School Holidays. There will be some disruption to our runs in the Terrigal Drive direction during the June, July and August quarter of 2008, the long term benefits will outweigh the possible inconvenience.

Our annual get together, our once in the year opportunity to express appreciations to whatever you want to! will be held soon. The evening will be 'good value' or subsidized, it will be at a quality venue, details to be announced soon.

This year's Bay to Bay will be a special event. If you are a volunteer and wish to attend the afternoon celebrations at Crowne Plaza, you will need to confirm with Barb Byrnes or me your wish to attend

Regards

Davo

# SIX AT SIX REPORT

## 7/5/08 – 21 runners

1. Charlie Brooks	20.14	1. Tara Wood	21.46
2. Carl Barker	20.23	2. Jasmine Frankel	24.46
3. Michael Fritsch	21.36	3. Sasha Frankel	28.48

## 14/5/08 – 19 runners

1. Charlie Brooks	20.45	1. Tamara Cox	22.02
2. Carl Barker	20.47	2. Suzy Woodbury	24.36
3. Michael Randell	20.58		

## 21/5/08 – 14 runners (revised course)

1. Charlie Brooks	21.58	1. Tamara Cox	24.21
2. Carl Barker	23.30		
3. Michael Randell	23.57		

## 25/5/08 – 21 runners (6KM)

1. Matt Robbie	19.46	1. Lana Kronja	28.55
2. Josh Wright	20.24	2. Emma Kronja	28.55
3. Charlie Brooks	23.37		

## 14/5/08 – 8 runners (revised course)

1. Josh Wright	21.05		
2. Charlie Brooks	21.55		
3. Darren McClellan	22.30		

## 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**



# MIKE AIKEN

It's great to see Mike back at Trotters and on the road to recovery after his accident earlier this year.

Many of you may not realise what a quality runner Mike was in his younger days.

Check out some of his PB's...

800m.....1m 48secs,  
1500m....3m 50secs,  
1 mile ....4m 02 secs,  
2000m... Steeplechase..7m 21secs,  
3000m... 8m 16secs

City to Surf 43m 44secs, placed in Top 10.  
(Aus Olympian Andrew Lloyd won in 40m 44secs).

Awesome stuff!

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?

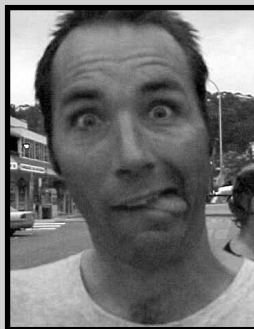
Then become a contributor to the newsletter.

**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.



Middle age is when broadness of the mind and narrowness of the waist change places.

# RUN REPORT FOR MAY 2008

## SMH Half Marathon

Trotters were well represented at this event with a busload venturing down the freeway in the early hours to line up at the start. This year the start and finish were in Hyde park which made the event more accessible. The only down side was that the Pub was further away from the finish.

Matt Robbie was the fastest trotter although his time of 77 minutes was not up with his personal best efforts. Tara Wood continued on her great form to be the first female trotter home with a time of 1:29:36.

## Flat Time Trial

A total of 93 runners ran the flat time trial held on 31 May. It was great to see that somebody was out front keeping Matt Robbie honest. As a result Matt(Reg Reagan) recorded a great time of 32:09. Keeping him honest was first run trotter Jeffrey Van Gangellen who ran a time of 33:21 on a course he had not run before. I was told by Matt that Jeff was in front at around the 4km mark. I am looking forward to the next rematch.

Without the pram (and Eric) Graham Ridley posted a time of 38:22 to finish third. The result even surprised Graham. Andrew Mildren also had a great run to break 40 minutes for the first time (39:38).

The female contest was very close with Nicole Mitchell (44:34) just edging out Ellissa Gribble (44:59), with Aimee Quinlan (45:09) just behind. All three ladies are in great form at moment and setting PBs.

The new coarse is working well, although there were a few reports of runners not completing the new section on the way out.

## North Face 100km - Katoomba

This new ultra running event was held on 17 May 2008. The event was sponsored by North Face and organised by AROC who are better known for their multi sports events.

The event attracted over 200 competitors and is sure to become a regular event on the ultra running calendar. Trotters were well represented with Darrel Robins, Michael Hull and myself finishing the event.

This was by far the best ultra event I have completed so far with excellent organisation, great location and views and a big turnout of competitors. This would be an ideal event for any first timers as the cutoff for the 100km was 30 hours and the facilities provided at checkpoints excellent. It is also an excellent opportunity to experience some sub zero temperatures whilst running.

If you look like your passport picture, you probably need the trip.

## NSW Road Championships – 3 May 2008

The NSW Road Championships were held at Homebush, with a large field competing on this fast flat 10km course. Two trotters competed with Rob Scoines recording a time of 37:45. Rob's comeback from injury over the past few years seems complete with this excellent result. Tara Wood also ran the event and she smashed 40 minutes for the first time with a result of 39:43. Great run Tara.

## Super 7 Competition

The annual super 7 competition has now been finalised for another year with results being counted up to 31 May 2008. The final results will be published in the next few weeks when presentations will be held.

The next years competition is now open to trotters with results from 1 June 2008 to 31 May 2009 being taken into account. See the Trotters website for more details on how the competition works.

## Woodford to Glenbrook

This event will be held on 29 June and is a 25km run or mountain bike race along the Oaks fire trail 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. The trotters mini bus is now full. Registrations for the event close 13 June 2008.

## Hunter Winery Running Festival

To be held on 20 July, the festival includes Marathon, Half marathon, 10km and 6.25km courses. The runs start and finish at Hunter Valley Gardens at Pokolbin near Cessnock. Go to Website [HYPERLINK "http://www.huntermarathon.net"](http://www.huntermarathon.net) www.huntermarathon.net for details.

## Sutherland to Surf

This a great 11km fun run to be held on 27 July. The event is on a very fast road course from Sutherland Council Chambers to Wanda beach Surf Club. Most of the course is downhill and a good time should be had by all. See website: [HYPERLINK "http://www.wandasurfclub.com"](http://www.wandasurfclub.com) www.wandasurfclub.com for details.

Kim Cook  
Keeper of Race Results & Records



## 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)

# MAY RESULTS Continued

## Sydney Moring Herald Half Marathon 18 May 2008

Trotter No	Given	Surname	Time	AG Points
449	Mat	Robbie	1:17:26	770.3
267	Wayne	Daley	1:29:00	740.6
266	Tara	Wood	1:29:36	734.4
633	Andrew	Mildren	1:33:07	666.4
553	Georgie	King	1:34:17	697.9
No Number	Michael	Mirtile	1:34:49	No DOB
258	Adrian	Smith	1:35:31	649.6
403	Mel	Robbie	1:35:39	689.1
No Number	Luke	Martin	1:36:40	No DOB
546	Sharon	Harrison	1:38:20	687.3
257	Doug	Pender	1:39:37	683.8
628	Amy	Quinlan	1:41:01	651.4
593	Steven	Gray	1:41:52	692.4
678	Gina	Wilson	1:44:01	632.6
248	Les	Lowe	1:47:04	615.7
548	Dave	Hopkins	1:47:23	623.9
488	Roger	Matthews	1:54:06	618.2
168	Cathy	Toby	1:59:19	595.3
211	Rob	Wait	1:59:50	588.6
631	Wayne	Doherty	2:08:32	512.8
No Number	Ian	Keene	2:11:12	No DOB
387	Mike	Gero	2:12:52	551.3
116	Doug	Lindsay	2:24:20	649.2

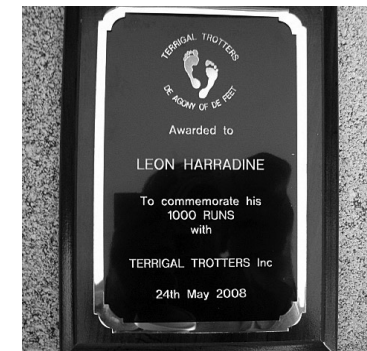
## NSW Road Championships 3 May 2008

120	10289	Robert Scoines	0.37.45
188	2636	Tara Wood	0.39.43 PB

## The North Face 100km Katoomba - 17 May 2008

Trotter No	Given	Surname	Time
457	Kim	Cook	15:02:00
572	Michael	Hull	16:21:00
699	Darrel	Robins	16:43:00

# MILESTONE RUNS



Living legend Leon Harradine celebrating 1000, yep, 1000 runs! Great work Leon.



Donna White clocking up 100 runs



Mike Randell receiving his 500th run goodies

## BAY TO BAY

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.

# MAY RESULTS

## 31-May-08 FLAT TIME TRIAL

FINISHING ORDER					
Position	Trotter #	GIVEN NAME	FAMILY NAME	TIME	AG POINTS
1	449	Mat	Robbie	0:32:09	839.0
2	No Number	Jeffrey	Van Gangellen	0:33:21	No DOB
3	483	Graham	Ridley	0:38:22	759.0
4	573	Darren	McClellan	0:38:33	703.0
5	410	Robert	Scoines	0:38:44	769.4
6	609	Carl	Barker	0:39:29	754.8
7	643	Stuart	Baverstock	0:39:35	681.4
8	633	Andrew	Mildren	0:39:38	713.3
9	88	Greg	Love	0:39:48	773.5
10	267	Wayne	Daley	0:40:01	750.6
11	173	Mike	Randell	0:40:17	757.9
12	No Number	Brendan	Clark	0:40:22	No DOB
13	No Number	Jason	Kirksmith	0:40:23	667.9
14	668	Michael	Fritsch	0:40:25	667.4
15	No Number	Gary	Field	0:40:32	677.9
16	646	Matt	Baker	0:41:14	709.3
17	677	Rod	Northey	0:41:17	653.4
18	441	Adam	Gray	0:41:36	656.0
19	638	Joe	Rolella	0:41:47	645.6
20	576	Steve	Guest	0:42:29	680.3
21	No Number	Rob	Gibbons	0:42:35	No DOB
22	598	Gary	Pickering	0:42:45	714.2
23	568	Colin	Barnett	0:42:55	668.5
24	457	Kim	Cook	0:43:28	702.4
25	461	Matt	Riley	0:43:35	621.8
26	654	James	Moran	0:43:54	621.6
27	No Number	Mitch	Baker	0:43:56	693.5
28	27	Ken	Hickson	0:44:26	723.7
29	521	Troy	Eady	0:44:31	630.5
30	684	Nicole	Mitchell	0:44:34	673.0
31	459	Elissa	Gribble	0:44:59	665.1
32	628	Amy	Quinlan	0:45:08	662.9
33	64	Steve	Cannon	0:45:09	649.9
34	593	Steven	Gray	0:45:26	707.8
35	607	Jeff	Dick	0:45:48	666.6
36	No Number	Gina	Stuart	0:45:51	No DOB
37	83	Mike	Thorpe	0:46:33	710.5
38	546	Sharon	Harrison	0:46:48	661.5
39	590	Tina	Baverstock	0:47:02	663.6
40	513	Liza	Whitfield	0:47:14	671.8
41	619	Rob	Hekking	0:47:20	705.7
42	311	Chris	Hatcher	0:47:24	600.8
43	92	Mike	Osbourne	0:47:27	677.7
44	248	Les	Lowe	0:47:31	632.1
45	No Number	Craig	Etchells	0:47:38	No DOB
46	556	Chris	McInerney	0:47:52	659.9

47	540	Tony	Nygaard	0:48:09	609.4
48	273	Steve	Fry	0:48:10	560.0
49	198	Danny	Moore	0:48:13	623.0
50	506	Kim	Mahoney	0:48:25	650.0
51	366	Wayne	Evans	0:48:26	646.4
52	683	Cathy	Donnet	0:48:28	No DOB
53	399	Col	Price	0:48:51	635.5
54	653	Aaron	Byrnes	0:49:01	No DOB
55	669	Chris	Scarlett	0:49:02	550.1
56	No Number	Steve	Coote	0:49:08	549.0
57	167	Jonathan	King	0:49:09	601.7
58	505	Greg	Brown	0:49:34	601.2
59	548	Dave	Hopkins	0:49:36	615.6
60	488	Roger	Matthews	0:49:40	647.4
61	21	Dennis	Robertson	0:49:46	640.4
62	No Number	Kylie	McIntyre	0:50:19	No DOB
63	679	Karen	Boyd-Skinner	0:50:45	605.2
64	522	Nicolette	Rowe	0:50:57	607.7
65	12	Keith	King	0:50:59	625.1
66	20	Brian	Dawson	0:51:01	648.3
67	107	Lyn	Bromwich	0:51:14	670.4
68	14	Peter	Cartmell	0:51:44	639.3
69	No Number	Tammy	Shafer	0:53:06	573.8
70	631	Wayne	Doherty	0:53:42	559.3
71	494	Mark	Rollins	0:54:34	546.2
72	124	Paul	Davison	0:55:01	550.4
73	412	Kiera	Devlin-Mahoney	0:55:18	No DOB
74	525	Kelly	King	0:55:20	542.1
75	168	Cathy	Toby	0:55:20	588.2
76	508	Barb	Byrnes	0:55:23	651.2
77	264	Sonia	White	0:55:36	590.5
78	586	Donna	White	0:56:12	532.3
79	17	Margaret	Aurisch	0:56:32	644.5
80	452	Debbie	Wooden	0:56:50	588.0
81	612	Bill	Diebert	0:57:23	No DOB
82	No Number	Kate	O'Shea	0:57:24	521.2
83	No Number	Anthony	Smith	0:57:27	No DOB
84	No Number	Ian	Keene	0:57:58	No DOB
85	312	Vivienne	Vince	0:58:47	633.1
86	No Number	Bionda	Hiensch	0:58:47	No DOB
87	106	Myles	Byrne	0:59:18	563.3
88	503	Robyn	Pallas	0:59:40	592.4
89	145	Jenny	Harwood	0:59:52	573.7
90	No Number	Betty	O'Dwyer	1:06:01	No DOB
91	No Number	Candy	Hoddinott	1:08:36	500.7
92	211	Rob	Wait	1:08:37	468.6
93	538	Laurie	Stopford	1:08:39	524.6