



Terrigal Trotters NEWSLETTER December 2009

MILESTONES

10 Run Trotters

- # 753 Adrian Spry
- # 754 Ryan Barry
- # 755 Debi Barnes
- # 756 Colin Bullard
- # 757 Jeanette
Fredrikssen
- # 758 Kerry Kable

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

"Star" could mean an in-liner Christmas present than a complaint, which in turn would spark a "hah" from one of his "Yasabai" on the "outside". In the Christmas spirit, as well as feeling you black and blue, you may well be left red and green as well. So send any complaints to: "Star" or Black D, Terrigal Commercial Facility, Colong, Victoria. Star and his mates wishes you all a merry Christmas, or else.

Ho ho ho all,

How quick was this year, huh?

Almost as quick as two of our star athletes. Charlie Brooks competed in the World Mountain Running Championships in Italy back in September and has written up his diary (p. 5).

Meanwhile, Carl Barker came second in what has to be one of the toughest runs around, the gruelling Coast to Kosciusko Ultramarathon. Dave Byrnes has written a fantastic report (p. 6). Superb efforts by both Charlie and Carl!

Best wishes to Jon King and Sonia White - both went 'under the knife' this week and we wish them a speedy recovery.

Cheers and all the very best for Christmas, and a happy and safe 2010 to all.

Chris Hatcher

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

PRESIDENT'S REPORT

Another year draws to a close and, as athletes, we contemplate our personal running highs and lows of 2009.

Some of us were lucky enough to achieve, or even exceed, those running goals we set for ourselves. Others were waylaid with injuries or illness, or distracted by other unforeseen events, which prevented us reaching our goals.

For the latter group, it is easy to see the year as a write-off. But this would be a mistake.

Observations have been made and lessons have been learnt that will make us better runners in the future.

We have still had some fun, retained some fitness, helped with some worthwhile events, and gained pleasure from the performances of our friends.

2010 looms and new goals will be set. Hopefully, this will be our year. But, whether it is or not, there will be good things in it.

Enjoy!

Dave Byrnes

RUNS FOR THE MONTH

DECEMBER

19th Pony Club
26th Brook's Hill Time Trial

JANUARY

2nd Keith's Run
9th Kincumber Mountain
6th McGuigan's Run
23rd Fiji Run
30th Flat Time Trial

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

I feel like I'm diagonally parked in a parallel universe.

JUNIOR WORLD MOUNTAIN RUNNING CHAMPIONSHIP, ITALY

Our very own Charlie Brooks not only represented Australia, but Trotters at the World Mountain running titles in September.

He came a very credible 54th - in the world!

And Charlie was two years younger than most other competitors.

Following is his diary...

31st August

I left from Sydney airport at 8pm to fly to Brisbane.

Then we had long flight to Kuala Lumpur from Brisbane and arrived in Kuala Lumpur at 5:55am.

I went for a 30 min jog around the airport to stretch my legs, after sitting down for 8 hours in the plane. We waited for four hours for the next flight to London.

1st September

We flew in to London airport at 4:30 pm. I had a 30min jog, then waited for 3hours for the next flight to Milan in Italy. We arrived in Milan at 12pm then went to the hostel.

2nd September

We went sightseeing in Milan while we waited for the train at 2:20 pm to go to our hotel in Valchiavenna.

6th September

Got up at 7am to have breaky.

8:30am - boarded the bus to head up to the race start.

9am - started warming up and stretching.

9:45am - Race start. Had a bad start, but I started to pick a few places back. We climbed a tough 800m hill then came back down some very steep slopes.

7th Sep

Caught the bus back to the airport, then flew to London. On the way, we flew over the swiss alps which was amazing. We waited 4 hours in London for the long flight to Australia. We arrived in Sydney and Mum met me and after talking with the team manager, took me home.

Thanks Terrigal Trotters for all your help.

CREWING FOR CARL

When I volunteered to join Steve Guest as support crew for Carl Barker in this year's Coast to Kosciusko Ultramarathon, I thought we would be in for an entertaining weekend....and I wasn't disappointed.

The fun started when we stopped by the beach south of Eden where the race would start the next day and Carl realised that he would have to negotiate 100 metres of soft sand before reaching the road. The solution was two garbage bags, one on each foot over his shoes for the brief sand run the next day. Effective, but not particularly sartorially elegant.

There was more fun the night before the run when Carl smeared Friar's Balsam over his feet prior to taping them for the run and then managed to pick up every bit of grit and dust on the floor of our cabin with those parts of his feet not covered by tape.

After the pre-race briefing and dinner we only managed only a few hours sleep before the 3:45am alarm and our short drive to the beach for the 5:30am start, backlit by a beautiful sunrise over Twofold Bay. Carl's shoe coverings were a big hit and served the useful purpose of preventing him going off with the leaders and thus starting conservatively. When we next saw the runners, after about 15km, Carl had moved through to 7th place in the field of 27 after being last onto the road. He looked good and confident, although so did everybody else.

By the marathon mark, passed in 4:02, Carl had moved into 2nd place, a steady 12 minutes behind Jo Blake in the lead. Carl thought that Jo was the clear race favourite and was happy to be so close. We were stopping every four kilometres to resupply Carl on the run and enjoying the breezy sunny day in the quiet rural valley.

The first major climb of the event occurred at about 55km when the road ascended 600 metres over a distance of 7km. With the adrenalin pumping, and Jo only 7 minutes ahead after a toilet stop, Carl tried to run the whole climb and came unstuck with a kilometre to go and had to walk. Incredibly, Jo powered the whole way up and then proceeded to run away from the field for the remainder of the race, finishing 5 hours and 26 minutes ahead of the next runner.

Carl then settled into an even pace across the rolling high plains along dusty back roads, gradually increasing his lead over those behind him whilst blosing ground to Jo. Despite some nausea which disappeared when he stopped taking the Succeed tablets recommended by Darrel Robbins (thanks, Darrel!) everything seemed to be going swimmingly and, after 12 hours, Carl seemed to be destined for a clear second place.

Then we reached the end of the gravel road and almost immediately Carl began to have trouble on the camber with his infamous toes. The pace slowed and the stops became more frequent. "Imelda" Barker had brought along a large crate overflowing with shoes and Steve and I now seemed doomed to try every pair on Carl in an effort to relieve foot pain. One pair lasted only 10 metres before Carl returned to the car to change them and others wouldn't have lasted much longer if we hadn't adopted a selective deafness approach to change requests.

We had a bike rack on the back of my Nissan which was articulated so that, with some effort, it could be swung out to enable the rear doors to be opened without unloading the bikes. The fridge, shoes and drinks (Carl had brought enough sports drink and bottled water to supply every competitor in the race.....and their support crews) all had to be accessed via the rear doors. We soon learned that the act of closing the door and



replacing the bike rack was a signal to Carl to ask for something that required everything to be opened again. You might ask why we didn't make this stuff accessible via the side doors? The answer was Carl had also brought two huge crates of food, including a round watermelon the size and weight of a bowling ball, most of which we returned to his home after the race, unused and unopened. Carl pretty much lived on energy/breakfast drinks the whole way.

Despite the severe pain from his toes and great fatigue, Carl soldiered on, running almost all of the time, but his confidence was taking a hit. As night fell we got Carl's night gear ready to wear. Steve was very impressed with Carl's two headlamps, both in their original unopened packaging and needing to be assembled, with price labels of, respectively, \$5 and \$15 (no expense spared!). We were both impressed that it took three attempts to get the "right" reflective vest (pinning his race number on at each attempt). We suspect there are a few workers at the Ourimbah Campus this week trying to find their safety gear!

Since midday, either Steve or I had accompanied Carl on a mountain bike, carrying drinks and snacks and offering words of encouragement.....or dropping back when we had enough conversation☺. As the night wore on this became more necessary as Carl's mood became more pessimistic and he became more tired. I had to keep finding things to talk about and occasionally shouting at him to get back onto the road. Once he came to an abrupt stop, telling me that he had seen a couch on the road in front of him!

Around midnight, at the base of the major climb over the Beloka Range we set up a comfy bed for Carl beside the road and insisted he have a 15 minute sleep. He claims he didn't actually fall asleep, but seemed dead to us, and his mood was definitely better as he set off up the hill. We were pretty sure we were being caught from behind by this time, but still hadn't seen any runners lights behind us. We



crossed the Beloka Range in the small hours beneath brilliant starry skies and Carl picked up some momentum as we descended towards Jindabyne. Paul Every, the Race Director, passed us in his vehicle and told us Phil "Spud" Murphy was about 3km behind us with another two runners in the next 5km after that.

Carl just kept on running all of the "downs" and "flats" and most of the "ups", and I felt we were holding our own, although Spud's support vehicle kept on catching up to us and then stopping to wait for him. We skirted a slumbering Jindabyne just before dawn and set out on the steady climb to Kosciusko, about 50km away.

Carl's pace was slowing again, he was feeling nauseous, and hugely fatigued. We tried to keep him going in the hope that the rising sun would revive his spirits. A low point was reached about 8am when the toe pain and fatigue became too much for him and he stopped to change his shoes. He became disoriented and distraught and could not stand up without losing his balance. At this precise moment, Spud caught and passed us. Even though he must also have been exhausted, he could see Carl was in a bad way and enquired whether he or his crew could do anything to help. We politely declined and encouraged Carl to begin walking again, with us walking either side for a short way in order to catch him if he fell. It was heart-wrenching to see his pain and fatigue, but we knew how much he had invested to get this far and how much he would regret it if he didn't continue.



He managed to stay upright and, after a few hundred metres, regained his focus. In another couple of kilometres, we even managed to encourage him to run some of the “flats” and “downs”. At this stage, I think Carl had accepted he wasn’t going to catch Spud and his focus switched to holding onto his third place. We were sure that there were a number of runners within 10km behind, all moving faster than Carl.

He showed great spirit and, as we climbed above the tree line in the Alps on a beautiful clear day, we even got an occasional glimpse of Spud far ahead, and felt we were holding him to a 2km lead. But, we also got sore

necks from looking round to see if we were being caught from behind. We soon heard that the first woman, Pam Mostin, was gaining on us, although we could not pick her out on the road.

We were still at Charlotte Pass when Pam’s crew arrived, confirming that they were close behind, but Carl could smell the end now (he “only” had to run the 8.2km to the summit of Kosciusko and then return to Charlotte Pass to finish). He looked stronger than for some time, and set off along the rough trail with Steve and I following on mountain bikes. After a couple of kilometres we met a runner (not in the race) coming the other way who said that Spud was only a kilometre in front. Carl’s competitive juices began pumping and he ran up the steep trail virtually non-stop to the hut 2km from the summit where we had to leave the mountain bikes. We persuaded him to pop a couple of Nurofen to help deal with the toe pain on the forthcoming descent, and he set off running up the last bit of the trail to the summit with Steve and I, in our biking gear, in hot pursuit on foot with camera and drinks.

We still hadn’t seen Spud or his crew and wondered whether we had somehow missed them. Then, just as we came into view of the summit cairn, there they were coming the other way. Spud was still running, but had some problems and didn’t seem up to defending his second place. A kilometre later, just after crossing a small snowfield on the trail, Carl overtook him and raced away towards the finish, opening up a gap of 17 minutes, to finish in 31 hours and 27 minutes. On that last section, he seemed to be running as well as he had the whole race.

Second place was a just reward for Carl’s Herculean effort. Steve and I felt privileged to witness the guts and determination shown by Carl in dragging himself back from the depths of despair after such a great start, to achieve such a great result.

Dave Byrnes



Flashlight: A case for holding dead batteries.

BAY TO BAY

The first Bay to Bay Organising Committee meeting for 2010 will be held at Terrigal Surf Club on Monday January 18 at 7.30pm. Anyone interested in helping organise the Bay to Bay (to be held June 20, 2010) is welcome to attend.

The 9th Inaugural Running of the "ROUND THE BAY" CLASSIC

Sunday, 3 January 2010

The 'Round the Bay' classic will be held on Sunday 3 January 10, 37.1 easy kilometres around Brisbane Water, start 5.00am at Gosford Waterfront and finish in the same place with breakfast supplied.

The only thing it will cost you is your energy. So start training, this is by far the premier running event on the Coast. Our world champion will be there, Wayne Daley holds the record for running every 'Round the Bay' since its inception.

More information see and speak to Keith King.

THIS EVENT IS ONLY OPEN TO MEMBERS OF TERRIGAL TROTTERS

The retiring type...

Best wishes to Graeme "Harry" Harivel who retired this week. Harry had a stellar teaching career, finishing up at Gosford High. He'll be sadly missed by teachers and kids alike, but will be easy to spot in his retirement. He'll be the relaxed looking bloke drinking coffee at Bellyfish.

This year's recipient of the Oona Devlin-Mahoney Trophy is Graham Davis who organised 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.

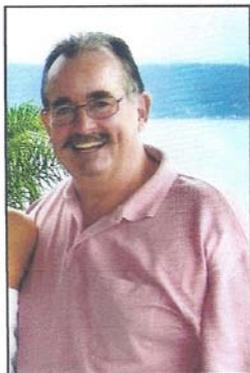
He tried to kick-start the fund-raising with a Saturday morning BBQ after the Trotters' run, but had few takers. Undaunted, Graham persisted and ultimately found sufficient runners to give Trotters a presence at the Mingara track as well as raising sponsorship money.

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.



It is with regret that I confirm the passing of Robert Jackson #44.
A Mass for Robert was held at St Patricks Catholic Church, East Gosford.

ROBERT JOHN ALLAN JACKSON



14th February 1952 - 4th December 2009

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 **Mike Aiken**.



Mike Aiken started running with Terrigal Trotters in 1983 and was regarded as one of the top NSW Track & Field athletes during the 70's and early 80's. Mike joined Western Suburbs Amateur Athletic Club in 1968 and excelled at distances of 800m, 1500m, 1500m steeple chase and 5000m. Mike represented NSW at various invitation meets with the 1 mile being his specialty. Mike was junior and senior 1500m champion and senior 3K champion, was part of a 4 X 800m team which broke the Australian record and raced in England, Switzerland and New Zealand and won a 10 mile race in Switzerland. Mike trained with the British Milers Club at Crystal Palace for 6 months before returning to Australia to place 4th at the National Championships by doing a time of 10.02 for the 3K steeple chase. Some of Mike's other outstanding performances have been:-
Sydney City to Surf - 20th placing

6 @ 6 17.10

Marathon 2hrs 45 mins.

Mike along with Kevin Andrews started the 6 at 6 running group in 1984 and Mike began coaching local athletes which included Glen Ritchie who held the Australian mile record and Janine Lambert who represented NSW in 800 and 1500m. Mike was the Race Director for the Gosford to Terrigal (Bay to Breakers) fun run for many years and was involved with the organising of the Sydney City to Surf.

In February 2008 while out walking his dog, Mike was hit by a car and sustained a head injury. Mike recently competed in a 5k fun run and gives his time assisting at the Mingara Athletic Club. Mike has been an icon of local running and is still regarded as one of the top athletic coaches on the Central Coast.

FIVE MINUTES WITH A TROTTER

Trotter Number: #690

Name: Tom Robertson

Married/Single: Single

Occupation: Council worker/personal trainer

Favourite Run: Cromerty Hill

Favourite Distance: 15km

Race PB: SMH Half marathon: 95.35

Your Shoe Brand: Asics

Other Sports: Cycling, swimming, surfing



List Your Favourite:

Food: Thai

Music: Rock, Aussie hip hop

Actor: Tom Hanks

Movie: Two hands

Wine: Cab Merlot

Travel Destination: Crescent Head

Vehicle: Suzuki Jimmy

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

1. Surfboard
2. Grape vines to make wine
3. Fishing Rod

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

Jennifer Hawkins

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

Time management

My grandpa started walking five miles a day when he was 60.
Now he's 97 years old and we don't know where he is.

NOVEMBER RESULTS

Flat 10KM TIME TRIAL - November 2009

Place	Name	Time	Trotter No	Place	Name	Time	Trotter No
1	Charlie Brooks	37.57	660	48	Danny Moore	48:43	198
2	Darren McLellan	38.03		49	Jeanette Frederickson	48:58	
3	Ian Temblett	38.22	665	50	Tammy Schaefer	49:04	698
4	Andrew Mildren	38.41	633	51	Jeff Dick	49:31	607
5	Barry Willis	38.47	90	52	Tom McNally	49:53	272
6	Patrick Watson	38.50	748	53	Dave Hopkins	49:54	548
7	Adrian Smith	38:52	258	54	Dot Stockwell	49:58	302
8	Stuart Baverstock	38:55	643	55	Chris Scarlett	50:10	669
9	Jess Mitchell	39:00	709	56	Steve Coote	50:10	702
10	Brett Isaac	39:46	716	57	Colin Price	50:23	399
11	Michael Miles	39:57	734	58	Kim Mahoney	50:25	506
12	Greg Love	39:58	88	59	Kelly King	50:36	525
13	Robbie Wilkinson	40:08	726	60	Peter Hood	50:59	705
14	Graham Ridley	40:52	483	61	Kevin Andrews	51:36	1
15	Levi Martin	41:04	730	62	Therese Wellsmore	52:03	
16	Wayne Daley	41:13	267	63	Joanne Litterick	52:15	
17	Scott Sheridan	41:15		64	Thomas Freitas	52:58	476
18	Callan Stott	41:54		65	Heiko Schaefer	53:09	502
19	Barton Raethel	41:57		66	Denis Robertson	53:16	21
20	Rishi Nandra	41:57	597	67	Lyn Bromwich	53:19	107
21	Suzy Woodbury	41:59	676	68	Tony Nygard	53:38	540
22	Mark Batistella	42:28	492	69	Karen Boyd Skinner	54:13	679
23	Tom Robertson	42:49	690	70	Steve Martin	55:05	
24	Stefan Neling	42:50		71	Mark Andrews	55:08	89
25	Adam Kranz	42:53		72	Robbie Soede	56:18	
26	Brian Bennet	43:21	740	73	Jonathon King	56:25	167
27	Murray Antony	43:51	15	74	Les Lowe	56:32	248
28	Matthew Collins	44:02	723	75	Maria Timmers	56:39	
29	Leigh Davison	42:10	188	76	Sabine Byrne	57:16	557
30	Rod Northey	44:23	677	77	Debbie Wooden	57:55	452
31	Steve Fry	44:49	273	78	Maree Clarke	58:03	710
32	Michael Fritsch	44:57	668	79	Claire Lawrence	59:57	
33	Brent Richards	45:08		80	Wayne Doherty	60:00	631
34	Mel Robbie	45:26	403	81	Bill Karskens	94:52	239
35	Sharon Harrison	45:38	546	82	LAURIE STOPFORD	83:11	538
36	Grahame Davis	45:52	352	83	Mark Rollins	62:27	494
37	Greg Brown	46:02	505	84	Mel Bosshard	62:33	627
38	Colin Barnett	46:29	568	85	Karina Strange	62:57	
39	Steve Hughes	46:37	8	86	Bionda Hensch	63:14	718
40	Adam Gray	46:58	441	87	Sue Malcolm	64:19	
41	Stuart Creswick	42:27	307	88	Louise Trigg	64:35	701
42	Jamie Collins	47:31	735	89	Laura Smith	64:36	
43	James Stitt	47:33	725	90	Neil Dovell	68:44	395
44	Brice Litterick	47:48		91	Tony Collins	72:35	481
45	Jamie Barnes	47:52	357	92	Greg Tegart	72:35	207
46	Chris McLnerney	48:36	556	93	Robyn Pallas	74:31	503
47	Susie McBride	48:43	534	94	Jenny Harwood	93:08	145

NOVEMBER RESULTS CONT.

Nolasco Half Marathon Honolulu Hawaii, 8th November 2009

First Name	Last Name	Net Time	Category	Cat. Place
Chris	Scarlett	1:57:45	30-34	48/83

Rebel Sports Run for Fun 10km, 8th November 2009

First Name	Last Name	Net Time	Category	Cat. Place
Graham	Davis	45:15	50-59	14/253
Matthew	Collins	38:44	13-15	1/53
Jamie	Collins	46:08	13-15	11/53

San Run for Life 10km, 25th October 2009

First Name	Last Name	Net Time	Category	Cat. Place
Bill	Karskens	1:46:08	66 & over	Not available

Sydney Striders 10km Homebush 4th October 2009

First Name	Last Name	Net Time	Category	Cat. Place
Carl	Barker	37:39	Not available	

Blackmores Half Marathon Sydney, 20th September 2009

First Name	Last Name	Net Time	Category	Cat. Place
Brett	Isaac	1:22:35	30-34	17/790
Melanie	Boursnell	1:48:22	35-39	62/547
Andrew	Mildren	1:22:23	40-44	7/498
Ian	Temblett	1:21:31	45-49	1/328

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Move over Bandidos. Trottereeros are here!



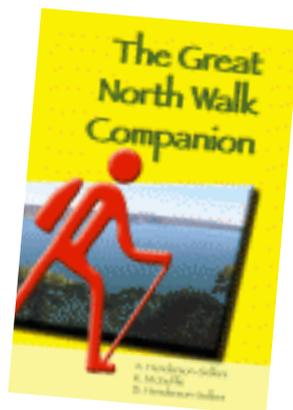
THE RUNNING GEEK

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

This month we check out a book: "The Great North Walk Companion" by A. Henderson-Sellers, K. McGuffie and B. Henderson-Sellers.

Celebrating the 21st birthday of the Great North Walk, the bushwalking trail of 250 km between Sydney and Newcastle, this new book recounts a family mystery as the identity of the walk's 'companion' is revealed. Readers trying this track for the first time and those recapturing an earlier encounter will enjoy this literary treasure hunt along Australia's most accessible wilderness trail.

Available from <http://www.digitalprintaustralia.com/bookstore/the-great-north-walk-companion.html>



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It's a relief to know the truth after all those conflicting nutritional studies.

1. The Japanese eat very little fat and suffer fewer heart attacks than us.
2. The Mexicans eat a lot of fat and suffer fewer heart attacks than us.
3. The Chinese drink very little red wine and suffer fewer heart attacks than us.
4. The Italians drink a lot of red wine and suffer fewer heart attacks than us.
5. The Germans drink a lot of beer and eat lots of sausages and fats and suffer fewer heart attacks than us.

CONCLUSION:

Eat and drink what you like.

Speaking English is apparently what kills you.

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.

Experience is a wonderful thing.

It enables you to recognise a mistake when you make it again.

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

Two cattle drovers were standing in an Outback bar. One asked,
"What are ya up to, mate?"

"Ahh, I'm takin' a mob of 6000 from Goondiwindi to Gympie." "Oh
yeah .. and what route are you takin'?"

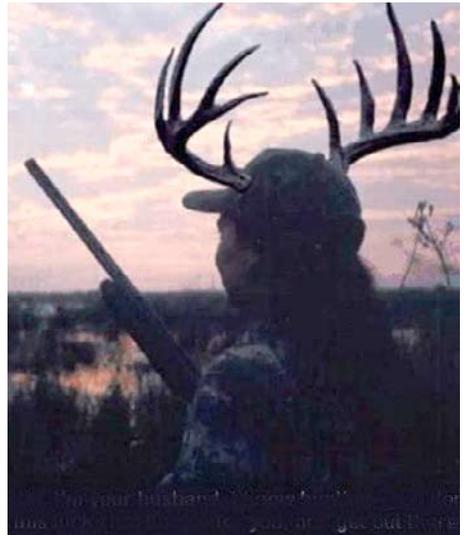
"Ah, prob'ly the Missus ... after all, she stuck by me durin' the drought"

My sweet husband invited me to go hunting with him this year. I couldn't believe it . . . the first time ever!

I never thought he'd be willing to share his 'guy time' with me and being the thoughtful man that he is, he even gave me an opening day present.

He calls it 'The First Timers Lucky Hat'. I'm so fortunate to be married to him.

Here is a picture of me in my lucky hat:



NEW SOUTH WALES RUNNING CALENDAR

DEC 09

Sun 20 Dec TOUR DE MOUNTAIN (ACT)

25km run, 17km run, 8km run, 3 person relay (25km) and 17km bush walk, 6:30am, Mawson Sports field. Contact: John Harding. email: jgharding@bigpond.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](mailto:lenton@homemail.com.au).

Tue 26 Jan MENAI MARKETPLACE COMMUNITY FUN RUN

Distance: 8.2km & 3.2km. Australia Day 2010 Event Time: 8am. Location of race: Menai Park, Menai. Contact: Steven Clarke 0417 008 217 or 9774 7152.

Mar 2010

Sun 7 Mar ORANGE COLOUR CITY RUNNING FESTIVAL

A choice of half marathon, 10km run and 5km family run/walk. Details will be on our website www.orangerunnersclub.org.au Contact: Bill Fairgrieve. email: wjfairgrieve@hotmail.com.

Sat 13 Mar SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Time limit 7 hours - entry criteria applies. Approx 800 runners. Incorporating the AURA National Trail Ultramarathon Championships contact: Race Organiser, Six Foot Track Marathon, PO Box R1227 Royal Exchange, Sydney, NSW 1225. email: raceorganiser@sixfoot.com.

Sun 28 Mar THE GREAT VOLCANIC MOUNTAIN CHALLENGE 2010

A 11 km run up the 1397 metre Mount Canobolas near Orange NSW. Run from Towac Pinnacle to the summit of Mount Canobolas via the volcanic domes of Mount Towac and Young Man Canobolas Individual The climb for the whole route is 520m. Contact - Email: mountainchallenge@hotmail.com.

This calendar information is sourced from the CoolRunning Website.

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

the last word...

WOMAN'S POEM:

Before I lay me down to sleep,
I pray for a man who's not a creep,
One who's handsome, smart and strong.
One who loves to listen long,
One who thinks before he speaks,
One who'll call, not wait for weeks.
I pray he's rich and self-employed,
And when I spend, won't be annoyed.
Pull out my chair and hold my hand.
Massage my feet and help me stand.
Oh send a king to make me queen.
A man who loves to cook and clean.
I pray this man will love no other.
And relish visits with my mother.

MAN'S POEM:

I pray for a deaf-mute gymnast, nymphomaniac with big tits who owns
a bar on a golf course, and loves to send me fishing and drinking.
This doesn't rhyme and I don't give a shit.

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