



Terrigal Trotters NEWSLETTER September 2009

Don't forget to register for this year's Relay for Life on the 17th and 18th of October at Mingara. Contact Graham on 0413 456 455 for more details.

The fine print

The opinions and ramblings expressed in this newsletter are not likely to be those of the editor. He has a wife and two daughters now and has pretty much abandoned all hope of forming, let alone expressing an opinion. With all due respect. The content is fully endorsed and proof red by The Elders.

The very fine print

Finally, thanks for going to the trouble of getting out a magnifying glass to read this. I didn't think anyone would bother. All I was going to try was that all complaints about the material contained herein should be addressed to 'Sue' or 'Black D', Penridge Correctional Facility, Colony, Victoria. He will deal with your complaint accordingly. He still has contacts on the outside. Don't forget to include your address!

Hi all,

Inspired by yet another 'last ever' John Farnham comeback tour, I'm happy to return for another stint in the editor's chair. Many thanks to Sharon Harrison who did a fantastic job over the past 12 months. The newsletter has quite a history now, and its success lay with all of us - the common or garden variety Trotter. We are a pretty motivated bunch, and there's always someone out there doing some crazy race or event that the rest of us want to know about. So send me your stories, photos, results, shoe size and of course, jokes and cartoons - as long as they are of questionable humour and taste. We have our standards to uphold! Material is best emailed to: chris@artitude.com.au

Cheers

Chris Hatcher

It is always easier to get forgiveness than permission.

Website: www.terrigoaltrotters.com.au • Email: trotters@tac.com.au

PRESIDENTS REPORT

It was an honour to be elected President of Trotters for 2009-10 at the AGM earlier this month (.....even if there were no other nominees!). I'm following in the footsteps of some first rate people and will do my best to build on the success of Davo's three-year Presidency, aided by the fine members of the new Committee.

One of the early pleasures in my new role was to congratulate Charlie Brooks, on behalf of Trotters, for his fine showing in the 2009 Junior World Mountain Running Championship and to present him with his trophy as Trotters' Junior Athlete of the Year for 2008-09. Charlie has been running with Trotters since his pre-teen years and we've watched him improve out of sight, literally, since then. Although there are many factors behind Charlie's stellar performance in Italy, not least his own hard work and dedication, all Trotters can take a little credit for his success. We have done a good thing by encouraging Charlie as a young athlete, as we have done for others, and it's something of which we should be proud.

We should also be proud of our efforts to promote our sport and encourage healthy pursuits in the wider community, at both ends of the spectrum.

At the "shorter" end, the Bay to Bay Fun Run has grown into one of the largest running events in NSW, not only encouraging physical activity in the community, but also raising huge sums for local charities and service organisations.

At the "longer" end, entries for the 2009 Great North Walk 100s ultra-distance trail running event in November had to close after only three weeks when the maximum of 100 competitors was reached, and there are 25 on the waiting list. It is the largest 100 Mile event in Australia, growing by more than 25% in each of its five years, and bringing many new people into the sport, including a number of Trotters. This year, there are eight Trotters entered.

Let's keep up the good work.

Dave Byrnes

RUNS FOR THE MONTH

SEPTEMBER

- 5th: Enzo's Edventure Run
- 12th: Gerry's Run
- 19th: North Avoca Lake Track
- 26th: Flat 10km Time Trial

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

YOU ARE REGRETFULLY INVITED
TO THE WEDDING BETWEEN MY PERFECT SON,

The Doctor

AND SOME

Cheap Two-Bit Tramp

WHOSE NAME ESCAPES ME RIGHT NOW.

THE BIGGEST DISASTER IN MY
FAMILY'S HISTORY WILL TAKE PLACE AT

9pm on Saturday, September 8th

AND NO DOUBT END IN DIVORCE.
HOPEFULLY IN TIME TO STILL BE ELIGIBLE FOR AN ANNULMENT.
THE OVERWHELMINGLY DISAPPOINTING HEARTBREAK OF A CEREMONY
WILL BE FOLLOWED BY DINNER, WHERE NUTS WILL BE SERVED
BECAUSE WHATSHERFACE HAS AN ALLERGY.

OUTGOING PRESIDENT'S ADDRESS 2009 AGM

Due to various events held at Terrigal such as ANZAC Dawn Service this year and in previous years SLS carnivals, we have an annual move to commence our run from The Haven. The Haven has worked out as a good alternative venue for Trotters, perhaps one day we may make The Haven our new home, linking with the local Rugby Club and their excellent club house facilities is a distinct possibility

This is for future Committee's to contemplate over I am sure, who knows, one day we might be called the Triple Ts – Terrigal Trotters Trojans.

I wish to acknowledge the work of a few unassuming members who influenced the urgent refurbishment of the narrow pathway to the Terrigal gateway, how quickly we have forgotten how bad the old path was and the concerns we had on Trotter and Community safety. The improvements to this path have positively impacted on our needs around our traditional starting point.

I congratulate Trotters for being a community focused club. I believe our Community Focus is main reason why our Club is widely recognized and respected. Things like our response to \$254 going to the McGrath Foundation, Trotters payment of \$154 to Mingara Athletics Club for the costs in association with Kerry Anderson's dedication and the collection of \$830 to Charlie Brooks to name a few.

The B2B is our jewel and continues to grow from strength to strength, \$23,000 for local charities and causes (\$17,000 Shirley Shuttle) we had more people attend the B2B debrief meeting than our monthly meeting held last month. Therefore; we have more people willing to place their valued time to our club's charitable endeavors than club management, and I believe this to be a fantastic guide.

The committee respected each others views and opinions, on all aspects of club management during the year, most of the time, this made my final year as President rewarding and fulfilling, thank you Committee Members for your support and dedication. Congratulations to Graham Davis, a very popular Club Person of the Year winner and a very dedicated member of your 2009 Committee.

The place of positive club managerial involvement has always been at our Monthly Meetings, and always will be. So if you have strong views about the running of our Club, by all means make them, but consider delivering your thoughts to the proper forum, at your Monthly Meeting.

We had 70+ people attend the TOTY Function. Well done to Mark Dunlop for his dedicated approach in the promotion of our annual awards night. Mark rallied to the cause during the lead weeks in distribution of interest and

ticket collections.

I wish to thank all the finalists who turned up for the occasion. The ladies were strongly represented, Jessica Mitchell was gracious to forward her apology for non attendance, Jess was competing at Nationals

If I am to be remembered favorably as a past Trotters President, I would like to be best remembered as a President who made everyone feel valued, from our best runners to our walking group.

I will not miss the wall and the wall will not miss this softly spoken care giver, my goal is to simply work to the core philosophy of our Club, in terms of our traditional values, and to the best of my ability, taking a few hits and hopefully throwing a few digs back in your direction. In this regard, I have stayed the course.

The new Committee must remain conscious of the need to keep a watchful eye on our financial situation as there are worrying signs that costs are beginning to rise significantly. For Example: our insurance costs increased by a staggering \$1,695 this financial year, from \$3,300 in 2007/08 to \$4,995 in 2008/09 and the cost of awards and trophies increases each year. Only by ensuring that Trotter's financial position remains sound can the new Committee guarantee Trotter's ability to continue to fund the many events run and enjoyed by all Trotters

I am retiring from the position of President, due to the Club's Constitution and what a fine document we have at our disposal, but let's use it wisely and without vindictiveness.

I have enjoyed the position of President and I wish the new President well in the position.

Paul Davison

Hi everyone,

Our neighbour has a puppy he's giving away (FREE). It's a Dachshund, it's house broken, and it's great with kids.

He's giving it away because his wife says the dog 'stares' at her when she is undressing, and that gives her the heebie jeebies. I think she is just weird!

If you're interested, or know someone who is, let me know. Here's a picture of the dog.



AUGUST RESULTS

August Hill Time Trial

29 August

Trotter No.	Name	Time
609	Carl Barker	0:38:04
633	Andrew Mildren	0:38:42
8371	Ryan Storey	0:39:27
716	Brett Isaac	0:39:33
658	Mark Dunlop	0:39:38
8185	Gary Field	0:39:43
8372	Patrick Watson	0:40:04
726	Robbie Wilkinson	0:41:10
8361	Alan Cooke	0:41:47
568	Colin Barnett	0:43:22
576	Steve Guest	0:43:24
546	Sharon Harrison	0:44:04
723	Matt Collins	0:44:24
597	Rishi Nandra	0:44:37
8373	Ryan Barry	0:45:00
730	Levi Martin	0:45:06
720	Matt Buddeke	0:45:39
8	Steve Hughes	0:45:50
88	Greg Love	0:46:30
598	Gary Pickering	0:46:58
573	Darren McClellan	0:47:06
483	Graham Ridley	0:47:18
8348	Tim Folland	0:47:19
352	Graham Davis	0:47:30
732	Ray Sanna	0:48:04
97	Dick Scholes	0:48:10
83	Mike Thorpe	0:48:20
607	Jeff Dick	0:48:32
8374	Sam Sirilio	0:49:37
264	Sonia White	0:49:57
64	Steve Cannon	0:49:58
593	Steven Gray	0:49:58
8349	Shirley McComb	0:50:05
1	Kevin Andrews	0:50:29
8375	Adrian Spry	0:51:09

August Hill Time Trial

29 August

Trotter No.	Name	Time
540	Tony Nygard	0:51:40
399	Col Price	0:51:51
506	Kim Mahoney	0:52:01
8376	Nikki Scott	0:52:26
8377	Kevin Myers	0:52:47
657	Bruce Higginbottom	0:52:53
505	Greg Brown	0:53:00
698	Tammy Shafer	0:53:00
248	Les Lowe	0:53:10
16	Peter Nickless	0:53:33
515	Barry Bowden	0:54:20
522	Nicolette Rowe	0:54:53
207	Greg Tegart	0:55:24
8367	Sarah Doyle	0:55:42
14	Peter Cartmell	0:56:40
107	Lyn Bromwich	0:56:57
557	Sabine Byrne	0:58:00
8378	Kathy Hanisch	0:58:08
494	Mark Rollins	0:59:58
517	Dave Byrnes	1:01:32
710	Maree Clark	1:03:15
395	Neil Dovell	1:03:26
504	Sid Walsh	1:04:54
538	Laurie Stopford	1:16:40

Mt Wilson to Bilpin

22 August 2009

Trotter No.	Name	Time	Aq Points
352	Graham Davis	3:21:00	663.9
264	Sonia White	3:22:02	658.9
622	Daniel Draper	3:42:49	513.0
534	Susan McBride	3:43:15	591.4
397	Joanne McCarthy	3:43:15	596.3
593	Steven Gray	3:47:59	578.3
525	Kelly King	3:49:57	544.9
168	Cathy Toby	3:54:11	568.5
165	Sue Ingham	3:57:06	626.6
8378	Kathy Hanisch	4:03:33	546.6

It was recently discovered that research causes cancer in rats.

AUGUST RESULTS

City to Surf

9 August 2009

Trotter No.	Name		Time	Ag Points
573	Darren	McClellan	0:52:08	743.2
643	Stuart	Baverstock	0:53:37	722.7
665	Ian	Temblett	0:54:05	764.8
716	Brett	Isaac	0:54:39	No DOB
723	Matt	Collins	0:55:57	742.3
267	Wayne	Daley	0:56:37	759.8
658	Mark	Dunlop	0:57:08	672.0
266	Tara	Wood	0:57:54	734.2
15	Murray	Antony	0:58:11	791.7
8343	Shane	McKinnon	1:00:20	636.4
352	Graham	Davis	1:04:23	703.0
546	Sharon	Harrison	1:04:36	684.7
89	Mark	Andrews	1:04:38	594.0
8148	James	Stitt	1:05:03	656.0
677	Rod	Northey	1:05:47	583.7
8	Steve	Hughes	1:05:54	686.8
264	Sonia	White	1:06:08	709.6
669	Chris	Scarlett	1:06:14	579.7
622	Daniel	Draper	1:07:31	568.7
607	Jeff	Dick	1:07:58	643.5
619	Rob	Hekking	1:09:25	689.8
162	Tony	Mylan	1:09:39	580.5
735	Jamie	Collins	1:09:39	596.3
738	Robert	Groves	1:09:50	574.8
736	Jenny	Barker	1:11:15	620.8
447	Brett	Larkin	1:12:38	592.2
399	Col	Price	1:14:37	601.3
248	Les	Lowe	1:14:41	580.7
548	Dave	Hopkins	1:15:26	579.8
90	Barry	Willis	1:16:43	570.1
8368	Alan	Currall	1:17:52	597.1
698	Tammy	Shafer	1:18:44	557.3
586	Donna	White	1:20:32	527.9
452	Debbie	Wooden	1:20:51	591.0
8352	Gordan	Leslie	1:22:44	496.2
Trotter No.	Name		Time	Ag Points
8378	Kathy	Hanisch	1:24:38	549.7
704	Ian	Keene	1:25:13	556.5
631	Wayne	Doherty	1:25:57	504.6
494	Mark	Rollins	1:26:51	495.3
345	Lori	Baldoni	1:28:48	548.0
503	Robyn	Pallas	1:30:20	549.0
718	Bionda	Hiensch	1:30:37	488.1
341	Adrian	Harris	1:47:17	429.3
538	Laurie	Stopford	1:54:54	444.9
595	Colin	North	2:00:21	No DOB
435	Keith	Vallard	2:05:04	395.1
366	Wayne	Evans	2:05:07	358.6
239	Bill	Karskens	2:34:50	379.0

Central Coast Track 10km

1 September 2009

Trotter No.	Name		Time	Ag Points
645	Paul	Arthur	0:33:11	852.0
665	Ian	Temblett	0:36:53	789.6
609	Carl	Barker	0:37:16	806.0
696	John	Glasson	0:39:27	No DOB
576	Steve	Guest	0:40:56	716.9
169	Margaret	Beardslee	0:41:08	835.0
568	Colin	Barnett	0:41:23	698.3
15	Murray	Antony	0:41:37	779.7
676	Susie	Woodbury	0:41:58	712.9
441	Adam	Gray	0:42:30	651.1
8148	James	Stitt	0:44:10	680.1
27	Ken	Hickson	0:48:34	674.3

Lake Macquarie Half

30 August 2009

Trotter No.	Name		Time	Ag Points
90	Barry	Willis	1:21:10	832.2
609	Carl	Barker	1:23:17	791.5
410	Robert	Scoines	1:27:07	756.6
267	Wayne	Daley	1:28:13	753.3
690	Tom	Robertson	1:32:05	647.8
15	Murray	Antony	1:33:03	765.0
8343	Shane	McKinnon	1:34:07	633.8
527	Jason	Freney	1:36:01	637.0
505	Greg	Brown	1:39:09	664.8
669	Chris	Scarlett	1:44:21	571.6
301	Cristina	Neville	1:47:36	No DOB
738	Robert	Groves	1:47:37	576.6
8352	Gordan	Leslie	2:16:44	463.9

Lake Macquarie 10.5km

30 August 2009

Trotter No.	Name		Time	Ag Points
723	Matt	Collins	0:41:49	707.7
273	Steve	Fry	0:43:10	663.8
676	Susie	Woodbury	0:45:10	695.5
735	Jamie	Collins	0:47:14	650.1
65	Bruce	Renwick	0:48:03	722.7
8231	Mark	Davis	0:52:34	No DOB
352	Graham	Davis	0:53:50	621.6
116	Doug	Lindsay	1:28:25	517.9

TROTTER OF THE YEAR AWARDS NIGHT 2009

By Mark Dunlop

On Saturday 29th August, approximately 70 Trotters and their partners gathered at the Avoca Beach Bowling Club to celebrate the Annual Trotter of the Year Awards.

The event started late in the afternoon with drinks and socializing before heading out onto the greens for a game of bare-foot bowls. After forming teams of four, and a short coaching lesson, kindly given by the experienced bowlers from the Bowling Club, the fun began.

Competition was strong early; with success measured not by how close one's bowl was to the jack, but how many bowls managed to stay out of the gutter. However, as the bowlers started to get their eye in and weight right, some impressive skills were on show.

As the sun set, the umpires consulted and bad light was called. The now confident bowling converts moved into the function area and enjoyed a BBQ buffet and more socializing.

Following dinner it was time for the award presentations. The Trotter Athlete of the Year Award was replaced this year with an award for both the Male & Female Athlete of the Year. The winner of the Female Athlete of the Year was Jessica Mitchell with Carl Barker taking out Male Athlete of the Year. The Club Person of the Year Award went to Graham Davis. Picking up his second award, and the most prestigious on offer, Trotter of the Year went to Carl Barker. Winner of Best Debut Marathon was Aimee Quinlan with Jessica Mitchell winning Best Debut Half-Marathon. The Ross English Award for most improved went to Chris Scarlett. Last, but by no means least, the King's Hit Award was won by perennial King's Hit, Mike Aiken.

Steve Gray won the lucky door prize, a \$400 travel voucher generously supplied by Mari-Mar of Travelling Fit. Steve is proving to be the Mr Lucky of Terrigal Trotters having won a pair of shoes from the most recent Runners Shop draw.

The Trotter of the Year Awards would not have been the success they were without the hard work and support of some of our special members. In particular, Sharon Harrison for organizing the function, Beverley Andrews for organizing trophies and helping with presentations, Tony Mylan for being Master of Ceremonies and of course, all the Trotters attended.

SOME HAPPY SNAPS OF A HAPPY CROWD...



◀ As bowlers, Trotters make terrific runners

Some of the nominees for Athlete of the year
▼



◀ The Ross English Award for most improved went to Chris Scarlett.



▲ Happy, smiley, possibly drunk Trotters.

◀ King's hit royalty, Ross Mcguigan and winner, Mike Aiken



RELAY FOR LIFE

The Relay For Life is a fun, outdoor and overnight fundraising event where teams of 10 to 15 people take turns to walk and/or run around a local oval. The event honours those whose lives have been touched by cancer. Celebrate life and create hope by joining your friends, family, cancer survivors and their carers in the common goal of defeating cancer.

This year's event starts at 4pm on Saturday, 17 October 2009, at the athletics track in the Mingara Recreation Club in Tumbi Umbi.

We are hoping that all participating members can find some personal sponsors to donate for them doing the hard laps around the track, running or walking, or just being there.

This year Murray Antony and Ken Hickson are aiming to complete 60kms, (150 laps), so I'm sure they will appreciate your support on the track, throughout the evening and night.

For further information contact Graham on 0413 456 455.

Don't forget to register on line for our team:

www.relay.cancercouncil.com.au/?2009/mingara_2009/terrigal_trotters/

The cost to join the team is \$11.

There will be BBQ after today's Time Trial, to raise money for our Relay for Life team.

Confucious say...

It take many nails to build crib, but one screw to fill it.

UMINA BEACH SAND SLOG

Is on again due to popular demand on the 27th September, 2009. We will be welcoming the new surf season in with a bit of exercise on beautiful Umina Beach. We have a 10km for the fit and energetic and a 5km for the others. We also have a 2km for the under 12 's.

The 2km is non-competitive run. I believe any child that can complete the 2km is a winner and will be given a T-shirt to celebrate their finish. The run will start at 8:00am and will be on both hard and soft sand over a measured course. There will be medals for all age groups except for the kids run and heaps of lucky door prizes or those that attend the presentation at 10:00am. So come and join in the fun and make a day of it on Umina Beach. Entry forms available online at www.umina-slc.com See you there. Greg Brown - Race Co-ordinator



He who laughs last, thinks slowest.

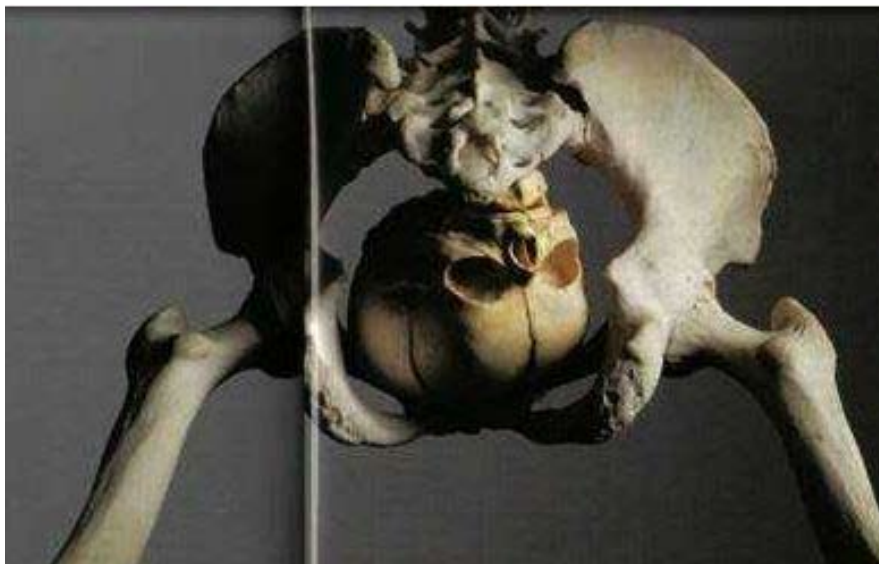
The Runners shop have a number of old Trotter uniforms in womens sizes and some Small mens. They are running a special offer with a free singlet with every pair of any non sale New Balance shoes purchased, or Mens Mizuno Wave Rider or Elixir. Uniforms can still be purchased for \$30.

SPECIAL OFFER

The Runners Shop is offering a lucky draw for every 30 pairs of shoes sold. Say you are from Trotters and fill in your lucky ticket.



60 York St., East Gosford
Phone 02 43248331



An archeological team, digging in Washington DC, has uncovered 10,000 year old bones and fossil remains of what is believed to be the first Politician.

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

UPCOMING TROTTERS EVENTS

WORLD MASTERS GAMES

Sunday, 11 October, to Sunday, 18 October 2009 - Sydney. No qualifying standards. Anybody can compete. 5 year age group increments from 30 to 100 to compete in athletics. Registration costs \$220 (inclusive of five in-stadia and all out-of-stadia events - additional events cost \$55.50 each). Let Dave Byrnes know if you are interested in participating on 0428 880 784 or dave@davebyrnes.com.au.

RELAY OR LIFE

Saturday/Sunday, 17/18 October 2009 - Starts 10:00am. Join the Terrigal Trotters Relay for Life team at Gatorade Regional Athletics Centre, Mingara.

GIRRAKOOL TO PATONGA

Sunday, 25 October 2009 - Trotters' 4.5km of very tough running from Girrakool Picnic Area cross Brisbane Water ational Park to Patonga followed by a BBQ.

THE GREAT NORTH WALK 100s

Saturday/Sunday, 14/15 November 2009

100 Mile and 100 kilometre races along The Great North Walk from Teralba to Patonga organised by Terrigal Trotters. Trotters are asked to help out during this event.

TROTTERS CHRISTMAS PARTY

Saturday, 19 December 2009

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

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

President: Flying Foxy Hardcore #3 Associate Member

Associate Member Criteria: Non runner – Bike only

Club HQ and Start Area: On Yowie @ Bensville

Club Emblem: The Waratah. Club Colors: Bush Themes

Present Membership: 8 However 007 is on the skids

Event Dates: Monday and Thursday Arvos

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 880 784 for details.

NEW SOUTH WALES RUNNING CALENDAR

OCT 2009

Sun 4 Oct BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP

This handicap race is held on the first Sunday of every month. Join us at no cost and enjoy a free breakfast. Contact: Graham Leslie 9456 2002.

Sat 10 Oct FITZROY FALLS FIRE TRAIL MARATHON

42.2km Marathon, 10km run, 5 km run. Contact: MAX POWDITCH. email: comfrig@bigpond.com.

Sun 11 Oct WESTON CREEK FUN RUN (ACT)

The 31st Annual Weston Creek 6km Family Fun Run and Walk. Contact: Race manager. email: funrun@westoncreekathletics.org.au.

Sun 18 Oct FORBES ROTARY CHARITY 7 KLM FUN RUN

Forbes fun run is a 7 klm run around lake Forbes. Contact: Ian Bown 0268512277 Work Hours. email: forbes@sportspower.com.au.

Sat 24 Oct ORRORAL VALLEY CLASSIC (ACT)

Runs: 3km, 8km, 20km and 32.5km Contact: Steve Appleby (02) 6291 4853.

Sun 25 Oct SYDNEY ADVENTIST HOSPITAL RUN FOR LIFE

Distances: 10km run, 5km run, 5km walk. Start Time: 8:00am. Location: Sydney Adventist Hospital. Contact: Rod Sayers. email: funrun@sah.org.au.

Sun 25 Oct BYRON LIGHTHOUSE RUN

10k Run around the lighthouse at Byron Bay along beach and road to raise money for the NSW Cancer Council. Contact: Greg. email: byronrun@gmail.com.

Sun 25 Oct ACTIVATE 5KM FUN RUN

Free 5km Fun Run at Sydney International Regatta Centre, Penrith Lakes, as part of Activate 09. Contact: 02 9623 6608.

NOV 2009

Sat-Sun 14-15 Nov THE GREAT NORTH WALK 100S

100 Mile and 100 Kilometre. Event Time: 6:00am.

Location of race: Teralba on the NW shores of Lake Macquarie.

Contact: Dave Byrnes 0428 880784. email: dave@davebyrnes.com.au

This calendar information is sourced from the CoolRunning Website.

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

OFFICE BEARERS FOR 2009-2010.

President: Dave Byrnes

Vice-President: Leon Harradine

Secretary: Mark Dunlop

Treasurer: Roger Matthews

Committee: Rob Waite, Gina Stuart, Mark Andrews, Paul Davison

Clothing Officer: Tina Baverstock

Registrar: Leon Harradine

Race Results Co-ordinator: Gina Stuart

Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison



He's not dead, he's electroencephalographically challenged.

the last word...

THE FUNERAL PROCESSION

A man was leaving a convenience store with his morning coffee when he noticed a most unusual funeral procession approaching the nearby cemetery. A long black hearse was followed by a second long black hearse about 50 feet behind the first one.

Behind the second hearse was a solitary man walking a dog on a leash. Behind him, a short distance back, were about 200 men walking single file. The man couldn't stand the curiosity. He respectfully approached the man walking the dog and said, "I am so sorry for your loss, and this may be a bad time to disturb you, but I've never seen a funeral like this. Whose funeral is it?"

"My wife's".

"What happened to her?"

The man replied, "My dog attacked and killed her."

He inquired further, "But who is in the second hearse?"

The man answered, "My mother-in-law. She was trying to help my wife when the dog turned on her."

A poignant and thoughtful moment of silence passed between the two men.

"Can I borrow the dog?"

The man replied, "Get in line."

The Terrigal Trotters Newsletter is proudly brought to you by the crack legal team of

*W*HITESMITH *G*ULLIBLE AND *B*INGO

CRIMINAL ATTORNEYS

Specialists in slander, freedom of speech law and get rich quick schemes

COMMIT THE CRIME, BUT DON'T DO THE TIME