



# Terrigal Trotters NEWSLETTER October 2009

## MILESTONES

### 10 Run Trotters

- # 744 Ryan Lindsay
- # 745 Gary Field
- # 746 Ed Beazley
- # 747 Cathy Hanisch

### 200 Runs

- Angus Farncomb
- Lorraine Cooke

#### The fine print

The opinions and ramblings expressed in this newsletter are not likely to be those of the editor. His memory isn't what it used to be, so he relies more and more on contributions. Also his memory isn't what it used to be.

All content is endorsed, if not sneezed over by The Elders.

#### The very fine print

"Scar" was disappointed to tell me that he has yet to have any complaints. The poor bugger is bored out of his brain sitting around in the cell day in day out. He's desperate for a project, and would like nothing more than to arrange a time-capping, or worse... So don't be afraid, send your complaint to "Scar" c/o: Block D, Penridge Correctional Facility, Colburg, Victoria.

Hi all,

A big shout out to all the chronologically challenged Trotters who ventured to the big smoke, to participate in the Masters Games. We had some fantastic results including from our new world champ, Margaret Beardslee. See page 6 for a wrap up.

Speaking of masters, I thought it about time we recognised some of the achievements of some of our more 'mature' Trotters. So Margaret Aurisch has trawled through the old results and will profile one of our living legends each month. See p.8.

Remember, if you have any stories, photos or intimate secrets you wish to share with the world, email me at: [chris@artitude.com.au](mailto:chris@artitude.com.au)

Cheers

Chris Hatcher

*You have the right to remain silent.  
Anything you say will be misquoted, then used against you.*

Website: [www.terrigoaltrotters.com.au](http://www.terrigoaltrotters.com.au) • Email: [admin@terrigoaltrotters.com.au](mailto:admin@terrigoaltrotters.com.au)

# PRESIDENTS REPORT

Midway through driving back from Melbourne a couple of weeks ago, after cheering on Sharon to her 3:08 marathon and Muzza to his 3:07 (2<sup>nd</sup> 60+), we stopped at the Holbrook Bakery to “refuel” and bumped into Darrel Robbins and Kim, also on their way home from Victoria. Darrel was sporting a nice gash on his forehead, courtesy of a low branch he had encountered on his way to 2<sup>nd</sup> place in the inaugural Great Otway Way (GOW) 200km trail race – a great effort.

The chance meeting got me thinking about all of the different places Trotters had been running on that particular weekend. Not only were we represented at the Melbourne Marathon and GOW200km, but had runners performing admirably at the Fitzroy Falls Firetrail Marathon (Michael Miles, Joe Rolella and Steve Gray ) and the World Masters Games 10km at Homebush (Barry Willis, Carl Barker, Greg Love, Marg Beardslee, Rob Scoines, Heiko Schaefer and Margaret Vaughan). Not a bad geographic spread for Terrigal Trotters on one weekend.

The GOW200, referred to above, is now considered part of an Australian Ultra Running Grand Slam which includes our own Great North Walk (GNW) 100s. The Grand Slam begins with the Glasshouse Mountains 100 Mile in September, and is followed by the GOW200 in October, the GNW100s in November and the 236km Coast to Kosci in December. Anyone up for a challenge!

Of course, the regular Saturday morning Trotters run was also on the same weekend. Runners may be interested to know that a full year schedule of the Saturday morning runs is now published on the Trotters website and we have put together a book of large-scale Run Maps that will be available at registration on Saturday mornings to refresh your cerebral GPS.

Dave Byrnes

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## RUNS FOR THE MONTH

### OCTOBER

24th Kings Avenue  
31st Brooks Hill 10km Time Trial

### NOVEMBER

7th Cromarty Hill  
14th Fatman’s Run  
21st The Round Drive  
28th Flat 10km 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)

# SYDNEY 2009

A strong contingent of Trotters competed in the World Masters Games recently and did they do us proud, or what?

Some fantastic results were had and we now have our very own world champion - well done Margaret!

And I couldn't help but notice that Romeo's budgee smugglers were traded for a satin Aussie flag fashioned into a pair running shorts.

All to good effect with three top 10 finishes.

Great work Greg and congrats to all who participated.



# WORLD MASTERS GAMES

## WORLD MASTERS GAMES SYDNEY

### 10KM ROAD RACE - 11 October 2009

Overall Place	Comp Name	Catgry	Catgry Place	Gun Time
22	50816 BARRY WILLIS	M50-54	4	0:35:45
28	50513 CARL BARKER	M50-54	6	0:36:44
90	55642 GREG LOVE	M55-59	8	0:39:34
133	50013 MARGARET BEARDSLEE	W50-54	2	0:41:27
147	50761 ROB SCOINES	M50-54	34	0:42:13
399	70585 HEIKO SCHAEFER	M70-74	8	0:52:17
536	65046 MARGARET VAUGHAN	W65-69	7	1:00:54

### 8KM CROSS COUNTRY RACE - 13 October 2009

Overall Place	Comp Name	Catgry	Catgry Place	Gun Time
26	CARL BARKER	M50-54	5	00:29:34
56	GREG LOVE	M55-59	9	00:31:10
96	MARGARET BEARDSLEE	W50-54	2	00:33:20
109	KEVIN WILLS	M55-59	17	00:33:51
114	DAVE BYRNES	M55-59	18	00:34:10
315	MARGARET VAUGHAN	W65-69	4	00:48:20

### 5000M TRACK RACE - 15 October 2009

Overall Place	Comp Name	Catgry	Catgry Place	Gun Time
	Barker, Carl	M50-54	5	0:18:17
	Love, Greg	M55-59	9	0:19:23
	Wills, Kevin	M55-59	14	0:20:28
	Byrnes, Dave	M55-59	20	0:21:40
	Schaefer, Heiko	M70-74	5	0:23:48

### 1500M TRACK RACE - 16 October 2009

Overall Place	Comp Name	Catgry	Catgry Place	Gun Time
	Barker, Carl	M50-54	13	4:49:59
	Wills, Kevin	M55-59	11	5:37:33

### HALF MARATHON ROAD RACE - 18 October 2009

Overall Place	Comp Name	Catgry	Catgry Place	Gun Time
	CARL BARKER	M50-54	9	01:22:14
	GREG LOVE	M55-59	12	01:29:31
	MARGARET BEARDSLEE	W50-54	1	01:34:27
	DAVE BYRNES	M55-59	19	01:35:37
	DEBBIE BLOFFWITCH	W50-54	9	01:43:33
	ROBERT HEKKING	M60-64	32	01:50:20
	LEIGH FRENCH	W40-44	19	01:50:23
	HEIKO SCHAEFER	M70-74	9	01:57:47

# TIME WARP

Newer/younger Trotters may see some 'less youthful' or should that be 'more youthless' trotters and wonder how they spent their misguided younger days. For some it was a love of fast cars, but for most it was a love of fast men and fast women. Real fast. Trotters has a history of strong runners and great performances and I reckon it's about time to showcase a few from years gone by.

Each month, Margaret Aurisch will pull out the old results journal out of the Trotters vault, blow the dust off, and share with us the achievements of the more chronologically challenged among us.

To kick it off, we profile **Ken Knight**.

Ken started running with Trotters in 1984 and was competitive in distances from 2K to 100K on the track plus 1/2 marathons, marathons and Ironman triathlons.

**Some of his results over the years are:**

6 at 6	19.08
10,000 metres	38.50
5,000 metres	18.21
1/2 marathon	1.22.44
Marathon	3.06.14



*Ken Knight in his younger days.*

## RELAY FOR LIFE 2009.

What a great weekend at Mingara!

Terrigal Trotters team this year was well down on past years, but still managed to achieve a good sized donation to the Cancer Council of nearly \$3000.00, which is a fantastic effort.

Special mentions to, Les Lowe and family, who never miss the event, Murray Antony for his 60km, Patrick Watson for his 50km, Sabine, Kevin Tristan and Killian Byrnes for their great family effort, and raising approx \$750, and Mike Gero, for helping me get the tents etc get set up late Saturday morning.

To all those who did come and support the event whether watching or running/walking, thankyou.

Provisional total raised by the Mingara Relay for Life is \$155,000.

# FIVE MINUTES WITH A TROTTER

**Trotter Number:** #711

**Name:** Dave Booth (Serge)

**Married**/Single

**Occupation:** Company Director

**Favourite Run:** SMH Half marathon

**Favourite Distance:** Half marathon

**Race PB:** SMH half: 1.53

**Your Shoe Brand:** New Balance

**Other Sports:** Soccer/Cricket



**List Your Favourite:**

**Food:** Thai

**Music:** Coldplay, Snow Patrol

**Actor:** Jim Carrey

**Movie:** Life of Brian

**Wine:** Red

**Travel Destination:** Heron Island

**Vehicle:** Hyundai, Mitsubishi or Sunbeam Tiger

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

1. Good book or two
2. Fishing Line
3. Curry Powder

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

Kate and my three kids (they made me write that!)

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

I wish I was more decisive or could make up my mind quicker.

**Don't forget, Girakool to Patonga is on tomorrow (Sunday, 25 October).**

Meet at West Gosford shops at 7:00am. BBQ supplied at finish - free to all members.

First group to leave Girrakool at 7.30am. The Run should take between 3 and 4 hours.

Three drink stops will be provided. If you require more, bring your own.

Contact Keith King or any Committee Member for details.

# SEPTEMBER RESULTS

## FLAT 10KM TIME TRIAL - 26 September 2009

Place	Name	Time	Place	Name	Time
1	Ian Temblett	37:00	37	Robert Graves	50:18
2	Carl Barker	37:55	38	Jeff Dick	50:28
3	Andrew Mildren	38:43	39	Amanda Ruffin	50:30
4	Matthew Collins	39:18	40	Les Lowe	50:57
5	Ryan Storey	39:38	41	Bruce Higginbotham	51:13
6	Wayne Daley	41:06	42	Tom McNally	51:19
7	Adrian Smith	41:36	43	Dot Stockwell	51:26
8	Patrick Watson	42:12	44	Cathy Toby	51:31
9	Murray Antony	42:27	45	Colin Bullard	52:25
10	Callum Stott	42:33	46	Jo Ridley	52:38
11	Levi Martin	42:36	47	Tony Nygard	52:52
12	Felicity Brown	42:47	48	Lynn Bromwich	53:01
13	Danny Moore	42:15	49	Karen Boyd-Skinner	53:03
14	Joe Rolella	43:34	50	Kelly King	53:05
15	Colin Barnett	43:34	51	Joanne McCarthy	53:06
16	Sharon Harrison	43:53	52	Bill Diebert	54:42
17	Al Cooke	44:13	53	Mal Hunt	55:36
18	James Moran	44:17	54	Roger Matthews	55:41
19	Brian Bennett	44:31	55	Kevin Myers	55:59
20	Mel Robbie	45:48	56	Rob Wait	57:01
21	Rod Northey	45:59	57	Debbie Wooden	57:06
22	Scott Antony	46:00	58	Sabine Byrne	57:34
23	Dave Byrnes	46:07	59	Robert Caplice	57:58
24	Greg Brown	46:27	60	Ian Keene	58:01
25	Jeff Smith	46:51	61	Tony Bolcina	58:07
26	Gus Farncomb	46:58	62	Maria Timmers	58:19
27	Matt Toby	47:14	63	Tony Collins	58:31
28	Peter Jackson	47:32	64	Maree Clark	58:40
29	Chris Scarlett	47:42	65	Narelle Stylianou	58:41
30	Steve Gray	47:45	66	Greg Tegart	58:50
31	Tim Folland	47:52	67	Mark Rollins	59:27
32	Chris McInerney	48:22	68	Wayne Doherty	1:00:45
33	Mike Thorpe	48:23	69	Margaret Vaughan	1:03:49
34	Kevin Andrews	49:40	70	Robyn Pallas	1:08:31
35	Shirley McComb	49:46	71	Laurie Stopford	1:19:45
36	Craig Gustard	50:03	72	Bill Karskens	1:37:15

Shin: A device for finding furniture.



# SEPTEMBER RESULTS

## FITZROY FALLS FIRE TRAILS MARATHON - 10 October

Place	Name	Age	CAT	Time
13	Michael Miles	42	M40	3:29:24
18	Joseph Rolella	37		3:36:18
76	Stephen Gray	59	M55	4:34:21

## GREAT OCEAN WAY 200KM - 10/11 October 2009

Place	Name	Time
2	Darrel Robbins	31:28:00

## MELBOURNE MARATHON - 11 October 2009

Overall Place	Name	Gun Time	Net Time	Age Categ.	Categ. Place	Gender	Gender Place
306	Murray Antony	3:07:34	3:07:29	60-64	3	Male	285
327	Sharon Harrison	3:08:55	3:08:50	40-44	7	Female	25

## UMINA 5KM SAND SLOG - 27 September 2009

Place	Name	Time
1	Charlie Brooks	20:07
7 (1st F)	Suzie Woodbury	22:42
30 (12th F)	Sandy Hickson	35:31

## UMINA 5KM SAND SLOG - 27 September 2009

Place	Name	Time
4	Greg Love	45:29
11	Joe Rolella	47:52
19	Ken Hickson	56:53

## The Seven Dwarves of Menopause



Itchy, Bitchy, Sweaty, Sleepy, Bloated, Forgetful & Psycho

If at first you don't succeed, avoid skydiving.



# ADHD

## *(ADventure Hates Dementia)*

The ADHD group, formally known as Adventure before Dementia, comprised of Rob Wait, Heiko Schaefer, Barry Bowden and Keith King.

We set off on Sunday 29 August 09 to walk part of the Myall Tops Heritage Walk. We assembled at Rob's place for the drive to Dungog where on arrival everyone but Heiko pigged out on pies and flavoured milk like it was the last supper!!!

Marg's brother in law, Dave, then drove us to the trackhead at Lagoon Pinch at the foot of Barrington Tops, an elevation of 500m. We started walking at 1130am on a good track heading uphill to our campsite at Wombat Creek, a distance of 10 kilometres and elevation of 1500 metres. Stopped for a break on the track near Corkers Mountain after about two hours with great views of Careys Peak, the highest point in Barrington Tops.

We passed through an Antarctic Beech forest and eventually reached the snow gums, soon after we found the Selby Alley Hut which some other walkers had told us about and was not on the maps. We decided to stay there rather than camp due to the open, fireplace and bunks with mattresses!!! The hut is located beside a stream and amongst the forest, picture book stuff.

As though we hadn't done enough we dropped our packs and did the 5 Kilometre round trip to Careys Peak to take in the view.

Dinner of dehydrated food of all sorts and into bed fairly early, everyone slept well expect whist Rob was chasing the rat eating his powdered milk!

Day 2 dawned cold with a little frost, we fairly quickly reached the top of the mountain, checked out Wombat Flat and headed for Munro Hut, a reasonably flat walk along the ridge about 17 kilometres saw a us there mid afternoon. We had walked down from the snow gums, through another Antarctic Beech forest with an understorey of tree ferns which was very impressive. Again another great hut of a slightly different design but also near a stream.

Day 3 saw us quickly reach Gloucester Tops Road and made a detour to see Andrew Laurie Lookout and Gloucester Falls before having a break beside the river. Across the river and the track became undulating before a huge descent into Gloucester Gap where we stopped for lunch and to regain our strength for what we knew would be a big climb. Some were suffering sore feet from the steep slippery descent.

The post lunch climb was longer, steeper, harder and higher than we expected, much more so than day one's ascent. All very tired by the time we traversed The Pimple and eventually found our camping area called Mountaineer after 5.00pm after about 24 kilometres. A scramble down steep terrain to the creek for water supplies, set up camp, cook dinner and pretty well ready for bed except no comfy mattress tonight just camp beds except for Barry who sleeps with only the tent floor and sleeping bag between him and the ground. He is the toughest bank manager you would ever meet!!!

Day 4 saw us on the road just after 8.00am a long mostly downhill walk to the Karuah River, on the way down Rob and Heiko were deep in conversation and walked right past a red belly black snake whose head was about 200mm from Rob's leg, fortunately the snake made no attempt to bite! Had lunch and a very quick dip in the freezing water before starting the 500m ascent to Berrico Road. Rob and Barry suffering from very sore feet, all of us feeling our combined age of 250 years!!! Downhill to the Log Dump campsite again not arriving until after 5.00pm, tried until dark to find water but had to make do with the little supply we had. Early to bed after another 24+ kilometre day.

Day 5, up at 6.00am and a 3 kilometre round trip back the way we had come to get water. On Berrico Road all day leaving the forest and entering farm country. Had a long lunch near a creek and completed the last 3 kilometres to Stroud Road, the pick up point. When Dave arrived with 4 Crown Lagers he was very popular!!!!

In all we covered over 100 kilometres and are about halfway through the walk, basic plans in place to do 4 days to Bulahdelah after summer followed by another 3 days to the finish at Hawks Nest.

## **Terrigal Trotters INC.**

Whitesmith, Gullible @Bingo  
Attorneys at Large.

October 2009

Dear TT INC.

As Specialists in the field of Discrimination, Vilification and Slander (more on the Christmas theme of GIVING rather than receiving) we feel it incumbent upon the firm to "brief" Terrigal Trotters INC. regarding the recent dramatisation of a once famous pop group on a once famous television program, running on a Saturday.

There are certain connections with TT INC. here and we as your retained legal counsel believe you should be acquainted with all aspects of your exposure to possible fallout. TT INC. was once a famous running group...running on a Saturday. It then branched to Wednesday under the guise of "dead flat, well lit". We note with interest that the once popular show has copied this move by TT INC. We also note that one of the members of the aforementioned group was dead and most likely flat. Our concerns go deeper as with copious amounts of glitter, diamonds, sparkle and gloves that this person was in fact at times also "well lit". It has been brought to our attention that some members of TT INC. do wear gloves at time whilst competing...read "performing"... which may be seen as a cheap form of discrimination.

We at W G&B believe that immediate and decisive action needs to be taken to avoid some "toxic doogooder", as we call them in our practice, suing for some form of Racial Exploitation. Our Crack Legal Team suggest all hand apparel, iridescent clothing, in fact ALL clothing be removed for future TT INC. "Performances". Skin tones should also be of a mottley beige so as not to conflict with either dark or light. In the short term we suggest that group singing is kept to a minimum unless or course it is the HAKA only performed by "credentialed Shakey Islanders".... No one dares screw with their ethnic ancestry.

We are glad to have been of assistance in this matter and look forward to receiving our gratuity in the usual manner.

Jimmy Whitesmith

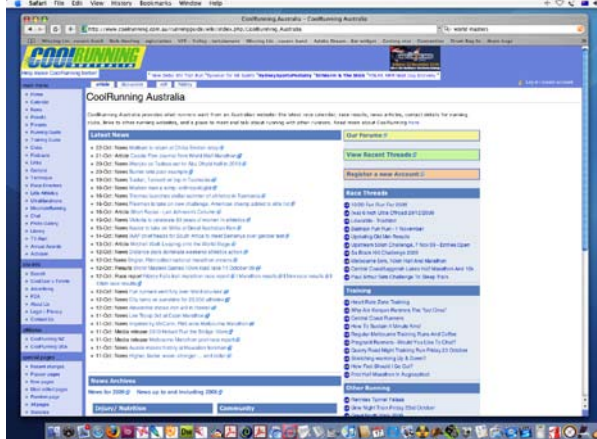
Senior Partner W G&B  
*"Do the Crime but Don't do the time".*

# THE RUNNING GEEK

Each month, we'll revue a website, or something equally tech to appease the nerd within.

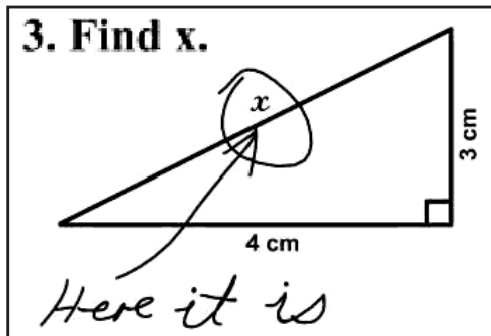
Kicking off is the Mecca of all running websites in oz -

[www.coolrunning.com.au/](http://www.coolrunning.com.au/)



It has everything you could possibly want to know about running and then some, for example where else could you read 131 posts about 'things I found on the road while running'?

Never forget you are unique, like everyone else.



**CHECKING IN** (Answer on your own and hand in to your instructor)

The water of the earth's oceans stores lots of heat. An engineer designed an ocean liner that would extract heat from the ocean's waters at  $T_h = 10^\circ\text{C}$  (283 K) and reject heat to the atmosphere at  $T_1 = 20^\circ\text{C}$  (293 K). He thought he had a good idea, but his boss fired him. Explain.

*Because he slept with his boss' wife. -- Jathen... oh dear!*

The Runners shop has 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

## **Blonde Men do exist**

A sheriff in a small town in Texas walks out in the street and sees a blond haired cowboy coming toward him with nothing on but his cowboy hat, his gun and his boots. He arrests him for indecent exposure.

As he is locking him up, he asks 'Why in the world are you walking around like this?'

The cowboy says, 'Well it's like this Sheriff ...

I was in this bar down the road and this pretty red head asks me to go out to her motor home with her. So I did.

We go inside and she pulls off her top and asks me to pull off my shirt... So I did.

Then she pulls off her skirt and asks me to pull off my pants.... So I did.

Then she pulls off her panties and asks me to pull off my shorts.... So I did.

Then she gets on the bed and looks at me kind of sexy and says, 'Now go to town cowboy.. '

'And here I am.'

# UPCOMING TROTTERS' EVENTS

## 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 21 km 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 WORLD RECORD!

Did you know that a new world record has been set for the HIGH JUMP from a KNEELING position?

The record (an astonishing 1.73 metres) was set yesterday on a beach near Cannes in Southern France.

The photograph on the following page was taken just a split second before the jump but it gives a clear idea of how this remarkable record was achieved.



## **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



# NEW SOUTH WALES RUNNING CALENDAR

## OCT 2009

### **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

### **Sun 1 Nov BEROWRA BUSH RUNNERS 10KM ROAD RUN HANDICAP**

This handicap race is held on the first Sunday of every month. 7:15am at Warrina Street Oval, Berowra. Contact: Graham Leslie 9456 2002.

### **Sun 1 Nov BALMAIN FUN RUN**

A choice of a 2 kms, 5 kms or 10 kms run/walk. Start and finish at King George Park next to Iron Cove Bridge, Rozelle. Contact: John Dawlings on 0422-819-468. email: balmainfunrun@hotmail.com.

### **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

### **Sun 22 Nov DEEP SPACE MOUNTAIN MARATHON (ACT)**

Deep Space Mountain Marathon, former Honeysuckle Creek Deep Space Tracking Station, Apollo Road, Namadji National Park ACT. Contact: John Harding ph 02-6248-6905. email: hackettrunner @ hotmail.com.

*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)*

# the last word...

Barry returned from a doctor's visit one day and told his wife that the doctor said he only had 24 hours to live. Wiping away her tears, he asked her to make love with him.

Of course she agreed and they made passionate love.

Six hours later, Barry went to her again, and said, 'Honey, now I only have 18 hours left to live. Maybe we could make love again?'

His wife agreed and again they made love.

Later, Barry was getting into bed when he realized he now had only eight hours of life left. He touched her shoulder and said 'Honey?

Please? Just one more time before I die.'

She agreed, then afterward she rolled over and fell asleep.

Barry, however, heard the clock ticking in his head, and he tossed and turned until he was down to only four more hours. He tapped his wife on the shoulder to wake her up.

'Honey, I only have four hours left! Could we...?'

His wife sat up abruptly, turned to him and said, 'Listen Barry, I'm not being funny but I have to get up in the morning and you don't.'

*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