



Terrigal Trotters NEWSLETTER

Jan/Feb 2010

The Muzza edition

**MURRAY
STEPHEN
ANTONY**

22nd Sept. 1949
– 22nd Jan. 2010

Aged 60

“Born to Run”

MILESTONES

Murray Antony:
982 Trotters runs



PRESIDENT'S REPORT

As the current President of Trotters, there are many things that I want to say about Muzza on behalf of the Club, following his sad passing. People like Muzza are the life-blood of Trotters. He gave quiet and selfless support to many of the activities that have made us a popular and successful club – organising (and sometimes driving) buses to running events, raising money for charity, and serving on the administration, to name a few. He was always willing to help and volunteered without being asked when he saw a need.

However, while it is important to acknowledge these things, I will miss him most as a fellow runner.

Muzza wasn't a close friend. We never socialised outside of Trotters. We rarely talked about anything but running. But we were friends and friendly rivals. It was an unspoken and respectful rivalry. Of similar age and abilities, we quietly tracked each other's progress. We shared the woes of declining physical ability and the joys of the occasional "purple patch" when age was defied. We understood each other. The sore joints, the loss of speed, that feeling that if we could only get in a few months of consistent training, we could recapture some past glories. In the last six months, Muzza had been enjoying one of those "purple patches". I was lap-scoring last September at Mingara when he ran 41:37 for the 10km, well within range of an impressive sub-40 minutes for a 60+ year old runner. A month later in Melbourne, I watched him make a valiant attempt to break 3 hours for the marathon. He doggedly held onto the required pace until about 32km, then wilted just a little, losing a precious few minutes over the last 10km. It was a courageous effort. After the race, he told me he thought 3 hours might be beyond him, but I think we both knew that it wasn't, and that there would be another attempt. I derived pleasure from watching these feats. I could tell that Muzza was rightly, but quietly, proud of his achievements and I found inspiration in them for my own efforts. It gives me a little comfort to know that, at the time of his tragic passing, Muzza had recently been at the top of his game in the passion he shared with many of us.

Dave Byrnes

A BIT ABOUT MUZZA

Over the next few pages are some thoughts, memories and photos from some of his mates.



My most recent memory of Muzza was the sat before his accident. Murray and Alison (his daughter) were walking through the carpark after the run. I was probably going for a swim. As we neared each other, all that was said was, "Hi Mr Andrews. Hi Al. Muzza. Kevi". That short conversation spoke volumes in real life.

Alison was addressing me with the same courtesy and respect that she had used for the past 25 years or so. I was addressing her as a friend in her own right. The two words between Murray and I actually implied:- "How are you going? Good to see you and Alison out together. Isn't it a great day." Murray probably thought the same to me.

Other memories that will be paralleled by many include the numerous bus trips to the City to Surf, and Murray cooking the BBQ or being yelled at by Pauline. Don't forget the pub at the Rocks after the Sydney Half.

Kevin Andrews - #1

MURRAY MUZZA ANTONY

The following is Keith King's Eulogy...

It is testimony to this man, this gentleman, and a show of support and respect for his family that so many of us are here today to celebrate the life of and farewell our friend Murray Muzza Antony.

Muzza, Terrigal Trotter No 15 achieved 981 runs with the club. He always had a warm smile and a hello for everyone, he was inspiring and a motivator. His running ability was admired, envied, but rarely equalled, he was fast, consistent, seldom injured and loved the distance events. His long term running partners, Kevin Dean and Ken Hickson among others would contest to his sustainability, having worn them out some time back. More recently he has been putting the pressure on Wayne Daley and anyone else game to take him on. These guys have spent many, many hours training and racing with Muzza, he was a regular member of the Wambie Whoppers, and while they may not have understood much of what he was saying, they are going to, as we all are, miss his comradery and friendship. A remembrance run was held at Whoppers yesterday.

Murray was a contributing club member, he had a stint at the Vice Presidency, drew on his background as a bus driver to organise trips to the Kempsey Marathon and the City to Surf on a regular basis, ably assisted by Pauline. He always supported Trotters events either by competing or volunteering, in particular the Girrakool to Patonga race. He was often in charge of the BBQ and cooked a mean sausage. He scores 10 out of 10 for clubmanship.

His running achievements are endless, some 50 plus marathons, too many fun runs to count, twice he did 100 kms at the Relay for Life and once did 100 miles!!! Last year he did 60 km to celebrate his 60th birthday a week after a 3.07 in the Melbourne Marathon. His best marathon time was 2 hours 51 minutes. He gets another 10 for his running ability and a 10 for his fundraising efforts at the Relay for Life.

His favourite race was the Kempsey Marathon, there is speculation on how many he actually ran but we figure it would be ten plus. The race this year won't be the same without him.

A tradition following the Kempsey Marathon is the skinny dip at the beach on the way back to South West Rocks. Mostly it has been Muzza, Kevin Dean and Ken Hickson although others have been known to join in. Anyone who has witnessed it will appreciate that skinny is the operative word!! And we'll give them a 3 out of 10, one for each bum!

However if we were to do a comparison Muzza's bum, I'm told would rate an eight!! Drinks afterwards rated a 10 from his mates, a five from the girls and I figure about a one from Pauline.

Muzza started his running career with the Hash House Harriers, his number is 39 and he completed 208 runs with them under the nickname Blakey from On the Buses as he had worked for the Red Bus Company for many years. There are many people around that still fondly remember him driving them to school, in some cases he was known to stop the bus and go across The Entrance Road and escort the kids to the bus rather than let them cross the busy road by themselves.

Most winter Saturday mornings Muzza would be in his signed Roosters footy jumper and because it is said that he wore it more often when they were winning he only scores a five for that one.

Muzza was also an avid tennis player and his cross court forehand, when it worked, was unplayable. Pauline, I have to say was fairly critical of his tennis when she was his partner but loved his 'doubler' when on the opposing team. The aforementioned cross court forehand gets him up to a seven for his tennis.

One of his great loves was his and Pauline's dog Cooper, who I know is missing his Muzza as much as the rest of us. When Gwenda's dog Daisy stayed over it wasn't unusual for Pauline to find all three of them in bed together. 10 out of 10 from Coop.

Those fortunate to witness Muzza's rendition of 'Swing Low Sweet Chariot' give him a 10, something you never forget.

Murray will be sadly missed by his close neighbours, he was always available for a friendly chat, a cold beer, a helping hand and thought nothing of mowing their lawns when needed.

Muzza's son Scotty follows in his fathers footsteps, handsome, debonair and is a very accomplished runner and their run together a couple of years ago in the London Marathon was an achievement that Murray cherished and that Scott can remember forever.

Muzza loved his beautiful daughter Allison, he was very proud of her past achievements in hockey and her current Law studies. Her recent fitness regime saw them complete a number of Trotters runs together which was an enjoyment for him and a memory that can never be erased for Allison.

Muzza had a special partnership with Pauline, his Miss Liverpool, his Ruthy, a squeeze around the waist here, a pinch on the bottom there, they shared many, many wonderful times together and those great memories will help to carry Pauline forward through the difficult times ahead.

On behalf of Trotters, thank you Pauline, Scott and Allison for coming to Trotters last Saturday week, it was a sad day for us but you being there made it very special. Muzza would have been proud.

Muzza, thank you for being a part of our lives, a great club mate, a great friend, may you rest in peace.

MURRAY ANTONY – MUZZA

Would all Trotters please give yourselves a pat on the back, you demonstrated on Monday 1st February 2010, what Trotters is all about. The massive turnout to honour one of our best was a clear demonstration of what makes our club a great place to be on Saturday mornings.

Muzza absolutely loved Trotters, every part of it and everyone who came along. As you all know, he didn't just turn up, he contributed, he organized, he helped, administer, he did the drinks, he drove the bus, but he also encouraged and motivated. Always with that smile.

I estimate that there was maybe a thousand people who came along on Monday to pay their respects. Pauline was blown away at the size of the crowd, the cars parked along Avoca drive to the Saratoga roundabout. Pauline said Muzza would have been overwhelmed and maybe embarrassed by the turnout but I am sure as he looked down he would have been very pleased to see all these friends and family gathered in his honour.

I heard so many stories over the day of neighbours and friends suddenly realizing they each knew Murray from some different aspect of their lives where he had played a part. It was wonderful at the service and afterwards at the sailing club to see everyone enjoying memories of Muzza, laughing, remembering and shedding a tear.

The emotional energy at the service and the sailing club could have powered Gosford for months.

Keith King did a great job in speaking about Muzza's running history with the Trotters. The amazing thing about Muzza has been the fact that he not only achieved great things like 2:50 marathons, 100k and 100 mile races etc etc etc he was still competing at a high level. He was in training one again for the Canberra marathon, he has run 3:06 marathons recently and last year the Melbourne marathon and a week later ran 60 k to celebrate his 60th birthday. Most people have a good lie down to celebrate a 60th.

Muzza loved Saturday mornings but I know Wambie Whoppers and the close group of Sunday morning runners was very special to him also.

We must remember we didn't have Muz all to ourselves, he was involved with many clubs and groups and had a huge network of

friends as demonstrated on Monday. The exhaustive list of the various groups he has been involved in over the years, and the level of contribution he delivered, amazed everyone I am sure. The guy must have never had any down time.

I was privileged to be allowed by Pauline to speak on behalf of Murray's many friends at Albany International. This tragedy has had a huge impact on our people. I was proud to see so many of Murray's workmates including two of our senior management from overseas at the service. I visited Pauline, Scott, Alison and Emma, on Tuesday with our visitors and after leaving, Mike Joyce turned to me and said what an amazing family.

To hear Scott talk about his father, his mate with so much love and respect, of his mum's lifelong partner, Muzza's pride in his daughter, it is easy to see that we are talking about a special guy and a special family.

We are all returning to the routines of our lives with heavy hearts but I know we will continue to talk and remember, and laugh as we meet Saturday mornings, have a run or walk, then a swim and maybe a milk shake. We will remember that smile.

We all struggle at times at 5 am Saturday morning when the alarm goes off, but every time I make that first step I know that a few hours later I'll be driving back from Terrigal with a smile on my face too.



Ken Knight

MURRAY ANTONY – THE SILVER FOX

What'd you say? What's that? Say again? Sorry, I didn't understand you..... Stop mumbling, open your mouth and talk!

The above were regular responses to Murray's attempts at making conversions with other Wambie Whoppers (W.Ws) while trudging over the Ridgeway hills. W.Ws is a collective noun used to describe a special breed of trotter who every Sunday, without fail, used to meet in front of Kevin Dean's shop (named W.Ws) at 6.00am sharp to pit their running prowess against other runner who felt the need to use all their Sunday energy before 7.30am.



Murray personified what it meant to be a Wambie Whopper; Competitive at all costs as displayed at last years Melbourne marathon with a time of 3hrs 6mins when he was 60 years old. He often baited Ken Hickson by saying "A spots a spot" as they were frequent rivals. Ken and Murray were touted as the odd couple because Ken rarely drank alcohol or ate meat, whereas Murray loved a beer or three and was a cognisor of fine meats.

Murray was non judgmental in his dealings with people, especially with me. He was able to listen to my unrelenting stories about 'Home and Away', tolerated my dislike for the Roosters (a football team I believe) and was proud to wave the rainbow flag with me. He possessed the ability to be empathetic as he always listened to Dick Scholes sexual aspirations whenever Anita Keating's corner came

into view. On the odd occasion Murray would give us an insight to his desires.

He had an enormous thirst for knowledge, correction, just a plain thirst that he was able to quench by drinking as many beers as it takes to rehydrate after the cruellest of marathons, accompanied by mentor to all Kevin Dean.

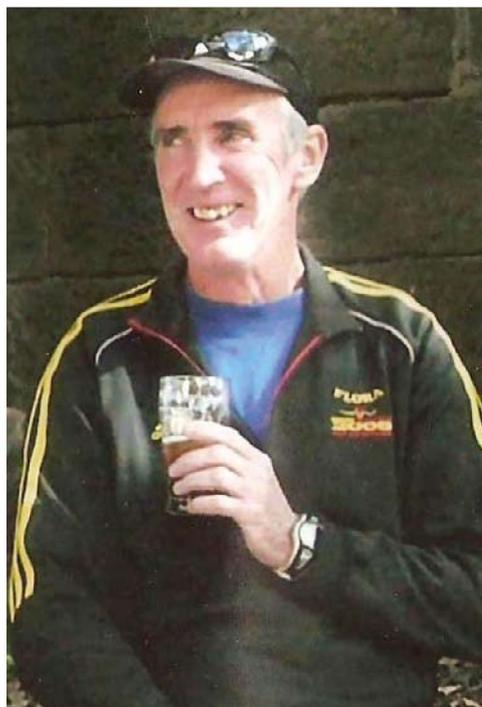
When it came to philosophy, Murray would seek out Wayne Daley to chat about the vicissitudes of our sublunary existence, or in other words, 'what the hell are we doing this (W.Ws) for?'

Pauline was defiantly not a fan of W.Ws because Murray would return home after running W.Ws 'cowed and beaten', like the Man from Snowy River's horses every Sunday. She knew not to plan any Sunday activities for him to undertake unless she wanted to be disappointed at the results.

I will always remember Murray as a down to earth man who always took the time to be a friend and I will miss him dearly.

Paul Mahony

Number 23



Muzza was the best, nothing was ever too much trouble for him and i feel privileged to be able to call him my mate - he will live on in our thoughts forever.

Ken H. (ulla)

MY THOUGHTS ABOUT MUZZA

Words as they say, don't come easy, but here goes...

Muz was a man of immense generosity – with his time, his possessions and just by nature.

When we owned the shop (Wambie Whoppers), he would sometimes come and buy his lunch. Every Christmas he would always buy the entire staff something each for Christmas. He was also a man that was completely without malice – that was his most endearing quality. We have run miles and miles together and I struggle to think of any time he bad-mouthed anyone. We are all extremely envious of that quality.

We had some great times and lots of laughs. A group would run from Wambie shops every Sunday morning - at precisely 6am and we called ourselves Wambie Whoppers. As by chance, by about the third hill on the run, all the sex stories and jokes started. That hill became known as 'sex hill'. At the top of the Ridgeway, a nice old bloke owned a farm and every Sunday he would shout "good morning runners" and all of us in unison would shout "good morning farmer".

I remember the Kempsey Marathon. We would go to the club for dinner Saturday night before the race. All of us 'goodie-two-shoes' would have a salad and a lemon squash and be home to bed by 8 o'clock. Muz would have a steak and chips washed down with 5 or 6 schooners of his favourite brown old beer and be tucked in by 10pm. I also remember the traditional nude swim after the race. Pauline would give us a hard time about parts of our anatomy and we would tell her of the cold water and the exertion of the marathon, but I think she remained unconvinced.

Maree was working at Masterfoods with Muz, so she wrote this piece. We all know Muz was laid-back, but how laid-back? When he worked for Masterfoods, he was moving a pallet of BBQ sauce with a forklift - about \$2000 worth. He speared the sauce with his tyres, which is really not the thing to do. All the sauce ended up being squeezed down the drain. People were running everywhere in a panic, but not Muz. He sat on the forklift and said, "these things happen", or words to that effect.

Muz was a brilliant tennis player in his own mind. When he was playing Pauline, she could talk him into a double fault simply by yelling "double!" before he served.

He had numerous nicknames, including 'Mumbles'. Wayne would listen intently to his story on the run and after it was all over he would say to Muz "what did you say?" he mumbled so much.

His other nickname was 'backdoor Muzza'. When he worked at the buses, he would stop in at Ken Hickson's house and leave his car there, then go for a run. Ken was still at work, so we reckon he would slip in the back door to see Sandy.

In conclusion I believe very few people I associate with would ever make it to the gates of heaven, let alone inside. If I make it to the gate, I'm going to ask the gate-keeper (before he knocks me back) to see the second in charge and honorary race director and I'm sure if Muzza can't arrange something, he will step outside for a glass or two of the finest old beer in the universe.

We loved the bloke.

Keve and Maree Dean



MY SUNDAY RUNNING MATE

About 10 years ago I was invited to run with a group of runners on Sundays. They were called the Wambie Whoppers. These blokes were really fit and could run the 21km in under ninety minutes every week.

It was at this time I got to know Muzza more closely, rather than just seeing him at Trotters on Saturdays. Over the years we built up a great friendship. About five years ago a few of our regular runners got injured and the group

dwindled down to just two or three. At this time we decided to give Whoppers a miss as Muzza never liked going up that steep hill on the Ridgeway. Instead, we would run to Long Jetty, Seymour Ponds, The Entrance or Mingara and then back to Terrigal.

Murray was a dedicated runner and you could always count on him turning up on Sundays. We covered many kilometres together in the last few years, training for the marathons and other fun runs that we would enter.

I found Muzza to be a genuine, happy and thoughtful person who always encouraged others to get the best out of themselves. He always displayed a positive attitude and never did I hear him say a bad thing about other people. Some of us have said that we had run with Muzza for years and never understood a word he had said because he would mumble his words on the run and you usually had to ask him twice what he had said.

I remember the good times when training, how he loved certain



sections of the Mingara run like when we would get to the Caltex Service Station on The Entrance Road on the way back and he would speed up and go as hard as he could. He had a consistent rhythm and he would motivate and encourage anyone around him although at the end of a run he was hard to pass and he would often say "a spot's a spot".

Muzza always liked a swim at the end of the run and always looked forward to a chocolate milkshake in summer or a hot chocolate in winter.

I felt Muzza was a teacher just like Scotty and me. He would pass on any running tips and he taught me a lot about running the marathons but most of all he was my Sunday running mate and I will miss him very much.

Wayne Daley





'MUZZA'

The shock of Muzza's death is indescribable. One day Muzza is well, goes off to work and the next day he is no longer with us!! It certainly puts it all into perspective for me! Life is not to be taken for granted and every moment is to be lived and enjoyed! If that moment is our last then we are grateful for all the moments we have had!!

Muzza was a beautiful man. He was one of the first trotters I met but our relationship changed when he decided to do the 100km Relay for Life at Mingara. I couldn't get my head around that one! (Just a bit of a diversion here! When I was little I lived in Gunnedah and we had a business in Tamworth. On occasions Dad and I would drive there early, he would work all day and drive home late. On our way home I thought he would go to sleep at the wheel and so I could never sleep because I wanted to keep Dad company while he drove) When Muzza said he was going to run all night my immediate thought was, "I'll have to go and run a few laps with him to help him stay awake!" I am so glad I did because that was the beginning of a fantastic relationship that only got better as the years rolled by! In fact we were "boyfriend & girlfriend" with Pauline's and Damien's permission!

As the days have passed since he was so suddenly taken away from us, there have been so many stories shared to make me laugh and cry!! It is not surprising to see how far and wide his quiet yet positive influence has reached not only in trotters but in the community and wider community. Muzza was loved by many and the best thing he loved to do was run which he so well and easily. On the 10th Jan (my wedding anniversary) I decided to go to the Sailing Club to see Damien (he was working in the kitchen there) and have breakfast on the deck. Unbeknown to me, Muzza and Pauline decided to do the same and what a beautiful surprise to see them there and share the glorious morning with them! Stef was working too as a waitress and she really made Pauline, Muzza and me feel special. We talked and laughed for hours and I am so glad to have had such precious moments with them.

Muzza touched my heart (and many others!), he made me laugh and he was as a good man. At the moment we say our final goodbyes

I will be so sad because I no longer can see him but you know what? I have been given such a gift. I have had the experience of a love that I will treasure forever! Muzza may be gone physically but his spirit lives on! It will live on for a long time because there are so many of us that will carry his spirit with us! I am so grateful that Muzza has been a part of my life and I am a better person for it. Thanks Muzza I will miss you but I will never forget you!!!

Dot Stockwell

MY MEMORIES OF MURRAY

By Daisy King

(Cavalier King Charles Spaniel belonging to Gwenda King)

Murray was my big soft 'pushover'!

When Gwenda and Keith go on holidays I always get to stay with Murray and Pauline.

When I arrived, Murray always called me Daisy Bates and I knew I was in for a few days of being thoroughly spoilt.

When Murray had toast it would be one bite for him and the rest for Cooper and me.

We are the ones that were really responsible for his svelte trim figure, it was nothing to do with his running prowess!

Murray has a beautiful garden and didn't care at all that I would spend hours rummaging through his prized plants looking for the elusive lizard. His patience knew no bounds.

He didn't ever care if I kept him awake for hours with my calming snore, as I slept near their bedroom, and speaking of bedrooms, we laughed and laughed the day Pauline couldn't find me and we could hear her calling and calling and there I was all snuggled up between the sheets in bed with Murray.

But now my heart is broken and I am really, really sad because I won't get to see my big 'pushover' again but I will always love him and remember him for the beautiful man he was, definitely a 'Dog's Best Friend'.

Love, Daisy Bates

ONE OF THE BOYS...

Some of Scott's mates collaborated to write this tribute to their mate's Dad...

To us Muzza was never just Scott's dad, he was one of the boys. Muzza was always there for Scott's mates, he shared an interest in our life's that went beyond a mates dad.

Early on, to us he wasn't always Muzza the marathon man, it was more like Muz the man on the tongs at the BBQ making sure we were well fed, or Muz the man who would join us for a boys weekend away water skiing. Muz would even invite us to his work golf day, and laugh as we seemed to always take home the prizes meant for him and his work mates. Muz was always happy to have us around and we were always happy to have him around. It was never Mr Antony to us, it was always Muzza.

Muzza would have done anything for us, he would give up his weekend to follow us on our Wiseman Ferry bike rides, making sure we were all safe and well hydrated, then we might join him in the evening to *rehydrate*, before he would follow us back home the next morning, always happy to be supporting us.

Muz was a constant source of inspiration. For me that inspiration began 17 years ago at 5.00am on a Saturday morning. Muz, with Scott asleep in the passenger seat would pick me up and drag me to Trotters, rain, hail, or shine I would hear the car pull up and I would jump in the back and join Scott for a few extra minutes sleep while Muz would drive us to Terrigal. I will forever be thankful that Muzza kept pulling into my driveway on those Saturday mornings.

Today many more of the boys that had once shared those Bentley Road Backyard BBQ's with Muz, now share his love for running, particularly a love for Saturday mornings at Trotter's. It is now our time to catch up each week as a group of mates and try to flog one another. Muzza was always supportive of our goals and our new found love for running, always asking about our training and upcoming races. More importantly he was just happy to see us there sharing his passion. Our connection to Terrigal Trotter's is undeniably traced back to Muzza.

Muz always had some positive words of encouragement, regardless of how we might be feeling or going at the time. I couldn't tell you how many morning's Muzza shuffled passed one of us and mumbled "c'mon" as he ran off in the distance.

Muzza has left us, his next generation of mates, with an amazing resume of running to aspire to, his achievements are staggering. Who knows maybe later in the year you will see a group of mates going dizzy trying to run 250 laps of a track, all the time inspired by what our mate had done purely for the love of running. We will continue chasing Muzza for a long time to come.

To us he was never just Scott's dad, Muzza was one of the boys.

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 **Murray Antony.**

Murray started running at 6 @ 6 in September 1984. His first 6 @ 6 time was 19.30. The following week

he did 19.27 and each week onwards he did 19.02, 19.00 with his fastest 6 @ 6 being 18.43 on the 31st October 1984. Murray was a regular runner at 6 @ 6 well into the 90's and consistently ran around 21.40.

Murray together with Pauline spent many years at the athletic track at Adcock Park West Gosford with their involvement with Gosford Little A's. Murray supported and participated in the longer distance events with the seniors. Some of the old records are now scattered amongst various people but I came across some results from the Gosford City 10K championships which Murray competed in 1991 doing 38.39, 1993 - 38.32 and more recent in September 2009 when Murray set a record at the Central Coast 10K championships for the 60 years and over with a 41.37. I have known Murray since 1984 and during those 26 years he has been a stalwart of the local running scene and will be sadly missed.



DECEMBER RESULTS

Hilly 10KM TIME TRIAL - December 2009

Place	Name	Time	Trotter No	Place	Name	Time	Trotter No
1	Julian Dent	34:21	393	26	Steve Gray	50:45	593
2	Luke Littler	37:19	No DOB	27	Scott Antony	50:49	62
3	Charlie Brooks	38:35	660	28	Rod Northey	50:51	677
4	Barry Willis	38:36	90	29	Tony Nygard	50:59	540
5	Carl Barker	39:05	609	30	Craig Gustard	51:28	544
6	Andrew Mildren	39:15	633	31	Mark Andrews	51:44	89
7	Brett Isaac	39:24	716	32	Jeff Dick	52:10	607
8	Michael Miles	39:59	734	33	Peter Hood	52:35	705
9	Greg Love	42:20	88	34	Denis Robertson	53:26	21
10	Joe Rolella	43:08	638	35	Cathy Toby	53:31	168
11	Gilbert Olzomer	43:13	21/09/1992	36	Lyn Bromwich	53:54	107
12	Mystery Runner	43:30	?	37	Barry Bowden	54:39	169
13	Wayne Daley	43:31	267	38	Bill Diebert	54:36	612
14	Felicity Brown	43:32	431	39	Colin Bullard	55:09	17/07/1973
15	Skye Bloffwitch	44:00	671	40	Les Lowe	55:45	248
16	Tom Robertson	44:01	690	41	Jo Ridley	56:34	486
17	Gary Pickering	44:26	598	42	Jose Zapata	59:11	542
18	Steve Guest	44:27	576	43	Narelle Stylianou	59:49	719
19	Murray Antony	45:22	15	44	Wayne Doherty	63:26	631
20	Mike Randall	47:41	173	45	Maree Clarke	64:29	710
21	Peter Jackson	48:18	585	46	No runner		
22	Elissa Gribble	48:43	459	47	Mark Rollins	67:23	494
23	Ben Greentree	48:54	19/03/1975	48	Tony Collins	78:00	481
24	Mike Thorpe	49:10	83	49	Mark Tuxford	78:00	531
25	Chris Scarlett	50:41	669				

TINY TROTTERS

Five bubs were added to the Trotters' family in the last few weeks: Mark and Catherine Dunlop had a baby boy - William James on 23/12/09.

Stuart and Tina Baverstock welcomed Ollie on 24/12/09.

Greg Slade outsprinted his brother Jason, when Deb delivered Ocearna on 8/1/10, while Jason and Renee were hot on the heels with Bronte being born on 18/1/10.

Meanwhile Viv Vince became a grandmother for the second time with the birth of Patrick on 27/12/09.

Hearty congrats to all.

BAY TO BAY

Next Bay to Bay meeting will be on Monday February 15 at 7.30pm at the Terrigal Surf Club.

Any interested Trotter is welcome to attend.

At this meeting we will decide on the charity to be the beneficiary of this year's event. Anyone who knows of a charity that they would like us to consider please submit a proposal to Barb Byrnes or Paul Davison ASAP.

We are finalising sponsorship for this year. If anyone knows of a possible sponsor please provide us with contact information. Call Barb on 0434645115

TROTTERS SKI WEEKEND

Every year, Rob Wait organises a great weekend in the snow.

For people wanting to go, he needs a deposit of \$60.00 per head by the end of February. The expected cost is \$120.00 per head.

Contact Rob Wait on: 4388 9551 or 0413 485412
or email robwait@bigpond.com

RUNS FOR THE MONTH

FEBRUARY

- 6th Memorial Run
- 13th Tegart's Revenge
- 20th Muzza's Run (Seymour Ponds)
- 27th Handicapped Time Trial

MARCH

- 6th Erina Bush
- 13th Kev's Kaper
- 20th Matcham Valley
- 27th Flat Time Trial

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

SATURDAY MORNING SAFETY REMINDER FOR TROTTERS

Terrigal Trotters has a duty of care to ensure that Club events are conducted so as to ensure your safety and that the Third Party Insurance held by the Club on your behalf is not compromised.

The following rules must be observed when running/walking.

Use the footpath whenever available.

If it is necessary to use the road, run on the right-hand side facing oncoming traffic. No more than two abreast and preferably single-file.

Wear light-coloured clothing, e.g., white or yellow, so that you can easily be seen.

Obey ALL traffic rules. Cross the road at right angles and use pedestrian crossings if available. Ensure visibility in both directions.

NEVER cross against a red light at a signalled intersection.

NEVER assume that a driver has seen you. Attempt to make eye contact and accept and acknowledge courtesy given.

NEVER use headphones on the road.

Be aware that not all of those driving early in the morning are going to work. Many have left clubs and pubs to go home and may be intoxicated or over-tired.

SATURDAY MORNING PARKING AT TERRIGAL SURF CLUB

Trotters must never park in the spaces reserved for the Terrigal Surf Lifesaving Club members on duty on Saturday morning. It is important that these spaces are left open for the duty life-saving personnel and to ensure that our good relationship with the Terrigal SLSC is preserved.

For all the Trotters who remember Wlad and Judy Fabisjewski, their daughter Ilona is in the TV show "So You Think You Can Dance" and it would be wonderful if you would like to phone in and give her your vote (her Mum Judy would really appreciate 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

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...

When we lose a bloke like Muzza, we can't help but ponder life.

And after plenty of pondering, this is my 2-bobs worth.

Forgive the clichéd analogy, but it's appropriate for us lot to think of life like running a marathon.

You start out with plenty of youthful exuberance and some of us might even go out a bit hard...

You settle into a rhythm and cruise along for a while.

But gradually, you take on more responsibilities, family, work, mortgages and a hectic life.

By the 32 km mark, you're working flat out just to keep some forward momentum, but you know there's still a long way to go.

You continue to slog it out, but eventually, you reach the 40km mark and you can sense victory.

The kids are grown up and doing well, you have more time for your partner and yourself, and the pressure of life eases.

At last, you cross the finish line.

It's by no means the end of your life, but all the hard work is behind you and you can savour the sweet taste of success.

All going well, you can have plenty of years to reflect on all your achievements, and share your happiness with family and friends.

Muzza was in the finishing shute.

He was 'high-fiving' his loved ones, mumbling away to everyone, leaving his supporters happy and proud, but turning to each other and asking, "what did he say?"

He crossed the line with that easy smile of his.

Muzza didn't get a chance to enjoy his victory for long, but he ran a great race.

And so many of us were fortunate to 'run with him' along the way.

No doubt, he's up there, somewhere, sitting in his folding chair with his blistered feet up on an esky, trotters towel around his shoulders, sucking on a coldie.

And he'll be looking down on us, smiling and sharing his trademark few words of encouragement as we continue our own races.

He was the quintessential 'good bloke', had a profound affect on all of us and will be very sadly missed.

Murray "Muzza" Antony, Trotter no 15.

Close mate to many, friend to all,
may he rest in peace.

Chris Hatcher.

*Murray pictured at the
Relay for Life with Keith King.*

