



Terrigal Trotters NEWSLETTER

July 2010

MILESTONES

300 Runs

Deb wooden
Gaham Davis

400 Runs

Sonia White

Hi all,

The Bay to Bay was a huge success - it just keeps getting bigger and better with more than 2250 starters and \$33000 given to charities and community groups.

A huge thanks and well done to our race director Barb Byrnes and the committee - Bev, Kev and Mark Andrews, Graham Davis, Paul Davison, Mike Gero, Jenny Harwood, Keith King, Roger Matthews, and Cathy Toby.

These people not only put in a huge effort to make the Bay to Bay what it is, but they also work tirelessly for Trotters throughout the year. See page 5 for full report.

Good luck to all heading to the City to Surf on August 8.

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 you probably know, Dave Byrnes has successfully completed his hike from Lands End, the south-western tip of the UK, to John O'Groats, the north-eastern tip. Following is an excerpt from his last diary entry...

"This really completed my journey from south-western tip to north-eastern tip, but I still had to walk back to the John O'Groats tourist area a few kilometres along a coastal path. It was a pleasant walk, overlooking some sandy beaches and low rocky headlands. A highlight was seeing large seals wallowing in the breakers just offshore, and a second highlight was watching the track of a large thunderstorm passing just to the west of me north to the offshore islands. I was glad it missed me. I reached the tourist area and had a brief look around, though there wasn't much to see. I confirmed that there was no Sunday bus to Thurso, 32km away, from where my train leaves at 8:41am tomorrow, but also confirmed there was a 6:47am bus tomorrow morning, which will get me there in plenty of time. I walked back to the village of John O'Groats and booked into the rather tacky hotel where I had dinner and was given a small "breakfast pack" since I will be leaving before breakfast is served tomorrow.

So, my hike is over. It lived up to all my expectations (and the weather significantly exceeded my expectations....I am very brown). It will be nice not having to walk every day but I know that, in a few days' time, I will be thinking back nostalgically to various points along my trek. Trips as long as this become a way of life, rather than just a vacation. They are cleansing and rejuvenating. Nevertheless, I will enjoy returning to civilisation and am looking forward to seeing my loved ones."

We look forward to a report on the walk next month.
Well done Dave and welcome back!

RUNS FOR THE MONTH

JULY

24th Matcham Valley
31st Flat 10km Time Trial

AUGUST

7th Marg's Meander
14th Muzza's Run
21st Mark's Run
28th Brook's Hill 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 2010 was a huge success - record numbers and record profit. Many thanks to all of you who volunteered without whom the event would not be possible.

Also a huge thank you to the committee- Bev, Kev and Mark Andrews, Graham Davis, Paul Davison, Mike Gero, Jenny Harwood, Keith King, Roger Matthews, and Cathy Toby who have worked tirelessly for months putting the event together.

This year we had 2250 entrants and ran out t shirts before race weekend and chips by race start. Just under 2000 crossed the finish line. We gave away \$33000 - \$18000 to Response Services, \$10000 to Suicide Safety Network and \$5000 to be distributed amongst the other non profit organisations who help us with the event.

Thank you to our sponsors - Bendigo Bank, Booth's Motor group, ET Australia, Living Green Designer Homes, Harwood Chartered Accountants, Hill and Co Lawyers, Oxigen, Solomons Flooring, Travelling Fit, Simplicity Funerals, Gosford West Rotary, Sports Medicine Central Coast.

And lastly thanks for the weather - a perfect day. As Jo McCarthey said as we were setting up the 5.30am - "it's balmy" - also a record, especially on the Gosford waterfront.

Each year we are getting bigger and better and look forward to another great community event in 2011

Barb Byrnes
Race Director

THE INAUGURAL KERRY ANDERSON HANIDCAP

A healthy size field braved the cold, wet and dark weather to participate in the inaugural Kerry Anderson Handicap. 56 runners completed the run over the Terrigal Trotters Flat Time Trial Course with Laurie Stopford finishing in first place, Les Lowe in second and Donna White third. The following tribute to Kerry was written by Bruce Renwick and read out at the medal presentation following the run.

REMEMBERING KERRY

Today's event has been named after a man who, although never an official member of Trotters, had the ideals of running and of friendly competition at his heart.

For those newer members of Trotters who may not have known him, Kerry Anderson was the proprietor of the Running Shop for many years and through this avenue was able to stay in touch with a great number of Trotters when they came in to purchase running gear, whether that be shoes, track suits, socks or even just glucose gels. Always ready for a chat - particularly about running - a 10 minute visit to Kerry's shop could turn into a 3/4 hour visit - much of it spent listening to Kerry and his ideas about running !!!

Always one to volunteer to assist in the running of events, Kerry was intrigued when the concept of the Super 7 Series and, in particular, Time Trials that were to be conducted over accurately measured courses. The Super 7 Series was first introduced into Trotters for the 2002/03 running year. Kerry believed that if you were to make the event worthwhile, then running over an accurate course should be measured accurately and efficiently. Kerry subsequently offered his services as Time Recorder for the event so that runners times could be accurately captured on a watch that produced a tape print-out. A further enhancement to the Time Trials was when Kerry would bring down his large digital clock and site it at the finish line. This seemed to spur runners on to a fast finish in order to have a finishing time under some predetermined target.

In support of running within Trotters, Kerry was always one to offer incentives to the average runner. He felt that these people were the bulk of competitors at races everywhere and, but for these people, there would be no races. Prizes in the shape of towels, bags, t-shirts and wine were made

available for Lucky Draws for all runners who completed the 7 races of the Series each year. There always seemed to be particular interest in the random draws for these prizes each year - particularly for Kerry's personally bottled red wine.

I am sure that Kerry would be looking down at this gathering today and having a smile to himself and saying 'Those Trotters have come up with another novel idea to introduce a bit of 'serious fun' into the concept of the Time Trial' - what a great concept!

IT'S ON AGAIN!

UMINA BEACH SAND SLOG

On the 25th September 2010 is the Umina Beach Sand Slog. It is a fun run that consists of 4 separate runs, a 2km non-competitive kids run, a 2km, 5km, and a 10km extending from one end of Umina Beach to the other (conditions permitting). The kids run will be run first at 3.30 followed by the 2km at 4.00 and the 5 and 10km will be at 4.30. The runs will be started at Umina Surf club going south on the soft sand and then turning around at the headland and heading north onto the hard sand for the 2 ½ km run to the point then turning to return to Umina Surf Club on the soft sand. There will be a turn point for the 2km just past the clubhouse. One lap of the beach is 5km and two laps for the 10km. You are permitted to enter more than one race. There will be medals for the first three places in each age group and also lucky door prizes.

The 2km Kids run is for children under 12 only (11 years and under on the day). This is non-competitive and no places will be given. Parents are permitted to accompany their children in the kids run. All participants in the kids run will receive a T Shirt. If the children want to be competitive they are to compete in the U14s in the other races.

As you may have noticed due to tides this year we will be holding the event on Saturday afternoon.

The event is run by Umina Surf Life saving Club to raise money for equipment for the upcoming season.

Entries at www.uminaslsc.org.au/

Info at email sandslog@hotmail.com or phone 0414963648

JUNE/JULY RESULTS

Kerry Anderson Memorial Time Trial Results

Place	First Name	Last Name	Trotter Number	Start Time	Finish Time	Handicap Time	Actual Time	Actual Time Rank
1	Laurie	Stopford	538	5:36:50	6:56:00	1:23:010	1:19:010	46
2	Les	Lowe	248	5:56:24	6:56:11	1:03:36	0:59:47	39
3	Colin	Price	339	n/a	6:57:01	n/a	n/a	n/a
4	Donna	White	586	6:00:13	6:57:33	0:59:47	0:57:20	35
5	Jamie	Collins	735	6:13:47	6:57:35	0:46:13	0:43:48	10
6	Adrian	Spry	753	6:08:59	6:57:45	0:51:00	0:48:46	15
7	Matthew	O'Shea	739	6:15:13	6:57:49	0:44:47	0:42:36	9
8	Wayne	Doherty	631	5:58:53	6:58:04	1:01:07	0:59:11	38
9	Mark	Rollins	494	5:56:53	6:58:34	1:03:07	1:01:41	44
10	Charlie	Brooks	660	6:21:58	6:58:46	0:38:02	0:36:48	1
11	Dennis	Robertson	21	6:06:43	6:58:47	0:53:17	0:52:04	26
12	Robbie	Wilkinson	726	6:19:19	6:58:51	0:40:41	0:39:32	4
13	Lyn	Bromwich	107	6:07:35	6:59:04	0:52:25	0:51:29	24
14	Sandy	Hickson	111	5:51:27	6:59:13	1:08:33	1:07:46	45
15	Graham	Ridley	483	6:18:22	6:59:14	0:41:38	0:40:52	6
16	Narelle	Stylianou	719	6:00:09	6:59:16	0:59:51	0:59:07	37
17	Steve	McKellar	n/a	n/a	6:59:20	n/a	n/a	n/a
18	Steven	Gray	593	6:10:05	6:59:25	0:49:55	0:49:20	18
19	Keith	King	12	6:04:40	6:59:28	0:55:20	0:54:48	30
20	Barry	Bowden	515	6:08:26	6:59:39	0:51:34	0:51:13	22
21	Daniel	Draper	622	6:10:16	6:59:43	0:49:44	0:49:27	19
22	Matthew	Chapman	637	6:17:58	6:59:45	0:42:02	0:41:47	8
23	Ian	Temblett	665	6:22:24	6:59:49	0:37:37	0:37:26	2
24	David	Booth	711	6:07:14	6:59:57	0:52:46	0:52:43	28
25	Tammy	Shafer	698	6:10:16	6:59:59	0:49:44	0:49:43	20
26	Jessica	Mitchell	709	6:21:50	7:00:17	0:38:10	0:38:27	3
27	Chris	McInerney	556	6:11:41	7:00:19	0:48:19	0:48:38	14
28	Greg	Love	88	6:18:50	7:00:23	0:41:10	0:41:33	7
29	Kathy	Hanisch	747	6:03:15	7:00:25	0:56:45	0:57:010	34
30	Susan	McBride	534	6:11:10	7:00:27	0:48:50	0:49:17	17
31	Maria	Timmers	752	6:06:00	7:00:28	0:53:59	0:54:27	29
32	Ken	Hickson	27	6:11:21	7:00:32	0:48:39	0:49:11	16
33	Michael	O'Rourke	733	6:20:48	7:00:33	0:39:12	0:39:45	5
34	Liza	Whitfield	513	6:10:48	7:00:44	0:49:12	0:49:56	21
35	Maree	Clark	710	5:59:39	7:00:49	1:00:21	1:01:10	43
36	BIONDA	HIENSCH	718	5:59:42	7:00:50	1:00:18	1:01:08	42
37	Kevin	Andrews	1	6:02:54	7:00:54	0:57:06	0:58:00	36
38	Michael	Adamson	n/a	n/a	7:00:59	n/a	n/a	n/a
39	Michael	Bulleen	n/a	n/a	7:01:17	n/a	n/a	n/a
40	Kelly	Carpenter	n/a	n/a	7:01:24	n/a	n/a	n/a
41	Steve	Hughes	8	6:14:54	7:01:25	0:45:06	0:46:31	13
42	Roger	Matthews	488	6:05:20	7:02:12	0:54:40	0:56:52	33
43	Bill	Diebert	612	6:05:49	7:02:12	0:54:11	0:56:23	32
44	Tom	Robertson	690	6:17:46	7:02:15	0:42:15	0:44:29	12
45	Rebecca	McGrath	n/a	n/a	7:02:28	n/a	n/a	n/a
46	Tom	McNamara	n/a	n/a	7:02:50	n/a	n/a	n/a
47	Steve	Cannon	64	6:10:32	7:02:55	0:49:28	0:52:23	27
48	Wayne	Evans	366	6:06:51	7:03:00	0:53:09	0:56:09	31
49	Debbie	Wooden	452	6:02:45	7:03:10	0:57:15	1:00:25	40
50	Gary	Pickering	598	6:18:53	7:03:12	0:41:07	0:44:19	11
51	Sabine	Byrne	557	6:02:45	7:03:18	0:57:15	1:00:33	41
52	Mark	Andrews	89	6:12:04	7:04:01	0:47:56	0:51:57	25
53	Verne	Towgood	377	n/a	7:04:04	n/a	n/a	n/a
54	Kelli	Warren	600	6:12:49	7:04:11	0:47:11	0:51:22	23
55	Col	Higman	na	n/a	7:12:09	n/a	n/a	n/a
56	Bruce	Abrahams	436	n/a	7:13:36	n/a	n/a	n/a

RESULTS CONTINUED

Sydney Morning Herald Half Marathon May 16th 2010

Time	Name	Age Group	Cat Place	Overall Place
1:20:13	Ian Temblett	45-49	3/493	93/8733
1:20:18	Michael O'Rourke	25-29	18/853	96/8733
1:22:00	Adrian Smith	40-44	17/780	143/8733
1:22:45	Jessica Mitchell	20-24	4/320	161/8733
1:31:26	Matthew Chapman	35-39	138/1129	680/8733
1:32:24	Joseph Rolella	35-39	148/1129	751/8733
1:33:37	Kim Cook	50-54	26/327	868/8733
1:34:59	James Moran	35-39	200/1129	1016/8733
1:35:46	Allen Pearson	40-44	143/780	1128/8733
1:36:48	Bruce Renwick	60-64	4/114	1275/8733
1:36:57	Wayne Daley	50-54	43/327	1298/8733
1:38:14	Graham Ridley	45-49	91/493	1487/8733
1:43:18	Chris Scarlett	30-34	463/1134	2339/8733
1:47:49	Melanie Bournell	40-44	57/365	3226/8733
1:49:41	Leigh French	40-44	67/365	3590/8733
1:52:40	Maria Trimmer	30-34	207/727	4196/8733
1:55:39	David Booth	45-49	306/493	4834/8733
1:57:03	Heiko Schaefer	70-99		4391/8733
1:59:34	Rob Wait	60-64	51/114	5716/8733
2:10:08	Donna White	35-39	452/625	7301/8733

Woodford to Glenbrook, Sunday 28th June 2010

Net time	Name	Overall Place	Age Place
1:56:23	Bruce Renwick	74	1
2:00:47	Jeanette Frederickson	102	6
2:06:21	Suzy Frederickson	129	14
2:06:07	Darren McClellan	130	47
2:14:34	Steven Gray	6	181
2:24:00	Joanne McCarthy	247	6
2:29:02	Heiko Schaefer	268	14

I may be schizophrenic, but at least I have each other.

RESULTS CONTINUED

GOLD COAST RUNNING FESTIVAL JULY 2010

Gold Coast Marathon 3rd & 4th July

Net time	Name	Age	Overall Place	Gender Place
3:21:10	Darren McLellan	35-39	576	501
3:34:30	Graeme Ridley	45-49	1037	871
3:44:45	Deb Bloffwitch	50-54	1407	259
3:46:10	Tom Robertson	18-24	1406	1148
3:39:16	Mark Hope	35-39	1205	1002

Gold Coast 10km 3rd & 4th July

Net time	Name	Age	Overall Place	Gender Place
0:42:46	Skye Bloffwitch	25-29	261	49
0:49:49	Tina Bavertsock	40-44	858	212

Gold Coast Half Marathon 3rd & 4th July

Net time	Name	Age	Overall Place	Gender Place
1:19:37	Stuart Baverstock	35-39	95	84

METROPOL MARATHON, FURTH GERMANY, JUNE 13TH 2010

Net time	Name	Age	Overall Place	Gender Place	Age Place
00:36:37	James Moran	35	35	91	10

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



“I’m going to order a broiled skinless chicken breast, but I want you to bring me lasagna and garlic bread by mistake.”

FIVE MINUTES WITH A TROTTER

Trotter Number: #130

Name: Kevin Byrne

Married/Single

Occupation: Dad

Favourite Run: Anywhere through the bush

Favourite Distance: 10kms

Race PB: 35.00 (Six Foot Track)

Your Shoe Brand: Brooks addiction

Other Sports: Ironman

List Your Favourite:

Food: Weetbix

Music: Loud

Actor: Robin Williams

Movie: Braveheart

Wine: 1978 Montrachet

Vehicle: Maserati

Travel destination: Teschendorf



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

1. Hat
2. Sunscreen
3. Board shorts

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

William Wallace

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

To support a team other than South Sydney.

It's been a long time between premierships.



Practical parenting

CONTEMPTABLE CONTENT

Just to show you the sort of terrible items that end up on the editor's desk...

Son asked his mother: Mum, why are wedding dresses white?'

The mother looks at her son and replies:

'Son, this shows to your friends and relatives that your bride is pure.'

The son thanks his Mum and goes off to double-check this with his father. 'Dad why are wedding dresses white?'

The father looks at his son in surprise and says:

'Son, all household appliances come in white.'

Disgraceful.

Whoever sent me this droll, clichéd attempt at humour should be hit over the head with a rolling pin.

SHOE TALK *with Marg B*

TRAINING SHOES vs RACING SHOES

Have you thought about adding a racing flat to your shoe lineup? Suretraining shoes can last longer and provide more support and cushioning? BUT....Using Racing shoes can help you run faster. Light weight shoes can be used for your Time Trials and faster training sessions. Keeping them for your fast mileage will ensure you continue to train and run injury free.

Racing shoes or even lighter weight trainers will help you learn how to run more efficiently by allowing easier foot action lowering the pressure on your shins and increasing the power to the ground.

Most runners want at some time to run fast.

Even if fast becomes a relative word as we age.

Training Shoes

- Weigh between 280-400g
- have a higher profile and provide more cushion
- have tougher longer wearing soles
- have a firmer heel counter

Racing Shoes

- Are lighter 190g-250g
- More Flexible
- Help you to run fast

TRY A PAIR ON and FEEL THE DIFFERENCE!



ASK FOR YOUR Trotters Loyalty Card

Next time you
Purchase any shop priced shoe
Receive ongoing discounts
from our already cheaper prices
Trotters club will also accumulate points

Racing Flat Sale 'til City to Surf

- Nike Streak** RR \$180 now \$130
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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

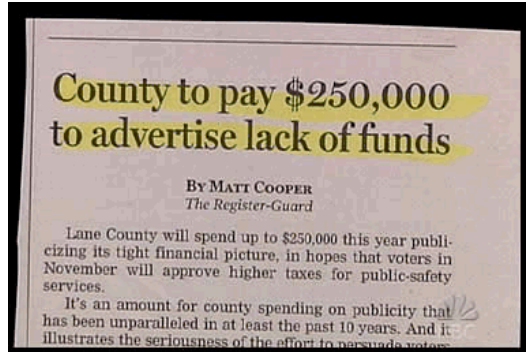
Website Co-ordinator: Dave Byrnes

Newsletter Editor: Chris Hatcher

Public Officer: Kevin Andrews

Auditor: Harwood Chartered Accountants

Volunteer Co-ordinator: Paul Davison



OTHER REGULAR TROTTERS RUNS

Sunday mornings you can join the Wambie Whoppers for a relaxing 21km 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

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.

Sun 8 Aug SUN HERALD SYDNEY CITY TO SURF

14km. Starts 9:00am from corner Park and College Streets, Sydney.

Contact: phone 1800-555-514. email: city2surf@fairfax.com.au.

Sat 21 Aug MT WILSON TO BILPIN BUSHRUN

This is a 35k run through fire trails, bush tracks down a dirt road to the valley floor at Bowens Creek then a graded ascent to finish at Bilpin Community Hall. Contact: Michael Garvan.

sEmail: organiser@bilpinbushrun.com.au.

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...

Shortly after a British Airways flight had reached its cruising altitude, the captain announced:

'Ladies and Gentlemen, this is your Captain.

Welcome to Flight 293, non-stop from London Heathrow to Toronto.

The weather ahead is good, so we should have a smooth uneventful flight. So sit back, relax and..... OH, MY GOD !'

Silence followed!

Some moments later the captain came back on the intercom.

'Ladies and gentlemen, I'm sorry if I scared you . While I was talking to you, a flight attendant accidentally spilled a cup of hot coffee in my lap. You should see the front of my pants!'

One passenger yelled... 'For f*#k's sake you should see the back of mine!!!'



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

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COMMIT THE CRIME , BUT DON'T DO THE TIME