



Terrigal Trotters NEWSLETTER

June 2010

MILESTONES

10 Run Trotters

#766 Adam Kranz

#767 Sue MacColm

#768 Alan Currall

#789 Leeann Chapman

#770 Mark Kelly

#772 Shane McKinnon

#771 Michael Madigan

100 Runs

Kathy Wilson

Mark Dunlop

200 Runs

Steve Gray

500 Runs

Marg Harivel

Hi all,

The Bay to Bay is almost here!

It's our premier event and is on tomorrow (20th June).

A huge thanks to all the trotters who have offered their time to help out.

And it's not too late to lend a hand.

Give Barb Byrnes a call on 0434645115 if you can spare some time.

The Macleay River Marathon was run last week and as a tribute to Murray Antony, who ran the marathon every year, a huge gang of trotters took part. It was a great weekend, there were some top results, and Muzza and his family were in everyone's hearts and minds. For the full report go to page 6.

Cheers

Chris Hatcher

Contributions:

Email: chris@artitude.com.au

You have the right to remain silent.

Anything you say will be misquoted, then used against you.

Website: www.terrignaltrotters.com.au • Email: admin@terrignaltrotters.com.au

PRESIDENT'S REPORT

As some of you already know, Dave Byrnes is hiking from Lands End, the south-western tip of the UK, to John O'Groats, the north-eastern tip.

He's following a route that is largely off-road and follows some famous long distance hiking paths.

He's making good progress and is ahead of his schedule.

So far he's clocked up a lazy 1400 kms - nothing like a pleasant stroll in the pommy countryside.

He's battled sore feet, knees, arms, legs, I think even his eyebrows have hurt on occasion.

He "only" has about 500 kms to go and we wish him well.

RUNS FOR THE MONTH

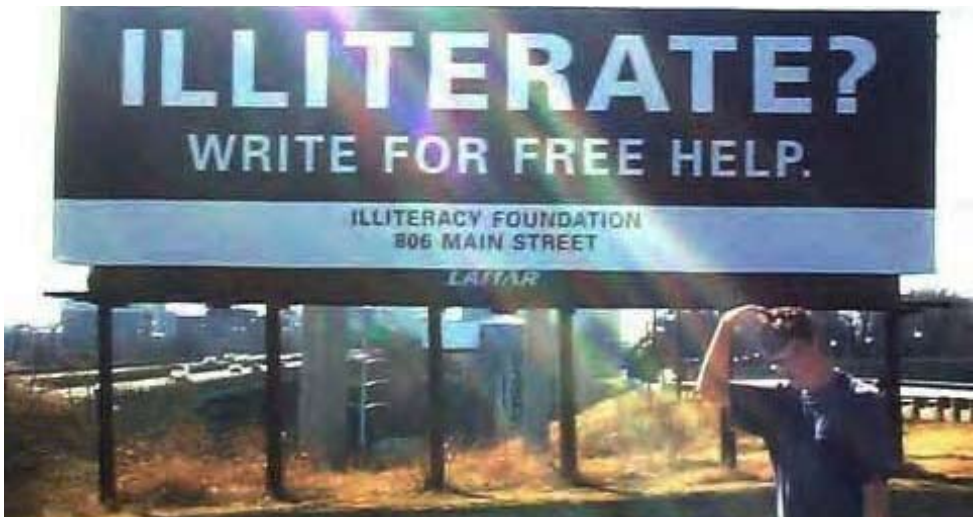
JUNE

19th Enzo's Edventure Run
26th Kerry Anderson Handicap

JULY

3rd Avoca Amphitheatre
10th Cromarty Hill
17th The Round Drive
24th Matcham Valley
31st Flat 10km Time Trial

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



BAY TO BAY

The Bay to Bay Funrun is almost here!

It is on tomorrow, Sunday June 20 and it's not too late to lend a hand.

Please call Barb Byrnes on 0434645115 if you can help.

We are very grateful to yet another Trotter who has offered to be a major sponsor for this year's event. Thanks David Booth of Booth's Motor Group.

This year most of our major sponsors are businesses owned by Trotters. We would like to thank the following Trotters for their support.

Booth's Motor Group (David Booth)

ET Australia (Tony Mylan)

Harwood Chartered Accountants (Jenny Harwood)

Living Green Designer Homes (Craig Riddle)

Solomons Flooring (Peter Hood)

Travelling Fit (MariMar Walton)

Simplicity Funerals (Paul Davison)

Sports Medicine Central Coast (Jonathon King)

As you all know, one of our very finest, Leon Harradine has been unwell for the last couple of months. After extensive testing he has been diagnosed with Motor Neurone Disease.

Leon is dealing with his illness with his legendary toughness and fighting spirit and appreciates the well wishes and offers of help from his Trotters family from the bottom of his heart.

Our thoughts go out to Leon and Heather in this difficult time.

MACLEAY RIVER MARATHON

A whole swag of Trotters and families ventured to South West Rocks for the Macleay River Marathon on the June long weekend.

The reason for the larger than usual numbers was to pay tribute to Murray Antony and his family.

Murray tragically lost his life in an industrial accident earlier this year and the "Kempsey" marathon was one of his favourites. Muzza and his family and friends always made the trip north and a good time was always had - and there was always a funny yarn or two.

The weekend was fantastic - there were Trotters everywhere, and it's hard finding a better place for a run than South West Rocks.

Trotters looked swish in their 'Muzza' singlets - courtesy of Ken Hickson and Marg Beardslea. We were represented in each of the 5K, 10K, half marathon and full marathon, and we posted some really good results - including Jessica Mitchell taking out the women's title in the 10K, Barry Willis winning the half marathon, not bad for someone in the 50-59 age group! Michael Orouke won his age group in the marathon and posted a sub 3-hour, and Sue McBride and Sue Ingham both won their age groups.

And Stuart Eddy took pram pushing to a new level by clocking a 40 minute 10K, pushing a fully loaded double pram!

No matter what the distance, there's no doubt everyone spared a thought for Muzza and there wasn't a dry eye when his daughter Alison crossed the line in the 10K and when Scott finished the marathon - just over the 3 hour mark.

With the run out of the way it was time to for a bit of recovery before hitting the local surf club for a couple of quiet ones and a group dinner, organised by Brian Dawson, before a few more quiet ones.

Some Trotters took fluid replacement way too seriously and ended up with sorer heads than legs the next day.

One account described the crowd behaviour as "loud and inappropriate" - in other words - a great time was had by all!

(I didn't quite get to experience the night in full swing - our youngest threw up all over Caroline about a nano-second after I put my dinner and glass of red on the table. Exit, stage left!).

It was great to have a weekend away with so many Trotters, and it was such a good weekend, I reckon it might end up on quite a few calendars for next year. I know it'll be on ours.

Chris Hatcher





A special thank you from Pauline, Scott and Alison to all the T.T for all the support they have received since the loss of Murray. This was shown especially by the numbers who attended the South West Rocks Macleay Valley marathon; 1/2 marathon and 10 and 5k event on last weekend honouring muzz.. The t.shirts looked great, (thankyou to Ken Hickson)and the dinner on the Sunday night was a true celebration(thankyou Brian Dawson for organizing this), although I am sure the one's with the sore heads the next morning may not want to thank him.

A special thank you must go Andrew Reid (although not a T.T yet) for running his first marathon in honour of Murray and raising so much money for the Cancer Council Relay for Life. Monies can still be donated at everydayhero.com.au/help_reidy_run_marathon

Although the weekend was very emotional for me it was very uplifting as well to know so many people care. Thankyou

THE RUNNING GEEK

Each month we review a website or something all techo. This time, it's appropriate we give a wrap to Andrew Reid's "everyday hero" page. It's dedicated to Muzza and aises funds for the Cancer Council, Muzzas favourite charity.

So far he has raised \$3100.

You can donate by going to:

www.everydayhero.com.au/hero_pages/view_posts/help_reidy_run_marathon

Following is an excerpt from the website:

I am no hero but I love a challenge for a good cause. Tragically a work accident took the life of a great family friend Murray Antony earlier this year.

Murray was my first athletics coach and a top bloke. He always ran marathons and did the Relay For Life to raise money for the

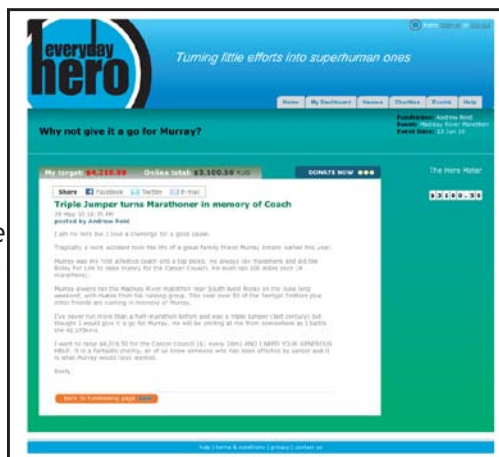
Cancer Council. He even ran 100 miles once (4 marathons).

Murray always ran the Macleay River marathon near South West Rocks on the June long weekend, with mates from his running group. This year over 50 of the Terrigal Trotters plus other friends are running in memory of Murray.

I've never run more than a half-marathon before and was a triple jumper (last century) but thought I would give it a go for Murray. He will be smiling at me from somewhere as I battle the 42.195kms.

I want to raise \$4,219.50 for the Cancer Council (\$1 every 10m) AND I NEED YOUR GENEROUS HELP. It is a fantastic charity, all of us know someone who has been affected by cancer and it is what Murray would have wanted.

Reidy



ADHD

(Adventure Hates DeMENTia)

Tops to Myall Heritage Walk (second half)

The ADHD group comprising Barry Bowden, Rob Wait and myself, on Monday 26 April 2010 at 11.10am, started walking from Craven where we previously finished the first half of the walk. Our destination is Hawks Nest.

The first afternoons walk (11 km) was pleasant under clear skies mostly on a back road into the Glen Forest Reserve where we set up camp in a cleared grassy area close to the river at about 2.00pm. A relaxing time around the campfire cooking dinner and discussing the next five days of walking.

A good nights sleep, even if a bit chilly for some! And after breakfast headed off on what proved to be a harder day than expected, quite a few big climbs and steep descents but did see some wallabies and brown pigeons. Had difficulty finding a decent camp site and stopped around 5.00pm beside the track in Little Myall Valley which turned out OK, plenty of firewood and water, covered about 25km. I think Barry and I had noodles and Rob tucked into roast pork and veges followed by cheesecake!!

Wednesday mornings walk was easy following the river but then had to cross a range to another valley where we had lunch near an old railway trestle bridge. A big climb in the afternoon across another range and a long downhill but surprised to find our campsite earlier than expected. Travelled about 25 km mostly on forest roads. All pretty tired, Rob having trouble with blisters.

A full moon, no clouds, spectacular sky.

The first few kilometres on Thursday morning were nice and flat but turned onto a track in order to ascend to a road on top of a ridge and were very unpleasantly surprised by the number and steepness of the hills. Finally we reached the top and turned onto the road which led us to the old Pacific Highway north of Bulahdelah.

Rob decided at this point not to continue due to the state of his feet and hitched a ride into town where his son picked him up.

Barry and I pushed on over some more big hills until a very steep

descent to the new Pacific Highway which we crossed under, the track then became difficult to follow and overgrown. After crawling on all fours under the lantana we finally crossed the Lakes Way but the hills continued. After what seemed an eternity we arrived in heaven, Knorsman Landing on the banks of Myall Lake and a very welcome swim!! We were even invited onto a house boat to watch the full moon rise glistening over the lake whilst partaking in a glass of wine, how civilised!!! We had seen yellow tailed cockatoos during the day and had a possum visit us in camp, another 25km day.

At least Friday we knew it was going to be flat, 7km got us to the Bombah Point ferry and a bacon and egg roll and milkshake, quite a change from noodles and Hearty King. We bought prawns from the ferry driver and walked 5km to Mungo Brush where we sat on the lake edge and had them for lunch. Called in a Tomboi in the afternoon, a professional fishermans village in the middle of the National Park, it's a just a shame they don't appreciate where they live, looks like a rubbish tip. From there a reasonably short walk to Brambles Green, our camp for the night, a small area right on the lake edge, another swim and luxury, the use of a couple of chairs from a unoccupied tent!! A much easier walk but both feeling the effort of the last five days. Saw kangaroos and wallabies today, covered about 18km.

It had started raining about 7.30pm so an early night and a great warm sleep as the rain kept the temperature up. I had made the conscious decision to not take my sleeping bag thinking I would be warm enough in my clothes and the liner, wrong!!!

The rain eased while we had breakfast and packed up but continued until about lunchtime, the track was flat but traversed some sandhills and followed the beach for a couple of kilometres near Dark Point, somewhat unpleasant in the wind and rain with tired legs. Back to the western side of Mungo Brush Road and through ancient sandhills then back to the beach for the last four kilometres, seemed for ages that we were not getting anywhere but finally reached the finish at the Hawks Nest surf Club at about 1.45pm. A welcome shower, fish and chips, a couple of beers and headed home already talking about the next adventure, a mountain bike ride from Dungog to Newcastle in November.

Keith King

MAY/JUNE RESULTS

FLAT TIME TRIAL- MAY 29TH 2010

Place	Name	Time	Trotter No
1	Brendan Clarke	37:12	646
2	Ian Temblett	37:28	665
3	Michael Miles	37:49	734
4	Stuart Baverstock	38:13	
5	Adrian Smith	38:17	258
6	Matthew Collins	38:49	734
7	Jason Kicksmith	38:57	
8	Joel Green	39:18	
9	Mark Dunlop	39:55	658
10	Robbie Wilkinson	40:28	726
11	Graham Ridley	41:29	483
12	Greg Love	41:40	88
13	Danny Moore	42:31	198
14	Dean Rivelli	42:43	640
15	Kevin Dean	42: 48	43
16	Margaret Beardslee	42:50	169
17	Mark Hope	43:18	
18	Mike Randell	43:22	173
19	Ryan Lindsay	43:52	744
20	Lucas Ferrer	45:18	
21	Kim Cook	44:21	457
22	James Moran	44:32	654
23	Jamie Collins	45:52	735
24	Jeff Dick	48:39	607
25	Kristina Amblett	48:45	698
26	Tammy Schafer	50:49	698
27	Barry Bowden	51:28	515
28	Sam Sirilo	51:30	
29	Therese Wellsmore	51:44	765
30	Heiko Schafer	52:11	502
31	Lyn Bromwich	52:18	107
32	David Booth	52:21	711
33	Daniel Draper	52:23	622
34	Adam Eurell	52:29	
35	Tony Nygard	52:39	
36	Soozie Jeffree	53:01	
37	Chris Scarlett	53:07	669
38	Ken Hickson	53:14	27
39	Tom McNally	53:18	276
40	Steve Coote	53:19	702
41	Mark Andrews	53:47	27
42	Jason Menzies	54:21	602
43	Bill Diebert	54:39	612
44	Detta O'Dwyer	55:55	622
45	Bionda Hensch	59:58	718
46	Narelle STYlianou	60:04	719
47	Maree Clarke	60:04	710
48	Steve Gray	64:25	593
49	Bruce Abrahams	93:36	436
50	Bill Karskens	103:34	239

RESULTS CONTINUED

MACLEAY RIVER MARATHON

MacCleay 10KM

Net time	Name	Age	Overall Place	Gender Place	Age Place
00:36:37	Jessica Mitchell	18-29	10/238	1/120	1/16
00:40:12	Stuart Eddy	30-39	26/238	23/118	8/21
00:48:07	Denis Robertson	50-59	78/238	65/118	8/20
00:49:24	Sonia White	40-49	86/238	15/120	2/26
00:51:37	Alison Antony	30-39	104/238	26/120	9/45
00:51:45	Brian Dawson	60-69	106/238	79/118	4/10
00:55:31	Wayne Doherty	50-59	142/238	94/118	17/20
00:56:03	Meg Graying	30-39	149/238	54/120	20/45
00:58:14	Mark Rollins	50-59	160/238	99/118	18/20
00:58:16	Debbie Wooden	50-59	162/238	62/120	5/16
01:02:37	Sandy Hickson	50-59	196/238	88/120	10/16
01:02:37	Janette Davison	40-49	196/238	88/120	21/26
01:02:37	Mike Gero	60-69	196/238	109/118	6/10

HALF MARATHON

Net time	Name	Age	Overall Place	Gender Place	Age Place
01:18:38	Barry Willis	50-59	1/254	1/154	1/32
01:35:02	Kim Cook	50-59	40/254	37/154	8/32
01:33:00	Danny Moore	50-59	33/254	30/154	5/32
01:36:33	Theron King	40-49	45/254	41/154	11/43
01:42:41	Graham Davis	50-59	84/254	66/154	14/32
01:47:16	Steve Gray	60-69	115/254	87/154	3/9
01:50:37	Rachelle Hickson	18-29	141/254	37/100	7/15
01:52:01	Charlene Eddy	18-29	150/254	40/100	8/15
01:52:01	Clare Lawrance	18-29	150/254	40/100	8/15
01:54:25	Keith King	50-59	168/254	119/154	24/32
01:58:28	Paul Davison	50-59	192/254	133/154	27/32
02:04:47	Dot Stockwell	50-59	209/254	68/100	9/15
02:04:47	Chris Hatcher	40-49	209/254	142/154	41/43

MARATHON

Net time	Name	Age	Overall Place	Gender Place	Age Place
02:59:09	Michael Orourke	18-29	8/104	8/80	1/11
03:03:09	Scott Antony	30-39	10/104	10/80	7/21
03:21:20	Kevin Dean	60-69	24/104	23/80	1/11
03:33:30	Rod Northey	30-39	35/104	32/80	12/21
03:36:26	Graham Ridley	40-49	37/104	34/80	8/17
03:39:16	Jacqui King	30-39	40/104	5/24	4/9
03:47:35	Sue McBride	40-49	46/104	6/24	1/6
03:48:53	Chris Scarlett	30-39	47/104	41/80	13/21
03:55:46	Tom McNally	30-39	51/104	45/80	15/21
04:01:36	Steven Coote	30-39	57/104	49/80	17/21
04:05:02	Kelly King	30-39	61/104	10/24	5/9
04:08:10	Thomas Robertson	18-29	64/104	54/80	11/11
04:21:42	Ken Hickson	60-69	70/104	59/80	4/11
04:33:17	Sue Ingham	60-69	74/104	13/24	1/2
04:37:25	Mark Andrews	30-39	79/104	65/80	20/21
04:51:07	Cathy Toby	40-49	83/104	15/24	3/6

For all results and archives, visit the Trotters website: www.terrigoaltrotters.com.au

FIVE MINUTES WITH A TROTTER

Trotter Number: #207

Name: Greg Tegart

Married/Single

Occupation: Electrical Technical
Instructor Grade 2

Favourite Run: Six Foot Track

Favourite Distance: 46kms

Race PB: 6.01 (Six Foot Track)

Your Shoe Brand: Asics GT 2170

Other Sports: Taekwondo

List Your Favourite:

Food: Steak (the bigger the better)

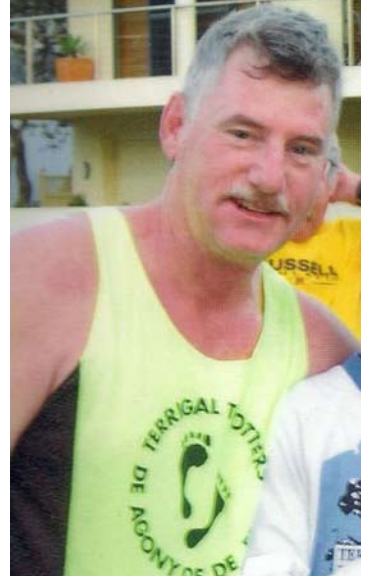
Music: Country and Western

Actor: Bruce Willis

Movie: Die Hard 1, 2, 3, 4

Wine: Red

Vehicle: Suzuki Boulevard Cruiser



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

1. My Laptop
2. Garmin GPS watch
3. Wind Gnerator to charge above items

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

My Darling Wife

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

????? I'm still thinking ???????

BIRTHDAY WISHES

A big shout out to Steve "glossy" Cannon who as you read this, is recovering from turning 50.

Recovering??, I hear you say. Well, in true style, Steve finished a crazy multi-event-marathon-thingy this morning, which saw him paddle, run, ride, swim, hop, skip and jump into the next half century.

Happy Birthday Steve!

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



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when you purchase a pair of shoes. After 30pairs:

Now 3 prizes 1st \$100 voucher 2nd \$60 Voucher 3rd \$40 Voucher

OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21 km or other Sunday Trotters meeting for shorter distances (varying each week). Both leave 6am from Terrigal Beach Car Park.

Wednesday Trotters, whose motto is "Dead Flat Well Lit" meet at 5:45am in the Terrigal Beach Car Park every Wednesday morning for an hour's run.

Six at Six is a weekly timed run at 6pm every Wednesday night from the oval (adjacent the school crossing) near Central Coast Leagues Club in Gosford.

Hardcore Bush Runners

President: Flying Foxy Hardcore #3 Associate Member

Associate Member Criteria: Non runner – Bike only

Club HQ and Start Area: On Yowie @ Bensville

Club Emblem: The Waratah. Club Colors: Bush Themes

Present Membership: 8 However 007 is on the skids

Event Dates: Monday and Thursday Arvos

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford and at 6am on Thursday mornings at The Haven in Terrigal (meeting at Terrigal Surf Club car park at 6am) for anybody interested, regardless of standard.

Contact Dave Byrnes on 0428 880 784 for details.

NEW SOUTH WALES RUNNING CALENDAR

Sun 27 Jun WOODFORD TO GLENBROOK CLASSIC 2010

25 Km run from Woodford to Glenbrook via the Oaks fire trail followed by a fantastic array of activities, entertainment and food stalls located at the Euroka Clearing in the Glenbrook National Park. Entries are online only, no entries are accepted on the day. contact: John Ebbott. email: events@careflight.org.

Sun 4 Jul SHOALHAVEN KING OF THE MOUNTAIN

Shoalhaven King of the Mountain is a 32km endurance event which starts at the village of Cambewarra (near Nowra NSW) travels over Mt Scanzi (700m) and finishes at the Kangaroo Valley Showground. Contact: Doug Jeffrey 0407 441 889. email: admin@kingofthemountainnowra.org.au. V

Sat 31 Jul BUSH CAPITAL BUSH MARATHON FESTIVAL:

2km, 5km, 10km, 16km, 25km, marathon, marathon relay and 60km ultra off road trail runs and 5km, 10km, 16km and 25km bush walks from Campbell High School next to the Australian War Memorial.

Contact: John Harding. email: hackettrunner@hotmail.com.

This calendar information is sourced from the CoolRunning Website.

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

the last word...

Ken and his wife Edna went to the state fair every year, and every year Ken would say, 'Edna, I'd like to ride in that helicopter'

Edna always replied, 'I know Ken, but that helicopter ride is fifty bucks, and fifty bucks is fifty bucks'

One year Ken and Edna went to the fair, and Ken said, 'Edna, I'm 75 years old.

If I don't ride that helicopter, I might never get another chance'

To this, Edna replied, "Ken that helicopter ride is fifty bucks, and fifty bucks is fifty bucks.'

The pilot overheard the couple and said, 'Folks I'll make you a deal. I'll take the both of you for a ride. If you can stay quiet for the entire ride and don't say a word I won't charge you a penny!

But if you say one word it's fifty dollars.'

Ken and Edna agreed and up they went.

The pilot did all kinds of fancy maneuvers, but not a word was heard.

He did his daredevil tricks over and over again, but still not a word...

When they landed, the pilot turned to Ken and said, 'By golly, I did everything I could to get you to yell out, but you didn't. I'm impressed!'

Ken replied, 'Well, to tell you the truth, I almost said something when Edna fell out.

But you know, "Fifty bucks is fifty bucks!'

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

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