



# Terrigal Trotters NEWSLETTER November 2009

## MILESTONES

### 10 Run Trotters

# 748 Patrick Watson  
# 749 Ryan Storey  
#750 Sarah Doyle  
# 751 Al Cooke  
# 752 Marie Timmers

### 100 Runs

Allison Allen

### 300 Runs

Wayne Evans

#### 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" has been busy purchasing out number plates, but would prefer to punch out someone's rights. We're trying to get disassociated with the lack of correspondence, and might be saving off my rights. So for my sake, send your complaints to "Scar" c/o: Block D, Penridge Correctional Facility, Coburg, Victoria.

Hi all,

One of Trotters' premier events, the GNW was on last weekend and proved to be a great success. It is right up there on the distance junky's calendar and is proving more popular every year. It's a credit to Dave Byrnes and all the volunteers who made it possible. And congratulations to our very own Darrel Robbins who was up against some of the best distance runners in the country and came 3rd overall. His report is on page 8 and runners' comments and photos are on page 5.

Girakool to Patonga was also on a couple of weeks ago and had a good turn out as always. If you haven't run it before, make sure you mark it down for next year. It's a challenging course, but a great BBQ afterwards! Thanks to all the organisers and volunteers.

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)

# PRESIDENT'S REPORT

I have been a member of a number of sporting clubs during my life. In almost all, there seemed to be a few people who carried the club, driving most of the competitive and social organisation.

Terrigal Trotters is different and one reason it is successful as a club is that there are many people in the club prepared to take on responsibility for particular tasks. Perhaps one of the best recent examples is Graham Davis who last month took on responsibility for organising Terrigal Trotters' involvement in the Mingara Relay For Life to raise money for the Cancer Council. It was a tough job because it coincided with a number of other events involving Trotters, such as the World Masters Games, and Graham found it hard to enlist runners and sponsors.

He tried to kick-start the fund-raising with a Saturday morning BBQ after the Trotters' run, but had few takers. Undaunted, Graham persisted and ultimately found sufficient runners to give Trotters a presence at the Mingara track as well as raising sponsorship money. Ultimately, Graham raised about \$2,000 and ran 50km himself. Together with a fine contribution from Kevin and Sabine Byrne and family, and some others, Terrigal Trotters raised more than \$3,000 for the Cancer Council.

We all gained credit from this Herculean effort but know that, without Graham's effort, little would have happened. We are lucky to have people like Graham in the club.

Dave Byrnes

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## RUNS FOR THE MONTH

### NOVEMBER

21st The Round Drive  
28th Flat 10km Time Trial

### DECEMBER

5<sup>th</sup> Marg's Meander  
12<sup>th</sup> Avoca Steps  
19<sup>th</sup> Pony Club  
26<sup>th</sup> Brook's Hill 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)

# 2009 GREAT NORTH WALK 100S RUNNER COMMENTS

(excerpts from CoolRunning Chat Room)

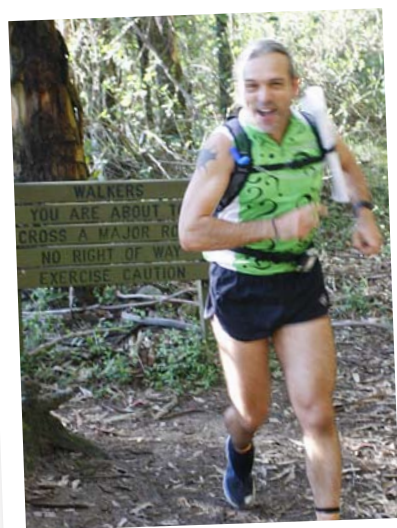
"Arrived at the start to find the air filled with a mix of excitement and nervous energy."

"...ERB sailed past looking very comfortable on the furnace of Congewai Rd"

"Met 3 young fella's who told me they were pulling out at the school as they were out of their depth. When I got onto the road it was unbelievably hot."

"It felt really lonely as well so got out the mobile and rang Lotsahare to find out how she was feeling and how far behind me they were?"

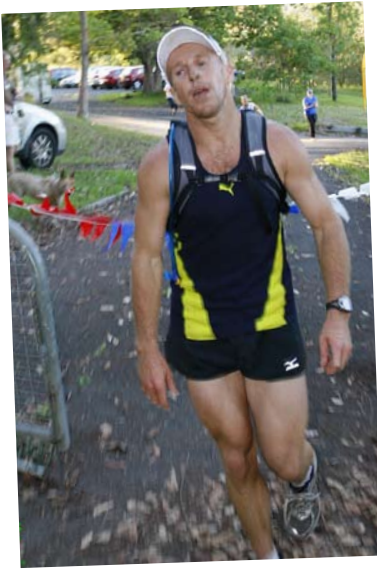
"...took a long time to climb the steep climb (Warrawong?) as the others left me, with numerous rests and some outstanding projectile vomiting at the top which actually made me feel a lot better!.....at the end of the climb from the creek to Sow & Pigs crossing another massive spewing session after Tim & company (LPB?) went past just in time as a group caught me.....So 2 attempts at the GNW in what are seemingly the 2 hottest years, 2006 and 2009. Some introspection before I commit to anything longer than a flatish 42.2, I think my hydration strategy vs



sweat output are not matched, despite drinking around 9 litres on the course, vomiting aside I lost about 4kg, I want to be an Ultra runner but maybe its just not my strength..."

"....Arrived at the Watagan Creek crossing and refilled the water containers before heading up the next hill where I passed about 5 runners who were sitting down, most sick with nausea...."

"Well the plan was to run with Eagle and Tall Geoff. That lasted until Bill Thompson went past us in the first section and Ray told Geoff and I to go on without him. There is nothing worse than having to go on without a mate but we knew Bill gets to the finish with 10 minutes to spare and the plan was to not ever see Bill...."



"Bill was already at Yarramalong when we left.... not a good sign."

"Hot indeed, Darrel (and his pacer Joel) over took us 3km past Yara and we never saw them. Terry fell sick a couple of times and he had to shut his eyes at Mooney Creek for 15minutes. Finished strong for a 4th position (29.32hrs)"

"We picked up Brick and then found Grant lying in the dirt."

"On our way out saw Dave and was happy that he managed to make it to the Basin. Then we met Lotsahare, Lynda and Eagle they were 40 mins from the Basin and would arrive at the Basin 1hr after cutoff by my calculation. I was very disappointed for them knowing what they



had gone thru to get to this point."

"We passed by this house on the road where the music was pumping that time of the morning and the guests were calling out 'run forrest run'... which they found really amusing!!"

"....came in 5 mins after us. It was so awful to see him. I have never seen someone as ill as this guy. Looks like as soon as he stopped everything went wrong. He was throwing up and in lots of pain chaffing/blisters, nausea etc"

"I don't think there was anyone out there that wasn't affected by the heat, nausea and how difficult it was to keep hydrated. To not pee from the unmanned water station at 70kms at around 5pm Saturday till I got home last night just shows I didn't drink enough.... and I reckon I drank around 20/25 litres."

"I entered my first 100 mile not really knowing what to expect. I kinda thought it would be like running 100km but longer. But it turned out to be completely different. I was battling very diffent demons, mostly deep fatigue, crushing sleepiness at night, the knowledge that at the pathetic pace I was going even 10km was going to take 2-3 hours."





"Did everyone see the great big python curled up 2 feet off the track just before Walkers Ridge Rd? He was a beauty."

"....the fireflies at Cedar Brush head were awesome...."

"....he was busy eating 800 odd spider webs between Yarramalong and Patonga. Some webs were so thick that they would cover your eyes...."

"I had a great run on Saturday and enjoyed every minute of it...well ok the climb out of Congewai completely sucked but the rest of it was outstanding"

"I LOVED the night running, particularly through the rainforest sections."

"Low lights:.....Seeing way too much vomiting. There was one runner at the Basin who really could have entered the Guinness Book of Records. I've never seen anything like it in my life."

"WOW. That was totally insane every minute

and every step of the way. Every person on that course whether a runner, official, volunteer or crew should be congratulated for taking on that beast in those conditions."

"....and that lovely lady at CP2 who looked after me last year (sorry I'm hopeless with names) thank you...."

"I've never felt so good in any race to finish like that with people yelling our names and cheering. That was awesome."

"Must be a record for the amount of water I've drunk in one day."

"It was an amazing event and probably my favourite of all time. Being out on the trail for a day and a half and witnessing first hand what people had to endure in those conditions was something that I will never forget."

"The organisation gets bigger and better each year."

"....MQ and Allison both finished strong. MQ

kissed the pole, ignored EVERYONE else and went straight into the sea."

"Stepping on to the beach at Patonga was awesome beyond words."

"The volunteers at the CPs were great, so helpful and friendly and they all seemed just really nice people."



# 2009 GREAT NORTH WALK 100S

by Darrel Robbins

Firstly before I ramble on I wanted to say congrats to Andrew, amazing run and well deserved. You have every detail covered there is not another runner that is better organised than you. To Peggy, Spud and MQ fantastic effort on what was an eventful day. To everyone that even started congrats.

3.00am the alarm screams out and echoes right through the house. The family is up doing their thing getting ready to travel to Teralba. We arrive at Teralba and I leave my crew there while I pick up Meredith and Dan who are doing the 100 miles also. I find myself walking around in my usual nervous state wondering how the heat was going to affect the run.

6.00am and finally we set off. A nice easy pace for the first hour as I tagged along with Milov and Rod just having general chit chat it was good to catch up with both as I haven't run with Milov since he was scared of a random cow in a paddock. I reminded him of what laid ahead not the run but the cattle in the paddocks that we had to run through. I made it to CP1 by myself feeling ok. 3 minutes later I was off doing the 2<sup>nd</sup> leg I ran most of this leg by myself until Congewai road where I meet up with Levi and Craig, Craig was gone and was keen to pull out, I felt like running a bit but didn't take much talking into for a walk. Craig and I ran / walked the remaining part of Congewai road I swear it was at least 40 degrees. We arrived at CP2 and Craig decided to pull the pin. CP2.. 52 km's 7 hours and over 8.5 liters of fluid already.

Managed to get out of CP2 without much hassle and teamed up with Terry "The calf Man" Coleman. I told him to go ahead but I think he was feeling as bad as I was by then. It had taken us around 1 hour 20 minutes to reach the top. We were both had it, but keep pushing through. We would lead each other at various parts but were always within 500 mts of each other. By the time we had managed to reach the unmanned water stop I had drank another 2.5 liters and needed to fill up.

Terry and I met again with this poor runner just completely had it. I think he was wondering how to get out of there. We chat for a couple minutes, passed on some succeed tablets and climbed the hill. Terry and I left together but by the time I was half way he was 150 mts in front. I finally made it to the top by this time by myself again "Beavers" words came back to haunt me "anything more than a walk Darrel". I set off again and managed to pick up Terry coming into CP3.

Had a bit longer stop but not to bad for me and we are off on the 100km finishers leg. Terry left a little before but that was ok as





I started to play around with my Garmin charger and managed to fall over and down the side of the embankment. Lucky for dead trees, which stopped me falling to far, I managed to climb up to the trail and set off walking.

Finally got to Kingtree and started to run a little, at one stage I thought I was on a treadmill I could feel and see my legs moving but I wasn't going anywhere. I looked down at the garmin and I was running around 6.5 km per hour. I decided to walk and pop 2 Gu's, which made me feel better.

Went over the new bridge and hit Cedar Brush road in daylight, which was good. I ran into another 100km runner half way through, we had a chat for a while and managed to run and walk my way to CP4.

I arrived around 9.00pm and worked out I had drank around 16 liters by then not counting a couple of cokes and some water ice blocks. By this time food was hard to handle but managed some creamed rice and a Gu.

After about 7 minutes I left with Joel who would pace me through to Mooney Mooney. Less than a minute out of the CP Terry goes past with Keith pacing him. They seemed to be moving ok, so I decided to keep going along at our own speed and see how things went.

We managed to catch Terry and Keith around the halfway distance to CP5, we had a small chat and I felt like running I could see Terry needed to spell so we left them and headed towards CP5. Even though I live just near this part of the course and have ran it plenty of times I fell into Ourimbah Creek I think Joel didn't know if he should laugh or help pull me out.

This is the second time since the start I have to run in wet shoes and as I found out was the making of my first blisters in 6 months of running. When we arrived at CP5 I changed my shoes had a coffee and set off to do the so-called easy leg. I was fine until around the 10 km mark. We had the old run / walk thing going. I felt crap for the last 3-4km's into CP6 and ended up stopping and having a break, the problem is having a break it is harder to get going.

Finally made it to CP6 where Joel left me to run the last leg on my own. I knew Spud was around 20 minutes in front of me but didn't know how far the next runner was which I thought would have been Terry but it ended up being Robin Cameron behind me. By this time I was depending on coke and water ice blocks to get me through. I set off with a target of 4.5 half hours to do the leg. I kept thinking what was Dave Brynes thinking no more than 5 on the bridge at one time. Joking isn't he that kept me amused for the next 3-4 km's as I climbed the first major hill. Felt a bit better so I decided to run.

I arrived at the unmanned water stop wondering how far spud was and how far the next runner was behind. Moved along for the 6-7 kms but after that found it difficult to run and just to walk was a pain .

I started to think that 100m miles is only 161 odd km's surely the TT know this. By

the last hill I was moving slower than a turtle with no legs. I just get to the top of the last hill and I see 2 runners coming the other way.

After a small chat I just happen to ask if there was any runners in front...waiting, waiting.. Yeh there is a lady 500 mts in front no to be exact she is 800mts in front. Ok see ya I want to run now. I thought why couldn't I do this before. Anyway 2-3 km I caught up with Peggy. I knew she was injured so I had a small chat and said I don't think anyone is behind let's get in there together.

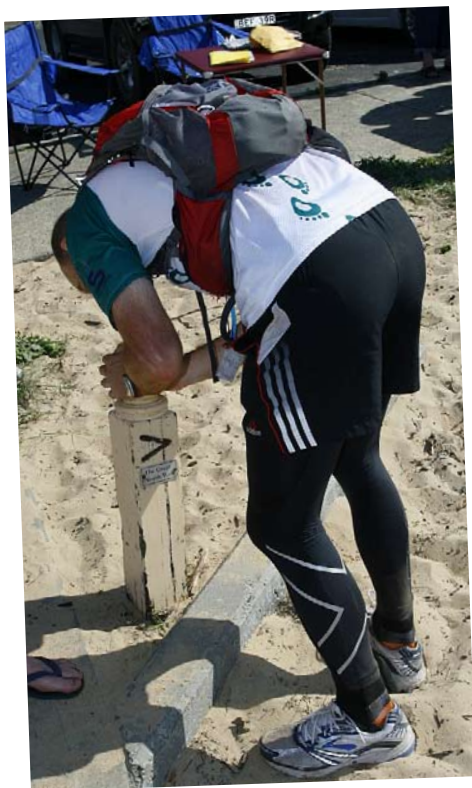
Peggy was keen for me to go ahead but I felt a bit low as she is / was clearly a better runner anyway we walked for awhile when someone Peggy new was seeing how she was. When they started to chat I left saying I will wait on the bottom, Peggy told me it's no worry keep going. I get to the bottom and run along 100 meters and waited for what I think was an hour but really only 7-8 minutes. I ended up convincing myself to keep going you have waited long enough.

Anyway crossed the line in 27.13, which is by far under what my goal was. I was always aiming for 29 hours but with the heat I thought under 30 would be great. I feel privileged to finish, as this is by far my favorite trail. Because this is where I ran my first Ultra and there are a few hills to slow the real runners down it's the only way to get close to some of these amazing athletes.

To my crew which happens to be my wife and in-laws I can't thank them enough. Dave and all the TT the support is amazing, It picks you up when you come into a CP to see people that are that enthusiastic. Also Sharon for the support along the run and Mark for feeding us at the finish. Only 362 days before I can do it again

## Some stats.

175km.27 hrs 13 minutes, Over 25 liters of fluid, 4 small cokes, 10 Water ice blocks, 14 Gu's,8 bags of Chomps, chips, fruit cake, creamed rice, vegemite sandwiches and peanut butter sandwiches, power bars





# TIME WARP

Each month, Margaret Aurisch pulls out the old results journal out of the Trotters vault, blows the dust off, and shares with us the achievements of the more chronologically challenged among us.

This month, we profile **Brian Dawson.**

Brian started running with Trotters in 1983 and has competed in distances from 100 mtrs beach sprinting to 100 k's

## Some of Brians best times are:

Sydney City to Surf 53.15

Marathon 2.55.17

30K Palm Beach to Manly 2.05.33

Cessnock King of the Mountain 25K 1.35.03

Maitland 10K 37.14

Bay to Breakers 11K 39.02

6 @ 6 18.30



*Brian Dawson nearing the finish of his 2.55 marathon.*



*A recent photo of Brian. Hasn't changed a bit.*

Brian placed 2nd place in the 100 metres beach sprint in the Masters Surf Life Saving titles in 1994 competing for Avoca Beach SLSC  
Brian along with several other Trotters ran in the 100K Terrigal to Sydney Hospital charity run in 1988

Brian is now semi retired and spends his spare time with his family and many grandchildren and kayaking

# FIVE MINUTES WITH A TROTTER

**Trotter Number:** #707

**Name:** Gina Stuart

**Married** (Single)

**Occupation:** Health promotion officer

**Favourite Run:** Any run through bush trails

**Favourite Distance:** 14km

**Race PB:** 10K: 49min - 4K: 17 min

**Your Shoe Brand:** Asics

**Other Sports:** Cycling, gym, walking



## List Your Favourite:

**Food:** Massaman curry, roast sweet potato, seafood marinara

**Music:** Too many to list! Funk, blues, rock, jazz, reggae, latin

**Actor:** Jack Nicholson, Robert De Niro

**Movie:** Austin Powers

**Wine:** Sauvignon Blanc, merlot or pinot chardonnay

**Travel Destination:** Italy/Europe

**Vehicle:** Mitsubishi Magna (the Magda Szubanski - soon to be decommissioned).

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

1. Camera
2. Lindt orange dark chocolate
3. A tent

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

Naked Chef

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

Get to bed earlier!

The journey of a thousand miles starts with a broken fan belt and a flat tyre.

# OCTOBER RESULTS

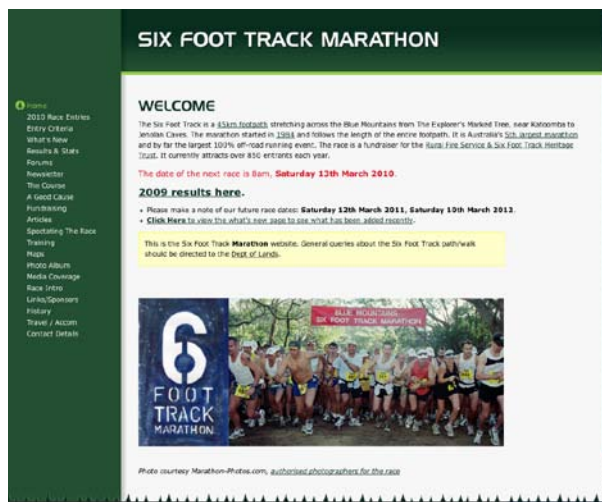
## HILL 10KM TIME TRIAL - 31 October 2009

Place	Name	Time	Trotter No	Place	Name	Time	Trotter No
1	Darren McClellan	37:28	573	48	Karin Koehne	51:42	
2	Carl Barker	38:27	609	49	Joanne Litterick	51:55	
3	Ian Temblett	40:16	665	50	Stuart Miles	52:02	537
4	Robbie Wilkinson	40:46	726	51	Craig Gustard	52:23	544
5	Patrick Watson	40:53		52	David Hopkins	52:29	548
6	Wayne Daley	41:53	267	53	Barry Bowden	52:32	515
7	Greg Love	42:17	88	54	Kevin Andrews	52:50	1
8	Jo Rolella	42:37	638	55	Therese Wellsore	53:14	
9	Stephen Fry	43:02	273	56	Sam Sirilo	52:51	
10	Barry Willis	43:11	90	57	Rob Waite	53:17	211
11	Dave Byrne	43:15	517	58	Kelly King	53:18	525
12	Rishi Nendra	43:45	579	59	John Schulze	53:20	
13	Mark Dunlop	43:49	658	60	Kevin Myers	53:22	
14	Matthew Collins	43:49	723	61	Jo Ridley	53:35	486
15	Brian Bennett	44:03	740	62	Wayne Evans	53:41	366
16	Barton Raethel	44:46		63	Sue Ingham	54:02	165
17	James Moran	44:49	654	64	Keith King	54:23	12
18	Steve Guest	44:56	576	65	Di Hayter	54:31	644
19	Colin Barnett	45:02	568	66	Gillian Fox	54:34	
20	Levi Martin	45:36	730	67	John Fox	54:34	
21	Steve Hughes	46:02	8	68	Nicolett Rowe	54:45	522
22	Mel Robbie	46:26	403	69	Thomas Freitas	54:49	476
23	Grahame Davis	46:33	352	70	Lyn Bromwich	55:18	107
24	Ryan Barry	46:52		71	Tony Nygard	55:58	540
25	James Stitt	47:10	725	72	Roger Matthews	56:06	488
26	Peter Jackson	47:10	585	73	Jonathon King	56:23	167
27	Brent Richards	47:11		74	Kathy Hanisch	56:43	747
28	Greg Brown	47:20	505	75	Karen Boyd Skinner	57:15	679
29	Steve Coote	47:30	702	76	Ed Beazley	57:26	
30	Mike Thorpe	48:10	83	77	Sabine Byrne	57:36	557
31	Tony Mylan	48:15	162	78	Heiko Schaeffer	58:08	502
32	Sam White	48:38		79	Donna White	58:15	586
33	Sonia White	48:45	264	80	Debbie Wooden	58:34	452
34	Chris Scarlett	48:51	669	81	Barry Houghton	58:45	591
35	Chris McInerney	48:53	566	82	Tony Collins	59:05	481
36	Monica Nicol	48:57	618	83	Ian Keene	60:27	704
37	Bruce Litterick	49:06		84	Narelle Stylianou	60:40	719
38	Kent O'Malley	49:33	737	85	Bill Karskens	97:16	239
39	Luke Wilson	49:44		86	Greg Tegart	61:43	207
40	Susan McBride	49:49	534	87	Mark Rollins	62:31	494
41	Rob Groves	50:03	738	88	Maree Clarke	63:25	710
42	Tammy Schafer	50:07	698	89	Louise Trigg	63:35	701
43	Steve Gray	50:36	593	90	Sid Walsh	65:25	504
44	Jamie Collins	51:06	735	91	Neil Dovell	66:11	395
45	Jeanette Frederickson	51:16					
46	Les Lowe	51:32	248				
47	Kim Mahoney	51:32	506				

# THE RUNNING GEEK

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

This month we check out: [www.sixfoot.com](http://www.sixfoot.com)

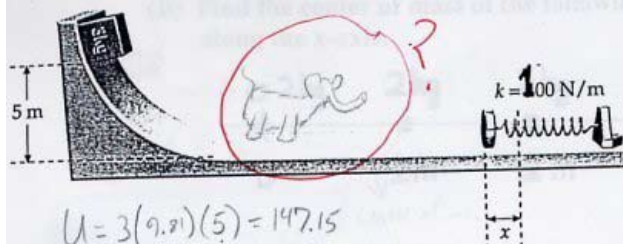


The 6ft track is the most popular ultra in Australia and has a long history. And Trotters have a long history with the 6ft track. Timely to check this site out - it has a wealth of info - and entries open soon!

## a maths lesson...

2. A 3-kg object is released from rest at a height of 5m on a curved frictionless ramp. At the foot of the ramp is a spring of force constant  $k = 100 \text{ N/m}$ . The object slides down the ramp and into the spring, compressing it a distance  $x$  before coming to rest.

- 10 (a) Find  $x$ .  
5 (b) Does the object continue to move after it comes to rest? If yes, how high will it go up the slope before it comes to rest?



$$U = 3(9.81)(5) = 147.15$$

$$U_s = \frac{1}{2}(100)x^2 = 50x^2 \quad \dots ?$$

NO. there is an elephant in the way.

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



# Dear Davo...

One of the best things about Trotters is the comraderie. If you have personal problems - no matter how bizzare or unpleasant, you can always find a shoulder to lean on. And there is no finer set of shoulders than our favourite undertaker - Davo. He is the sage that every club needs. So if you have a problem, contact Davo at: paul.davison@bigpond.com and in the strictest of confidence, he will happily council you, then blab it out to the world.

What comfort will you bring the flock this month, Davo?

Dear Davo

I was beaten by a high profile female trotter at the July 2009 Time Trial. My confidence is now shot to pieces, I have not run the Time Trial since this embarrassing loss, what am I to do?

From: Trotter not on Fire

*Dear Trotter not on Fire*

*You will once again win in a blaze of glory. Remember the good times such as your best Marathon Time which was three hours and only a few precious seconds. I am sure that one day, you will once again line up for a time trial with the fire in your belly.*

Dear Davo

What are your thoughts on men wearing a G String on a run? From: Confused 64

*Dear Confused 64*

*The aerodynamics of wearing a G String should be given consideration. The Fatman has recently been seen wearing a G Rope*

Dear Davo

I have a strange problem and don't feel like I can talk about it to anyone. Whenever I run more than 10k I change personalities. As you know, I am usually quiet, easy going father of 12 (that I know of) but when I hit the 10k mark, bam! I take on the persona of a show girl from Moulin Rouge. I cannot help doing the Can Can and last week I did a high kick and pulled a hamstring. I think I have got away without anyone noticing so far, but if it becomes public, I fear people will not understand. What should I do? From: XX go home

*Dear XX go home*

*Your problem could be injury related or you might be considering a career change XX go home. I have known a Trotter who would do cartwheels on a run to get relief from a stitch. The Can Can will impact on your time as it is a stationary movement. Tyr to limit your routines at the drink stops after the 10k mark. Please ensure that your high kicks are not directed at the drink stop tables or the incoming athletes. If this fails, I suggest you fly to Paris and audition.*

# UPCOMING TROTTERS' EVENTS

## 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.

## THE 9TH INAUGURAL "ROUND THE BAY CLASSIC"

Sunday, 3 January 2010

Trotters' 38km run around Brisbane Water starting at 5:00am at the Lions Park on the Gosford Waterfront (between the Pool and Sailing Club). Followed by a BBQ.

## AUSTRALIA DAY WATERFRONT PICNIC/BBQ

Tuesday, 26 January 2010

Fun and games on the Davistown waterfront starting at 11:30am. All Trotters and their families are welcome.

# 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.

I enjoy using the comedy technique of self-deprecation -  
but I'm not very good at it.

## 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, Wayne Doherty

**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

## NOV 2009

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

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

## DEC 2009

### **Sat 5 Dec MUD RUN - RUN, WADE AND CRAWL**

The MUDRUN is a cross country run with challenging natural and muddy obstacles set amongst one of the most picturesque valleys on the NSW Central Coast. 12km course or 6km half course.

Contact: Henry van Heerden. email: todd@maxadventure.com.au.

### **Sun 6 Dec CENTRAL COAST HALF MARATHON & 9KM FUN RUN**

Events run concurrently starting and finishing at Memorial Park, The Entrance  
Contact: Ian Morgan 0407 957 760. email: ianm405@acs.net.au.

### **Fri-Sun 11-13 Dec COAST TO KOSCIUSZKO**

A 236km run from sea level (Boydton Beach, near Eden) to the highest point in Australia (Mt Kosciuszko). Timelimit of 48hrs applies. Need to supply own crew.

Contact: Paul Every at (02) 9482-8276. email: peverydweaver @ hotmail.com.

## JAN 2010

### **Fri 1 Jan BEYOND THE BLACK STUMP - A FAT ASS RUN**

16km, 33km starts 7am from Berowra (northern Sydney). A difficult run on fire trail and technical single-file bush tracks. No Fees, No Awards, No Aid, No Wimps !

Contact: Kevin Tiller by phone 0419-244-406. email: kevin@coolrunning.com.au.

### **Sat-Sat 9-16 Jan 30TH THREDBO NATIONAL RUNNING WEEK**

Contact: Brian Lenton. email: lenton @ homemail.com.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)*

## the last word...

A platoon of soldiers was marching north of Fallujah when they came upon an Iraqi terrorist, badly injured and unconscious.

On the opposite side of the road was an Australian soldier in a similar but less serious state.

The soldier was conscious and alert and as first aid was given to both men, the Platoon Leader asked the injured Australian what had happened.

The soldier reported, 'I was heavily armed and moving north along the highway here and coming south was a heavily armed insurgent. We saw each other and both took cover in the ditches along the road. I yelled to him that 'Saddam Hussein was a miserable, lowlife scum bag who got what he deserved.'

He yelled back that 'Kevin Rudd is a bureaucratic, Good-for-nothing, left wing labour dickhead who knows bugger all about running the country.'

'So I said that Osama Bin Ladin dresses and acts like a frigid, mean-spirited lesbian!'

He retaliated by yelling, 'Oh yeah? Well, so does Julia Gillard!'

'And, there we were, in the middle of the road, laughing, shaking hands, when a #%&\*ing truck hit us.'

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COMMIT THE CRIME, BUT DON'T DO THE TIME