



Terrigal Trotters NEWSLETTER

January 2011

MILESTONES

10 Run Trotters
Chase Whitfield
Steve Martin

200 Runs
Wayne Doherty

400 Runs
Pam Boesenberg

Hi all,

Happy New Year!

Hope you all had a fab Christmas and are now working hard to reduce the size of the cumulative festive gut.

Some of us, ahem... were punching out the miles over Chrissy - like the Round the Bay participants. See Keith's report on page 8.

And a small but very hardy (some would say loopy) gaggle of trotters took on Bogong to Hotham - one of the toughest ultras in Australia. See Graham Ridley's report p. 9. And is it true?

Elvis *IS* alive and has been seen mixing it with the some hot babes. See p. 15.

Wishing you all a happy and healthy 2011, and I hope all your goals, both on and off the track get ticked.

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

11 January 2011

Terrigal Trotters is in a sound financial position. For many years, the Club Committee and, in particular, successive Club Treasurers have carefully and conservatively managed the Club finances. Our last Annual Report, for the 2009-10 year, showed that we have financial assets of more than \$30,000.

Of course, it's wise to make sure that we have money for a "rainy day" and we need to have liquidity on hand to help organise events such as the Bay to Bay Fun Run each year. However, I am of the view that some of the money we currently have invested would be better employed to the benefit of the Club by purchasing useful long-life assets.

As many of you know, I am in favour of purchasing a Digital Clock of the type Kerry Anderson used to lend to us, for use at our Time Trials, the Great North Walk 100s, and, possibly, the 10km mark of the Bay to Bay Fun Run. Other Club members have suggested other assets that would be useful at the same and similar Club functions such as a large marquee and a Club trailer. An idea of the approximate costs of these assets is as follows:

Digital Clock (6 digits x 9"high)	\$4,300
Marquee (heavy duty 3m x 6m)	\$1,600
Trailer (fully stocked with gear)	\$4,700

I believe that all of these assets have merit and would have long and useful lives if maintained and strictly reserved for Club events. I'm not suggesting that we buy them all at once, but I do think it's fair to say that Terrigal Trotters could, and perhaps should, use some of its money to purchase equipment that would improve the events we organise and manage.

If you have an opinion on this subject, one way or another, please let me or another Committee member know. I am planning to raise the matter at the February Committee Meeting at 7:30pm on Monday, 7 February 2011, and any member should feel welcome to attend and contribute to the discussion.

Dave Byrnes

TERRIGAL TROTTERS MINUTES OF MEETING

Monday 3rd January 2011

Terrigal Surf Lifesaving Club

RUNS FOR THE MONTH

JANUARY

22nd Muzza's Run
29th Flat 10km Time Trial

FEBRUARY

5th Memorial Run
12th Fiji Run (15.4km)
19th Tegart's Revenge
26th Brooks Hill 10km Time Trial

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

WAMBIE WHOPPERS RUN

IN MEMORY OF OUR MATE "MUZZA"

6:00 AM START

SUNDAY, 23 JANUARY 2011

OPEN TO TROTTERS AND ALL FRIENDS OF "MUZZA"

ASSUME NO DRINK STATIONS, SO BE SELF-SUFFICIENT

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH FOR NOVEMBER 2010

The Terrigal Trotters Committee acknowledges the following outstanding performances and contributions to the club.

CLUB PERSON OF THE MONTH

Dave Byrnes

A quick look at the GNW 100's thread on the Cool Running website and it is clear to see the esteem in which this event is now held. With two events, the 100km and the 100mile, and spanning over 2 very long days, the planning and logistics for this event are enormous. As Race Director, Dave leads his hard working band of volunteers to make this event one of the top endurance events in Australia. Year to year, feedback from competitors, including those who fail to finish, is overwhelmingly positive and many pay compliments to Dave for his contribution to endurance running.

FEMALE ATHLETE OF THE MONTH

Deidre Moran

There are many Trotters who fly under the radar, training hard, participating in events and improving from week to week, month to month; sometimes going unnoticed. Deidre is one of those runners, but her performance at the Central Coast Half Marathon in early December didn't go unnoticed where she ran strongly to record a time of 1:50:54.

MALE ATHLETE OF THE MONTH

Gary Pickering & Levi Martin

For those who have any knowledge of the GNW 100's, there is a respect for those who choose to tackle the event, and a level of awe for those with the mental and physical ability to finish. Described by many as the toughest endurance race in Australia, the dropout rate is testament to this. Gary and Levi battled through extreme heat, fatigue and terrain to finish side by side in the 100mile (175km) in a time of 31 hours and 49 minutes.

The full list of nominees can be found in the Terrigal Trotters monthly meeting minutes.

If you wish to nominate a member for consideration for the any of the above awards, please send email to Terrigal Trotters (link on website home page) or inform any Committee member. All nominations will be accepted.

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH FOR DECEMBER 2010

The Terrigal Trotters Committee acknowledges the following outstanding performances and contributions to the club.

CLUB PERSON OF THE MONTH

Keith King

The first Sunday in January is the day many Trotters make the very early trip to Gosford to run Round the Bay; a 37km run around Brisbane water, starting and finishing on the Gosford waterfront. For 10 years now, Keith King has planned, promoted and organized the event. A Trotters only event, it is one that all the benefit of Keith's hard work, and his trusty volunteers, goes directly to our members. Judging by the number of repeat offenders/participants we know how appreciated Keith is.

FEMALE ATHLETE OF THE MONTH

Sharon Byrnes

Sharon has been one the Trotters top performers for many years now, but in recent times has worked hard to overcome injury. So it is good to see Sharon run strongly in Round the Bay to be the first female to finish in 3hrs 10mins, 9 place overall in a field of 30 official finishers.

MALE ATHLETE OF THE MONTH

Dave Byrnes

Not much needs to be said of Dave's running record and achievements; they speak for themselves. But having only very recently turned the big 60, many runners may take time enjoy the sights and smells around Brisbane Water running Round the Bay. Not Dave, from all reports Dave pushed hard and had a couple of faster and younger boys worried. Dave finished 4th overall, comfortably breaking 3hrs to record a time of 2:52:58.

The full list of nominees can be found in the Terrigal Trotters monthly meeting minutes.

If you wish to nominate a member for consideration for the any of the above awards, please send email to Terrigal Trotters (link on website home page) or inform any Committee member. All nominations will be accepted.

Light travels faster than sound.

This is why some people appear bright until you hear them speak.

ROUND THE BAYS

2011 ROUND THE BAY CLASSIC RACE REPORT

The 10th inaugural running of the Round the Bay classic took place on Saturday 2 January 2011, some runners left early, some on time, some joined in along the way and some ran out and back from the start.

All encountered warm and humid conditions until a welcome weak southerly blew in about 6.00am improving the conditions for the competitors.

The drink stops and finish were again staffed by the loyal bunch of volunteers who have been regular workers for many years, the service to the runners is exceptional and I thank each and every one of them. Debbie Riddle was resplendent as usual this year in her sixties outfit!! Steve Sayers and Adam Jordan led out the field of 32 but Steve retired at Empire Bay after not feeling well leaving Adam to complete the distance in 2:37:17 only a few minutes outside the record, Ian Temblett and Danny Moore followed him home. Sharon Harrison led all the way for the women's trophy followed by Deidre Moran with a tie for third between the two Sues, McBride and Ingham.

Only two DNF's and as it was pointed out, all the lady starters finished!! Of the 30 finishers 20% were female or 80% male depending on which way you prefer to interpret the stats, 30% (9 runners, 8 male & 1 female) had their debut run and Adam Jordan and Adrian Smith were the only ones to record PBs.

Those runners failing to have their name recorded as having run under the Rip Bridge need to write to the race committee with their excuses otherwise they risk having their results wiped from the record books!!!

Jo McCarthy has now equalled the most runs by a female, both Jo and Sonia White have competed in 7 of the 10 events.

Wayne Daley again stepped up to the plate and successfully completed his 10th run, what a legend, a world record for this event!!!

For full results, go to page 12.

BOGONG TO HOTHAM 9TH JAN 2011

CHERRY PIE REVISITED

RIDLER'S RACE REPORT

I can hardly believe a year has passed since I vowed never to set foot on this race course ever again. Unfortunately a year is long enough to forget how bad it really is. So when Dave and Sharon said they were going to have another crack I thought why not. Last year I managed to finish last after getting totally lost. So there was some unfinished business. We also managed to con Gary and Steve into thinking it was a good idea and while you lot were running over Kincumber Mountain we were attempting to cram all of Steve's gear into the car (there was so much of it we considered the possibility of hiring a mule and a couple of Sherpa's to carry it up the mountain). Thankfully Dave has a big car and as soon as it was in we were off.

We had a very pleasant trip down. As usual I didn't stop talking all the way and only mentioned the cricket 37 times. We had the now traditional stop at the Holbrook Bakery for Cherry Pie and I managed to convince Sharon that it was ideal pre race food and a lot better than Beetroot juice (you'll have to talk to Sharon about that one).

We arrive at Tawonga and there stands the mountain, our room had a great view of it. I'd forgotten just how big it is. Race briefing was smooth enough apart from being told my plastic rain jacket was not up to requirements. So I had to take the big heavy one. The trouble was it took all the space in my backpack. I was very grateful that we would be taking the light kit due to a good weather forecast and didn't need the heavy kit, because I wouldn't have got it all in.

Anyway we assembled at the start ready for the early start, which got put back to 5.30 to allow for daylight. No need for the torch so that was one less piece of equipment.

We are soon away and the first couple of kms are easy on a flat track. Then it starts; a sharp right turn and up we go. Weather conditions were good, although there was some humidity. We climb and climb and climb and then climb some more. I saw Steve about halfway up taking a breather. It took me the best part of two hours to get to the top which was covered in low cloud, which masked some

of the spectacular views. The next section heads along a ridge on rough ground before descending down to the valley. Gary caught me here and we ran down to the river crossing. The river was only about knee deep, lower than last year. Once in the valley the only way out is up and it is a brutal up. The first mountain knocked the stuffing out of me, but this one totally destroyed me. By the time I got to the top (about 23kms) Gary was out of site, moving strongly and I was struggling.

From here on it was reasonable running, but I was feeling very tired and felt like I'd hit the wall. I was struggling on the very thin deep tracks and the constant focussing made me feel dizzy and I fell over. Fortunately no harm was done, but I started to consider the possibility of dropping out. Shortly after this I could see a faint outline of a runner in the mist about 30m in front. I thought I know that shape. It was Dave; I caught him up, told him about my fall. He replied "I've fallen over five times" We ran together for a while, but I couldn't keep up and he pulled away with a runner; Dan Bleakman who some of you may know from GNW and Coolrunning. This was just before the infamous left turn that I missed last year. Dave said later that he had shouted to me not to miss it, but I didn't hear. Anyway there was no way I would do that again and headed to the first cut off point at Langfords gap at 35kms. You are given 6hrs 30 mins to get there, it is not easy and there is constant pressure in the back of your mind, because you know it can easily get away from you. Fortunately I made it in good time (6.07.28). I didn't hang around too long, because there is another one at 41kms. I decided to make that my major stop for refuelling and getting my act together for the tough bit. After the second cut off point you cross the Omeo Road and head on to the Bogong High Plains. It is almost impossible to run on, because it is made up of tufts of grass, rocks and a track that is about 200mm wide and is cut deep into the ground. Sometimes there is no path at all. Visibility was poor too. The race official was quite concerned and asked us to run in pairs for safety. I made my way steadily across, passing the brumbies on the way. There were quite a few runners close together and having company really helped me get through a tough section.

Once through we headed down through the valley and across the creek at the bottom. I made good time and overtook a few runners. Next came the third and final climb. It was all rocks, very rough and real steep. It felt like it was the steepest of the climbs, but that might just be the fact that I was very tired at that point. Thankfully it eventually levelled out, but by this time my feet were a complete mess and I just kept moving with purpose, trying to run when I could. The last two or three kms were very windy and I thought I would get blown off my feet, but eventually I made it in 11.32.16 not in last place and didn't get lost. I was looking for twelve hours so I'm very happy.

I then had to put up with the long arduous bus journey back to the pub to see what everyone else had done. Gary had a very strong run (10.30) Dave had worked hard and pushed through the hard times (10.48). Unfortunately Steve and Sharon missed the first cut off at 35km in 6.45.

We then passed away the evening eating pizza and drinking beer. As we did the heavens opened and it poured. How lucky were we? I would not have wanted to be on the mountains in torrential rain. Only one problem, when it came time to go I could hardly move due to mashed up feet. I got totally soaked. Steve and Gary showed true Aussie mateship by walking off and leaving me.

Next morning we headed off a little late, because some idiot left his mobile phone on the bus and we had to wait until the bus company opened to get it back.

Only one thing left and that was; you guessed it, Holbrook Bakery and Cherry Pie.

For full results, go to page 12.

Explain the phrase 'free press'.

When your mum irons
trousers for you.



RIDLER'S RESULTS YOU CAN RUN BUT YOU CAN'T HIDE

Happy new year to you all. It didn't take long for the running to start with another successful well organised Inaugural Round the Bay Classic. See Keith's report.

2011 ROUND THE BAY CLASSIC 2nd January

Jordan, Adam	2:37:17	Daley, Wayne	3:40:26
Temblett, Ian	2:49:16	Davis, Graham	3:42:15
Moore, Danny	2:52:19	Brown, Greg	3:43:09
Byrnes, Dave	2:52:58	Gray, Steve	3:44:09
Smith, Adrian	2:55:50	Booth, David	3:52:55
McClelland, Darren	2:58:04	Gustard, Craig	3:53:52
Robertson, Tom	2:59:25	Moran, Deidre	3:54:17
Munro, Rich	3:02:49	Croft, Tony	3:56:46
Harrison, Sharron	3:10:50	Schaefer, Heiko	4:02:50
Kirksmith, Jason	3:13:22	McCarthy, Kevin	4:04:56
Smith, Michael	3:13:22	McBride, Sue	4:13:20
Moran, James	3:18:00	Ingham, Sue	4:13:20
Pickering, Gary	3:19:20	Cannon, Steve	4:13:20
Barnett, Colin	3:23:28	McCarthy, Jo	4:29:28
Ridley, Graham	3:36:37	Harwood, Jenny	4:29:28

Cadbury Half Marathon, Hobart 9th January

29th Ian Temblett, 1:24:44

Narrabeen Allnighter 8th/9th January

2	33 Darren McClellan	123.989	Km	4:13:29
6	35 Matthew O'Shea	103.245	Km	5:21:19

While normal people were asleep these two boys both put in fantastic performances, both cracking one hundred Km's. Well done boys, especially Darren coming home in second.

Bogong to Hotham 9th January

	35km	64km
Gary Pickering	5.55.35	10.30
Dave Byrnes	6.01.05	10.48
Graham Ridley	6.07.28	11.32
Sharon Byrnes	6.45.02	
Steve Guest	6.45.04	

See my report about this day of lunacy somewhere in the newsletter.

TELL ME YOUR RESULTS

I want to help celebrate your achievements

Email grahamjoridley@gmail.com or see me on Saturday morning

FIVE MINUTES WITH A TROTTER

Trotter Number: #167

Name: Jonathon King

Married/Single

Occupation: Sports Physician

Favourite Run: Dingo run

Favourite Distance: Marathon

Race PB: Stellen Gosch Mararthon 2.59.18
7.49 Comrades

Your Shoe Brand: Asics

Other Sports: Mountain biking, Kayaking

List Your Favourite:

Food: Yum Cha

Music: Pink Floyd

Actor: Morgan Freeman

Movie: The Shawshack Redemption

Wine: Sauvignon Blanc

Vehicle: Citroen 2CV

Travel destination: Nepal



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

1. Solar powered satellite phone internet computer thingy
2. Library of books
3. Computrainer

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

It has to be Helena, my wife - we haven't been away together for ages

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

Reborn with faster genes.

CANNON'S AUSTRALIA DAY WATERFRONT PICNIC

Wednesday, 26 January 2011 - from 11.26am
(Trotters, their families & friends only)

Bundle the family in the car and head to the Davistown Waterfront for the Annual Australia Day picnic.

Chuck a rolling pin, eat a sao, have a float and feel free to spit the dummy as far as you possibly can.

Always a great day, see you there!

Comments made on students' report cards by teachers in the New York City public school system. All teachers were reprimanded.

1. Since my last report, your child has reached rock bottom and has started to dig.
2. I would not allow this student to breed.
3. Your child has delusions of adequacy.
4. Your son is depriving a village somewhere of an idiot.

Our thoughts go to Colin Price, who had an up close and personal experience with a car while out on his road bike. The resulting busted ribs will keep him on the bench for some weeks. All the best for a speedy recovery!

And thoughts are with Sue McBride after the passing of her Mum.

IT'S GOOD TO BE THE KING...

Elvis is regularly spotted - allegedly - usually at McDonalds, and by looking at the photos below, you could be forgiven for thinking the King is truly alive and, well...

But I have it on good authority, that this is an... IMPOSTER!
Shocking yes, but what is truly scary is that he walks among us people.
Yes those blue suede shoes are filled by a... TROTTER!
Be afraid. Be very afraid.





I went out with an Irish Catholic. Very frustrating.
You can take the Girl out of Cork ...

Do not argue with an idiot.
He will drag you down to his level and beat you with experience.



4333 6064

Mon Tues Thurs and Fri .30-5.30
Wed 9.30-6pm Sat 9-3pm

www.coastrunnersshop.com.au
info@coastrunnersshop.com.au

WHATS HOT this month ??

Barefoot Shoes !!

Barefoot shoes are the talk of the town.. whilst they probably wont replace your cushioned road shoes... they may have a place in your running shoe line up.. Ideal for sand running & Grass workouts... there are multiple styles for you to choose from....

Speed offers a lacing system for easy on and off.

Bikila KSO KSO Trek have full uppers with easy Velcro closure

Classic a slipper feel for the seasoned five finger shoe runner

Plenty in stock .. Come on down and try them on if you are game ...



2XU Triathlon Clothing (instock)

30% off till Jan 31st

*** Timex * Polar *
Endura**

**Swim Accessories
from Eyeline
Black Max Goggles
\$16,50**

Garmin

Overnight delivery

**310XT
only \$340**



NIKE

Newtons REEBOK On Zoot

TIME WARP

Each month, Margaret Aurisch pulls out the old results journal out of the Trotter's vault, blows the dust off, and shares with us the achievements of the more chronologically challenged among us. This month, we profile **Numero Uno**.

Kevin Andrews, Trotter #1, Life Member

Kevin is the founding member of Terrigal Trotters which he started in 1983. Kevin has competed in numerous events over the years covering distances from 100 metres to 100 k's. Here are some of Kevin's best times:-

10K Brookes Hill time trial 39.20 (1980's)

Wang Sydney Marathon 1987 3.16.53

6 @ 6 19.20

Surf to City (Terrigal to Gosford) 11K 41.50

Cooranbong 1/2 marathon 1986 85 mins

Forster Ironman Triathlon 11hrs 23 mins



Kevin was a regular competitor at track races at Adcock Park. A search through the files found the following results:

May 1987 2 kms 7 mins 54 secs

June 1987 1 mile 5 mins 53 secs

Sept 1987 2 mile 12 mins 46 secs

Sept 1987 200 mtrs 28 secs

Kevin has competed in 13 Ironman Triathlons. In 1986 Kevin organised a 24 hour fund raiser for a charity in Africa. This event was held at Adcock Park and was supported by all Trotters with 5 Trotters completing 100 k's. In 1987 Kevin completed the Terrigal to Sydney Hospital 100 km run which raised \$20,000 for melanoma research. Apart from competing, Kevin has been a strong supporter of all Trotters and continues to support all events.

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

Sun 13 Feb THE ORCHARD CLASSIC

Ourimbah State Forest, the training ground for some of Australia's best distance runners including Paul Arthur and John Andrews, is famous for its long run to the Orchard and back. Paul Arthur is now offering the chance for runners to test themselves on this gruelling 32km run. \$20 Entry fee (Includes Entry, sausage sizzle and cola). Cash prizes. contact: Cale Bowd. email: freeworld92@hotmail.com.

Sun 27 Feb CENTENNIAL PARK ULTRA

A scenic and flat 3.55km loop around Sydney's iconic Centennial Park. The course is packed dirt. Entrants will have to complete 14 or 28 loops for the 50km and 100km, respectively. contact: April Palmerlee. email: apalmerlee@yahoo.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...

A farmer decided he wanted to go to town and see a movie.

The ticket agent asked, "sir, what's that on your shoulder?"

The old farmer said, "that's my pet rooster chuck. Wherever i go, chuck goes."

"I'm sorry sir," said the ticket agent. "We can't allow animals in the theater."

The old farmer went around the corner and stuffed chuck down his overalls. Then he returned to the booth, bought a ticket, and entered the theater.

He sat down next to two old widows named mildred and marge.

The movie started and the rooster began to squirm. . . The old farmer unbuttoned his fly so chuck could stick his head out and watch the movie.

"Marge," whispered mildred.

"What?" Said marge.

"I think the guy next to me is a pervert."

"What makes you think so?" asked marge?

"He undid his pants and he has his thing out", whispered mildred.

"Well, don't worry about it", said marge. "At our age we've seen 'em all"

"I thought so too", said mildred, "but this one's eatin' my popcorn!"

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

*W*HITESMITH *G*ULLIBLE AND *B*INGO

CRIMINAL ATTORNEYS

Specialists in slander, freedom of speech law and get rich quick schemes

COMMIT THE CRIME, BUT DON'T DO THE TIME