

5/03/2013 10:26:40 PM from Tanya Roneberg

Black or white top?

6/03/2013 7:49:14 PM to Tanya Roneberg

Sorry - early night - there was no photo! I don't feel too sore at the moment - wonder if tomorrow will be worse !

6/03/2013 8:54:56 PM from Tanya Roneberg

My hammies are sore but that might be from kicking at swimming. Quads and butt are fine...

9/03/2013 9:00:08 AM from Tanya Roneberg

10

9/03/2013 1:10:58 PM to Tanya Roneberg

Don't text me any photos - pretend I don't have my phone this weekend- your father is crazy!!!!

9/03/2013 1:12:00 PM from Tanya Roneberg

Okay..

9/03/2013 5:28:09 PM from Tanya Roneberg

Be there in 10

9/03/2013 5:37:38 PM from Tanya Roneberg

There us a DVD on your pink thongs. You have to watch it today cause I have to give it back Monday.

9/03/2013 8:25:04 PM from Tanya Roneberg

If you slept all day to should come down to Après with me and Kahlia...

9/03/2013 8:57:20 PM to Tanya Roneberg

Sorry I didn't get yor messages - have been sleeping and dozing all day - am doing post office stuff cause I have alot to learn!! Have fun! did you drop a DVD off

9/03/2013 8:57:04 PM from Tanya Roneberg

Read all your texts

9/03/2013 9:00:48 PM to Tanya Roneberg

Got it - will watch it now!

9/03/2013 10:26:04 PM from Tanya Roneberg

Legs!



9/03/2013 11:04:32 PM to Tanya Roneberg

Yes indeed!!

9/03/2013 11:13:12 PM to Tanya Roneberg

I have just made up a big shopping list of proper food!

9/03/2013 11:13:42 PM to Tanya Roneberg

That is a pretty dress and your legs do look pretty good

9/03/2013 11:15:02 PM to Tanya Roneberg

Where you chatting up some-one?

10/03/2013 12:12:43 PM to Tanya Roneberg

How many jars of nut paste do you go through a week!!

10/03/2013 12:48:32 PM from Tanya Roneberg

One maybe...

13/03/2013 8:49:37 PM to Tanya Roneberg

Is Kahlia having her op tomorrow?

13/03/2013 8:48:32 PM from Tanya Roneberg

Yep

13/03/2013 8:50:14 PM to Tanya Roneberg

Thanks

16/03/2013 2:33:04 PM from Tanya Roneberg

Take loo paper please...



17/03/2013 4:21:52 PM from Tanya Roneberg

Biggest loser starts tonight... How are you feeling after yesterday?

17/03/2013 4:27:54 PM to Tanya Roneberg

I feel great no after effects - as for biggest loser - might have to watch it on line- I can't put up with dad moaning about reality tv

18/03/2013 7:42:11 PM from Tanya Roneberg

There is a mother and daughter on BL who weigh 240kg in total which is us combined then doubled. It's crazy. I'm so glad that we aren't that and that on Sat we lifted weights and ran together and today we trained separately and tomorrow we will lift together again.

18/03/2013 7:48:39 PM to Tanya Roneberg

Me too - very glad - I am proud of us! I am watching it tonight -I got home at 5.45 and dad had said I would sit for tai while kahlia went to the baseball meeting with ric - I would really like an early night!! That heavy young dude is gunna have a ton of loose skin when this is over

18/03/2013 8:14:24 PM from Tanya Roneberg

I love the show. I wanna play in the sandpit..

18/03/2013 8:17:01 PM to Tanya Roneberg

Me too - it looks great - those pics now are scary!!

18/03/2013 8:16:32 PM from Tanya Roneberg

Oh yeah...

18/03/2013 8:18:27 PM to Tanya Roneberg

Did you know that Michelle and her husband have split up

18/03/2013 8:18:40 PM from Tanya Roneberg

Yep. Just need the Commando to get divorced and marry me...

18/03/2013 8:23:08 PM to Tanya Roneberg

Good plan - He is delightful and hot!! Did I see that perhaps Shannon has more defined abs?? What happened to Tiffany - not that I care !

18/03/2013 8:22:56 PM from Tanya Roneberg

ShAnnon goes okay. Tiff is writing books apparently. Don't miss her at all...

20/03/2013 7:24:16 AM to Tanya Roneberg

Aren't I a good girl!!



20/03/2013 7:26:24 AM from Tanya Roneberg

Yes you are....I did six km today...

20/03/2013 7:54:35 AM to Tanya Roneberg

I just did 3 but I tried to do it a bit fast

21/03/2013 5:39:32 PM from Tanya Roneberg

Late but coming...I have a workout. Need letter bells and wall balls

21/03/2013 5:36:32 PM from Tanya Roneberg

And tyre

23/03/2013 5:40:50 PM to Tanya Roneberg

5ks on the highway in the rain!! 30 mins exactly

23/03/2013 8:11:12 PM from Tanya Roneberg

With Tennille and her mum!



26/03/2013 3:02:56 PM from Tanya Roneberg

Taipans dinner is black tie this year no just formal. I have no long dresses. Just went to Myer and got one for \$50 reduced from \$250. Go me!!!!

26/03/2013 3:04:25 PM from Tanya Roneberg

Ps are you platoon d?

26/03/2013 3:05:04 PM from Tanya Roneberg

Oops wrong Sharon

26/03/2013 3:09:20 PM from Tanya Roneberg

And it's size 6

26/03/2013 3:10:13 PM to Tanya Roneberg

Show off

26/03/2013 3:15:44 PM from Tanya Roneberg

Jealous

26/03/2013 5:19:54 PM to Tanya Roneberg

Just leaving now - don't wait for me

26/03/2013 5:19:28 PM from Tanya Roneberg

Are you coming

26/03/2013 7:47:38 PM to Tanya Roneberg

10 burpees

26/03/2013 9:01:20 PM from Tanya Roneberg

No burpees. And I am not doing a half marathon tied to you ever.

26/03/2013 9:05:46 PM to Tanya Roneberg

You said burpees when they cry!! As the half marathon - likewise!!

29/03/2013 11:11:00 AM from Tanya Roneberg

Pedal power :-)

29/03/2013 11:13:28 AM to Tanya Roneberg

Post office work today then rest of the weekend free! Maybe some burpees this arvo!

29/03/2013 11:18:56 AM from Tanya Roneberg

Made it up to Copperlode!



29/03/2013 8:51:03 PM to Tanya Roneberg

Sliced apple and nut butter -yum!!

29/03/2013 9:16:16 PM from Tanya Roneberg

I know!

30/03/2013 6:26:40 AM from Tanya Roneberg

Please take you nail file to crossfit...

30/03/2013 9:27:40 AM from Tanya Roneberg

FROM JESS - Hi Tanya !! It's nice and fine here at tolga :)

30/03/2013 10:39:18 AM from Tanya Roneberg

You left yet ?

30/03/2013 10:42:27 AM to Tanya Roneberg

We are at Edmonton

30/03/2013 11:00:47 AM from Tanya Roneberg

Bottom of Gillies...

30/03/2013 11:24:56 AM to Tanya Roneberg

Drive careful - no need to hurry

30/03/2013 11:49:34 AM from Tanya Roneberg

At day use area...

30/03/2013 5:08:02 PM to Tanya Roneberg

Shouldn't sit immobile in a car for two hours !!after running six ks - could hardly get out of the car and stand up

30/03/2013 5:08:48 PM from Tanya Roneberg

Should have stretched or swum ;) water therapy remember.

31/03/2013 6:32:31 PM to Tanya Roneberg

A reminder to let annalise Michelle and Rhiannon know about the beep test tomorrow at 4.00

31/03/2013 6:32:00 PM from Tanya Roneberg

Done.

31/03/2013 7:42:26 PM to Tanya Roneberg

Dad still up - have to watch the biggest loser online later!!

1/04/2013 8:07:35 PM from Tanya Roneberg

Did he like it?

1/04/2013 8:24:48 PM to Tanya Roneberg

Yes - said it was a bit like coconut ice but with chocolate!! If my butt is sore now will it still be sore tomorrow !! Ouchy!!

1/04/2013 8:27:42 PM from Tanya Roneberg

I was thinking white Xmas. I also think that adding mint essence and skipping the almonds might make it like a mint slice... Yum!

2/04/2013 5:36:20 PM to Tanya Roneberg

Won't make it tonight - will call in cause dad might be there

2/04/2013 5:40:11 PM from Tanya Roneberg

He is

4/04/2013 8:56:00 AM from Tanya Roneberg

This morning at the pool



5/04/2013 5:30:14 PM from Tanya Roneberg

????

5/04/2013 5:36:06 PM to Tanya Roneberg

Almost there

7/04/2013 8:31:43 PM to Tanya Roneberg

Aren't you glad she's not your mother??

7/04/2013 8:32:11 PM from Tanya Roneberg

She is a mole.

13/04/2013 12:52:48 PM from Tanya Roneberg

Are you guys going to bball tomorrow? If so, what time?

13/04/2013 6:23:36 PM to Tanya Roneberg

How did you go - was it a hard ride?

13/04/2013 6:26:14 PM from Tanya Roneberg

Nah only 13mins longer on the way back and still was able to ride 30km hr at some points...

13/04/2013 6:26:53 PM from Tanya Roneberg

I'm aiming to be there bout 7.30 tomorrow morning...

13/04/2013 6:28:16 PM to Tanya Roneberg

That's when dad said he would be there - you must be starving after what you have done today..

13/04/2013 6:29:42 PM to Tanya Roneberg

You could probably do a half iron man if you had to do ya reckon??

13/04/2013 6:33:12 PM from Tanya Roneberg

Well that is what i am aiming for. If it was tomorrow it would be slow.

13/04/2013 8:27:46 PM from Tanya Roneberg

Ate a huge dinner. Good now. Tired though...

13/04/2013 8:28:50 PM to Tanya Roneberg

I bet - will you feel like doing stuff so early tomorrow?

13/04/2013 10:13:52 PM from Tanya Roneberg

Mornings are better...

16/04/2013 5:15:37 PM to Tanya Roneberg

Not going to \$&!@\$ make it - running tomorrow though

17/04/2013 7:52:57 AM to Tanya Roneberg

What a beautiful morning - ran for 43 mins this morning - not sure how far - gonna drive it this arvo

17/04/2013 7:53:35 AM from Tanya Roneberg

Good girl. I rode to Smithfield mac as -

17/04/2013 7:53:39 AM from Tanya Roneberg

And back

17/04/2013 7:54:36 AM to Tanya Roneberg

You're a good girl too!



21/04/2013 6:02:50 PM to Tanya Roneberg

How was your day on green island?

21/04/2013 6:32:00 PM from Tanya Roneberg

Amazing! Perfect weather...ended up being 5 of us. My friend Tom took some amazing shots of me with his fancy schmancy Cns Post underwater camera. Taking him a USB tomorrow to get them for dad. Don't tell him pls. What did you do?

21/04/2013 6:52:10 PM to Tanya Roneberg

We sent and watched tai at little athletics - he is very unco and had a short attention span today but I really liked it- they did it all - then I dropped dad at baseball and came home and cooked! We had roast pork and veggies and I made dad a self saucing choc pudding that was to die for light as a feather - I can't believe it!



28/04/2013 9:16:57 AM from Tanya Roneberg

Im at the beach if you want to say hi. Past the singer net outside sea change right in front of my car. Will be here til bout 12 unless it rains ...

28/04/2013 10:22:50 AM to Tanya Roneberg

Just got up!! Dad went to watch tai at little athletics - might not get there!

28/04/2013 10:25:12 AM from Tanya Roneberg

Lazy arse! Missing the best part of the day. I can bring you to baseball if you want. Bring snacks!

28/04/2013 10:52:43 AM to Tanya Roneberg

Yeah I know - ill wait for dad - snacks packed - doing some ironing now

28/04/2013 10:53:13 AM from Tanya Roneberg

Okay see you there

30/04/2013 3:51:16 PM to Tanya Roneberg

Forget to tell you - no cross fit for me tonight

2/05/2013 1:00:04 PM from Tanya Roneberg

Perfect wedding dress for you at tea Lilly. Go tomorrow and try it on..

2/05/2013 1:58:25 PM to Tanya Roneberg

Ok

4/05/2013 2:22:24 PM from Tanya Roneberg

Poor Tina



4/05/2013 2:27:40 PM to Tanya Roneberg

Good grief - any scratches or just an idiot parking without a care

4/05/2013 2:35:12 PM from Tanya Roneberg

Just an idiot. I left them a note. A nice man got her out of the park for me.

4/05/2013 5:42:56 PM from Tanya Roneberg

If you haven't already left hairdressing clips too pls...

5/05/2013 11:48:08 AM from Tanya Roneberg

Am at the beach if you are looking for something to do...

5/05/2013 12:25:04 PM from Tanya Roneberg

Forgot to tell you I got the all clear from my gynae bout the abnormal pap last week. Have one in a year then back to two yearly...

5/05/2013 12:33:35 PM to Tanya Roneberg

Grocery shopping then home - iron some clothes - plan to be at the baseball about 1.15 - 1.30 dad already there - you are going I guess?? Good news about your Pap smear

5/05/2013 12:33:36 PM from Tanya Roneberg

Yep. See you there.

5/05/2013 8:31:50 PM to Tanya Roneberg

The commando is single now!!

5/05/2013 10:11:00 PM from Tanya Roneberg

I saw ...

6/05/2013 9:17:30 PM from Tanya Roneberg

Did you watch?

10/05/2013 7:31:59 PM to Tanya Roneberg

You rang today and didn't ring back - did you need anything ?0

10/05/2013 7:32:51 PM from Tanya Roneberg

Nah. Was another post office question. Do you have a spare banana?

10/05/2013 7:52:11 PM from Tanya Roneberg

And please take your sunscreen to crossfit.

10/05/2013 7:54:03 PM to Tanya Roneberg

I have half a one for tomorrow before the workout!!

10/05/2013 7:54:11 PM to Tanya Roneberg

Ok

11/05/2013 8:41:22 AM to Tanya Roneberg

You need to tell me you are ok