



Terrigal Trotters NEWSLETTER

March 2010

MILESTONES

10 Run Trotters

759 Bruce litterick
760 Jo-Ann Litterick
761 Sam White

100 Run Trotters

Allison Allen
Chris Scarlett

200 Run Trotters

Chris McInerney

300 Runs

Mark Rollins
Dot Stockwell

The fine print

The opinions and ramblings expressed in this newsletter are not likely to be those of the editor. His memory isn't what it used to be, so he relies more and more on contributions. Also his memory isn't what it used to be.

Contributions:

Email: chris@artitude.com.au

Hi all,

We have some fab race reports - a bit dated due to limited space in last month's newsletter - but nonetheless good reading.

They include the New York New Year's eve run (p. 5), The 9th Inaugural Round The Bay Run (p. 7) and 'Ridlers Revenge' - Graham Ridley's great yarn about one of the toughest trail runs around.

Well done to all the six-footers - including some 'virgins'. Results are on p. 14.

Entries are now open for the Sydney Half Marathon. It's a great day and plenty of Trotters will be there, but get in quick, 'cause it usually sells out fast!

And good luck to our Ironman representatives - the race is at Port Macquarie on 28th March and is well worth the trip to cheer them on!

Cheers

Chris Hatcher

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

The 10km Handicap Time Trial on February 27th seemed to be enjoyed by all and was remarkable for the mix of new and old faces who filled the top ten placings. The success of the event owed much to the efforts of a large number of volunteers, and particularly, Mark Dunlop and Bruce Renwick.

At the March Committee Meeting, we resolved to make the 10km Handicap an annual event to be held on the last Saturday of each June, with handicaps based on best Trotters 10km Time Trial results for the previous 12 months.

The Committee resolved to name the event the Kerry Anderson Handicap. Kerry, who passed away last year, was a great supporter of Terrigal Trotters and, in particular, the monthly Time Trials. Kerry was always there, bringing along his big digital clock, and helping with the organising and timing of the event. I'm sure Kerry would be pleased and proud to know that we naming the proposed annual Handicap in his honour.

Dave Byrnes

RUNS FOR THE MONTH

MARCH

20th Matcham Valley
27th Flat Time Trial

APRIL

3rd Water Slide
10th Fragrant Garden
17th Captain Cook Run
24th Brooks Hill Time Trial

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

I have to run early in the morning, before my brain figures out what I'm doing.

NEW YEAR'S MIDNIGHT RUN IN NEW YORK CITY

The night drive into Manhattan along the Harlem River Drive and the FDR Drive on New Year's Eve from our motel just across the Hudson River in New Jersey was somewhat hair-raising in the light wet snow and speeding busy traffic, but we survived and found a parking spot not too far from the New York Road Runners HQ on the west side of Central Park.

After a light Chinese meal nearby we checked in at the NYRR HQ and picked up our race numbers and commemorative long-sleeved race jersey and thermal hat before walking 2km on slippery snow to the Naumberg Band Shell inside Central Park. Thankfully, the temperature had warmed up to about 1°C (after ten days of sub-freezing weather) but there was still a lot of ice and snow remaining from a heavy snowstorm weeks earlier.

We had entered the NYRR New Year's Midnight Run after deciding to spend the weeks around Christmas on holiday in the north-east of the US. I had run it a couple of times about ten years ago with my son, Aaron, when it was just starting as a regular event and I was keen to see how it had grown. Sharon was keen to have a very New York New Year's experience (and to get the commemorative long-sleeve top).

The race was preceded by a two-hour open air disco at the Band Shell. Fancy dress was optional, but dancing was almost compulsory to keep warm. We enjoyed the experience of bopping away (is that term still used?) in the seething cosmopolitan throng of runners under falling wet



snow and on a very icy pavement. It was surreal.

After a parade of the fancy dress participants, we joined a conga line of runners as we were led, still dancing, around to the Start. A large clock counted down the minutes and seconds to midnight as we jogged on the spot to keep warm amidst the beaming and happy crowd. At midnight, the fireworks erupted to signal the start of the run and we were off on the four-mile loop inside Central Park. The snow continued and the road was slippery, but Sharon and I had already decided to take it easy and just jogged along. Of course, my definition of



easy was a lot slower than hers and she soon disappeared into the crowd of runners ahead. I must have been going slow, because I soon began to get passed by various fancy dress participants, but just relaxed and enjoyed the show.

All along the course, revellers and spectators were shouting greetings and, for the latter part of the run, crowds on their way home from the celebrations in Times Square joined the throng. Sharon was very impressed with the Champagne Station for runners at the half-way mark but, being tee-total, I had to remain unhydrated.

With just a kilometre to go, I was passed by "Tiger Woods and his Thirteen Mistresses", confirming my slow pace (I finished in about 38 minutes and Sharon about 31 minutes). We could have hung around as the party continued after the run but, conscious of the long walk back to the car and drive back to our motel, we headed off. We arrived at 2:00am, tired but happy at the end of a unique experience.....and not looking forward to an early rising and 90 minute drive to the Resolution Day Run 5km in Hillsborough, New Jersey, starting in just nine hours time!

Dave Byrnes

THE 9TH INAUGURAL ROUND

THE BAY RUN *by Keith King*

Sunday 3 January 2010, I was hardly enthusiastic when I surfaced at 3.45am to realise that it was raining heavily with a fair amount of wind. Why am I doing this I asked, probably only about five stupid runners will turn up!

On the way in, through the driving rain I saw 10 runners on the Punt Straight who had started early and by the 5.00am start there were another 32 ready to run, in spite of the weather we had a record number of starters and either my initial thoughts on runners intellect was confirmed or I have lost my sense of adventure!!

Fortunately the rain had almost cleared by the time they reached the first drink stop ably staffed by Brian Dawson and Dot Stockwell, Trotter of the Year Carl Barker was already setting a scorching pace. The runners were wet but enjoying the conditions as they went through Roger Matthew's drink stop at Kincumber.

Debbie Riddle's drink stop at Bensville was a welcome sight where runners always spend more time than they probably should before pushing on through Empire Bay, picking up well needed refreshments from Mike Gero then on to Daleys Point and the waiting arms of Graham Love and Dave Girvan.

With the hills over and running beside the water for the remainder of the journey, the minor placings started to sort themselves out. Wayne Daley in his ninth outing was running well, although some of the now back markers were starting to feel the pinch as they got to the sixth drink stop and experienced Brian Dawson's sense of humour.

Adrian Smith and Mike Myers were establishing themselves for a podium finish and Jeanette Fredrickson, Alison Allen and Debbie Bloffwitch were setting themselves up for a photo finish as they again saw Roger Matthews at the Point Clare drink stop. Although runners

can see the finish line from here, it is six kilometres by the bike track before breaching the tape at Lions Park and enjoying breakfast which had been prepared by Gwenda King, Bev and Kevin Andrews, Wayne Doherty and Debbie Wood.

A total of 38 finishers, a record in the ninth running of the event. Wayne Daley completed his ninth event, the only person in the world to have achieved this. Congratulations to Carl, equalling Steve Sayers record and the three girls for their equal first place.

RESULTS

Barker, Carl	2:32:14	Aveling, Stefan	3:40:12
Smith, Adrian	2:58:19	Kranz, Adam	3:40:12
Miles, Mike	2:59:34	Fogg, Dave	3:41:34
Antony, Murray	3:01:15	White, Carl	3:44:44
Peterson, Luke	3:01:45	Allen, Allison	3:45:49
Barnett, Colin	3:10:57	Bloffwitch, Debbie	3:45:49
Frost, Michael	3:11:03	Fredriksson, Jeanette	3:45:49
Davis, Graham	3:18:04	French, Leigh	3:47:21
Davison, Lee	3:18:33	Mathieu, Shelayne	3:47:37
Robbie, Mel	3:19:11	Bournsnel, Melanie	3:48:42
Pickering, Gary	3:19:55	McBride, Sue	3:50:33
Martin, Levi	3:20:25	Cannon, Steve	3:50:33
Ridley, Graham	3:20:36	Price, Colin	3:52:19
Daley, Wayne	3:26:22	McCarthy, Jo	4:00:29
Guest, Steve	3:26:22	Ingham, Sue	4:05:21
Gray, Steve	3:37:23	Harwood, Jenny	4:05:21
Brown, Greg	3:38:29	Toby, Cathy	4:11:24
Nygard, Tony	3:38:36	Collins, Tony	4:31:39
Scarlett, Chris	3:38:43	Tegart, Greg	4:31:39

By all means marry. If you get a good wife, you'll be happy.
If you get a bad one, you'll become a philosopher.
Socrates

BOGONG TO HOTHAM 2010

'Ridlers Revenge' and the taste of Cherry Pie

After my DNF at the GNW I felt I needed to do some thing to put the record straight and get the monkey off my back. The DNF did not sit too well. Mick said he was heading South, he had a space in his car and a spare bed at the accommodation. So I said count me in. This probably wasn't a very sensible decision as I haven't been running well and the Christmas excess left me feeling very unathletic. Jo later said she didn't think I would finish. I was nervous and if a convenient excuse had presented itself I would have used it.

Anyway, Saturday arrived and the convenient excuse hadn't. So off I went to Micks house ready for the long trip down. It was a very easy uneventful trip, although the cherry pie at the Holbrook Bakery was worth the journey. It gradually got hotter and hotter. Then Mick went shopping. We are at Albury, it is 40 degrees and Mick buys 'Gortex' pants. The shop keeper obviously thought he was deranged. I promised to buy Mick dinner if he used them (a bet I knew I wouldn't lose).

We arrive at our accommodation which was just across the road from the pub for registration and briefing. It was also in full view of the mountain. This thing was huge and didn't help my lack of confidence at all.

We unpacked, during which time Mick spent about six hours admiring himself in the mirror. He tried to tell us that he was checking his neckline for possible chaffing from his back pack. We knew he was just checking himself out, and Mick, you looked great, blue is definitely your colour. We then headed off to the race briefing where we met Carl, a few familiar faces including Blue Dog and Terry, & the rest of the runners. We found out that Mick had taken on celebrity status, because his photo from last years race was in the local tourist information guide advertising this years race. This was obviously why Mick had been checking himself out, he wanted to look his best so as not to let his fans down and just in case a photo opportunity presented itself. The briefing went on a while, the race director gave explicit instructions, including how to get to Langfords Gap (I'll talk about this later). Half way through there was a power cut and the air conditioning went down. It was like having a briefing in a sauna.

After no sleep and a thousand mosquito bites, I got up. Mick and his cousin Peter didn't have a bite between them. It must be the soft English flesh that attracts them.

My confidence was given another blow. I hate running in the heat and Victoria was in the middle of a heat wave, the forecast was for 41 degrees. Also my legs had swollen with retained fluid and they felt quite uncomfortable.

Peter gave us a lift to the start. It was very dark and I needed the loo. The only toilet was a hole in the ground type. I took my life in my hands and sat on the seat in total darkness not knowing what my buttocks would find. Fortunately all was good, I did what was needed and was ready.

We lined up and at 5.30 off we go. We did a couple of easy km's and then we turn right and head up this enormous mountain. It was very tough going to start. I could feel the fluid being pumped out of my legs, my calves screamed at me until we were about half way up. I still went quite well up the hill and overtook a few people that had gone too hard

to start with and began to feel much better. The views were fantastic. I've never been up that high before and it was unreal, literally on top of the world. I reached the summit, ran the last 20 metres and told the marshals that I had run to the top of the mountain (OK I hadn't run up the mountain, but I did run to the top).

Running down the other side was OK, the ground is never easy on this run, but this felt as easy as it was going to get. Eventually I get to "Big River" and cross up to my waist in knee deep water. It felt **so** good. I stood in the cool water while I had a drink. I heard later that Carl missed the drink station at the river not realising it **was** the river.

We now had to climb again out of the valley and it was warming up. I was moving OK and made good progress up, but was concerned about the cut off times. It was at this point that I met up with Ian Wright a highly experienced runner and he assured me that we were well on target and should be between 45mins to an hour inside at our current pace. At the top we arrive at Ropers Hut I see Blue Dog, he's doing it tough and said he was pulling out at Langfords Gap. After the hut we hit some nice open space, Ian was a little in front and going well. I started to gain on another runner, eventually I caught him. His name was Shaun (Long Arms on coolrunning). When I caught him it seemed to spur him on and we started to chat and got into a groove and were going well. We probably looked a bit odd, he's about two meters tall and I'm not. So the long and the short of it is, we were so busy talking that we missed a vital turn off for Langfords Gap (The explicit instructions and diagram were a distant memory). We didn't realise until we arrived at a sealed road by a lake. We had gone two and a half km's down a track and had to turn round and do it again. Looking at the watch it was going to be a tough ask to get to the checkpoint in time. I decided to go down fighting and give it a go. Shaun said OK and we worked hard together and made the first cut off of 6hrs 30mins at 35kms by less than a minute. The look on Blue Dogs face was a picture, he thought I was 45mins in front and here we were way behind.

The next cut off at 41kms was 7hrs 15mins, we had 39mins to do a tough 6kms, a big ask. Long Arms said he couldn't go on, but I still had some fight and ran as hard as I could. I overtook quite a few runners. It seemed that there were a lot of runners very close to the cut off, but were going to fail. Eventually I get to the bottom of a big hill and saw a guy with a camera. I knew I was nearly there. I asked how far to the checkpoint. He said if I ran fast up the hill I might have a chance, if not I didn't have a hope in hell. So one last effort and I pushed again. I arrived at the cut off one minute outside the time. The guy at the checkpoint said hard luck you've missed the cut off you can't go on. I was devastated. I told the marshals what had happened, but they were adamant. So I took my shoes off and resigned myself to another DNF. The marshals could see how fed up I was and a lady said "ring Paul" (the race director). He gave the all clear and the marshal suddenly said "you can go, but you have to go now". No time for body glide, sun screen etc. It was a case of shoes back on, some water and off I went.

The next section (Bogong High Plains) was impossible to run on with my feet (I have fused bones in both feet and therefore no flexibility). I tried, but failed. My feet became very bruised and painful. By this time it was getting hot and the physical and emotional effort to make the cut off, thinking I'd failed and then getting a second chance, started to take it's toll. I became quite distressed. Then I remembered that there was mobile

coverage on much of the course. So I rang Jo. I was in a real mess and it must have been quite tough for her to hear, but without her support I would probably still be out there. I continued to have contact with her for the rest of the race and I needed it.

While up there I saw the Brumbies. I know nothing about horses and had no idea if they were tame or dangerous, but I passed by without any problems.

To give you an idea what conditions were like, I decided to eat a bread roll, but it went dry and crisp in my hand before I could eat it.

From here on in it was a real grind. I just kept moving. It got hotter and hotter especially when I headed down into the valley. The flies got worse and worse, constantly in my eyes and mouth. Add sunburn and blisters into the equation and I was pretty miserable.

At the bottom of the hill I cross the creek that I think Mick had a rest in (yes *in*) just before loosing the contents of his stomach. It was a very tough day for a lot of people.

I cross the valley and start the final climb at 54km's. Half way up the hill and I see a gas tank, a big white one just like the sort you get a servo'. At last civilisation I think, but no, my imagination was playing tricks. I had a rest rang Jo again and when I got up the tank was gone. Eventually I made the last aid station. I sat down and was attacked by March flies, the first of many in the last four km's.

At long last the finish came into sight. I could see the bus that would take me back to civilisation. My feet were a real mess. They were battered, bruised, sore and blistered. I'd picked up a couple of sticks that were holding me up, but I now knew I would finish. I get to the bus and it's one last climb and I'm done. There were a few finishers around and they all encouraged me. Everyone was very kind, which surprised me, after all I was last to finish. After 12hrs 55mins of torture I get to the top, give the rocks a kiss, pickup my kit, turn round and walk to the bus for the two hour journey back down the mountain back to the pub. It was a very twisty, turny trip home. Mick lost the contents of his stomach again.

I get back to the pub just after the presentations have finished. I was muttering that I was last and I'd never been last in a race before. I couldn't believe the response from everyone. I was treated like some kind of returning hero, all very humbling. I'm not sure of the official results, but I think I came in 42nd out of 103 starters, which just goes to show how tough the cut off times are.

In conclusion, this is a very hard course, the hardest 64km's (or 69kms in my case) I've ever done. I'd say that anyone thinking of taking this one on, you would need to be able to run Six Foot in about 5.30/45. Having said that it is spectacular and one for the bucket list, put it in your diary one day.

Once back in civilisation. I showered, rang Jo so that she knew I was still alive and headed out to the pub. I wasn't able to eat, but did manage a couple of beers, which I was quite proud of. Blue Dog gave me a kiss for finishing, but I think he'd had a few and was later seen walking into a bush before staggering home.

Next morning Mick's alarm went off at 4.00am (he'd forgotten to change the time). We eventually get up and start to pack for the journey home. As we are doing this Mick suddenly produces a carrier bag with the contents of his stomach still in it from the bus journey last night. He was muttering something about "I suppose I should get rid of this" That done we got into the car for another easy journey home, with the obligatory stop at the Holbrook Bakery for breakfast; cherry pie, yum yum!

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 **Peter Cartmell**.

Peter started running at 6 @ 6 in 1984 and then joined Terrigal Trotters soon after. Peter was quick to join in on the triathlon craze and competed in numerous events including all distances from sprint to ironman and 25 years later is still competing and taking out major placings in his age group. Peter has competed in 6 marathons, 2 six foot tracks and numerous fun runs including half marathons.

Some of Peter's best times are:

3.2K Parramatta Park 10.47

5.5K Parramatta Park 19.17

6 @ 6 19.55

Bay to Breakers 40.32

Brooks Hill time trial 39.21

half marathon 84.52

marathon 3.21

best 10K in a triathlon 35.00

6ft track 5.35

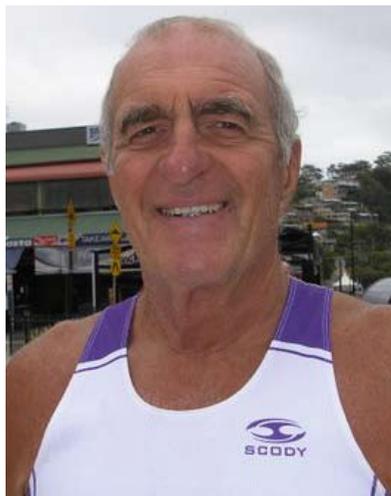
some recent triathlon results:

Maitland 2006 2nd in age group

Nowra 2007 1st in age group

Forster 2008 2nd in age group

Kernel 2009 2nd in age group



Peter is a strong competitor and hopes to continue competing in triathlons for many years.

FEB/MARCH RESULTS

TROTTERS FLAT TIME TRIAL HANDICAP - 27 February 2010

(based on previous 13 months Trotters Time Trial times)

Finish Place	First Name	Last Name	Trotter Number	Start Time	Finish Time	Time used to calculate Handicap	Actual Time	Actual Time Rank	Diff. from Handicap Time
1	Jason	Menzies	602	6:01:02	6:54:08	0:58:58	0:53:06	53	-0:05:52
2	Thomas	Freitas	476	6:07:02	6:54:25	0:52:58	0:47:23	36	-0:05:35
3	Mark	Batistella	492	6:17:32	6:56:18	0:42:28	0:38:46	5	-0:03:42
4	Claire	Lawrence	na	6:02:44	6:56:36	0:57:16	0:53:52	56	-0:03:24
5	Scott	Antony	62	6:14:27	6:56:55	0:45:33	0:42:28	18	-0:03:05
6	Matt	Buddeke	720	6:16:06	6:57:16	0:43:54	0:41:10	11	-0:02:44
7	Tony	Collins	481	6:02:13	6:57:46	0:57:47	0:55:33	63	-0:02:14
8	Sandy	Hickson	111	5:49:31	6:57:51	1:10:29	1:08:20	75	-0:02:09
9	Ross	Macmillan	na	6:06:24	6:58:14	0:53:36	0:51:50	49	-0:01:46
10	Barry	Willis	90	6:21:50	6:58:23	0:38:10	0:36:33	1	-0:01:37
11	Shane	McKinnon	na	6:15:27	6:58:39	0:44:33	0:43:12	21	-0:01:21
12	Gary	Pickering	598	6:17:46	6:58:41	0:42:14	0:40:55	7	-0:01:19
13	Matthew	Chapman	637	6:16:55	6:58:53	0:43:05	0:41:58	14	-0:01:07
14	Karina	Strange	na	5:57:03	6:58:57	1:02:57	1:01:54	71	-0:01:03
15	Yolande	Walker	621	6:11:25	6:59:00	0:48:35	0:47:35	37	-0:01:00
16	Dave	Hopkins	548	6:10:06	6:59:01	0:49:54	0:48:55	42	-0:00:59
17	Robbie	Soede	680	6:03:42	6:59:03	0:56:18	0:55:21	62	-0:00:57
18	Tom	Robertson	690	6:17:04	6:59:04	0:42:56	0:42:00	15	-0:00:56
19	Mel	Robbie	403	6:14:34	6:59:08	0:45:26	0:44:34	27	-0:00:52
20	Lyn	Bromwich	107	6:06:59	6:59:08	0:53:01	0:52:09	51	-0:00:52
21	Steve	Fry	273	6:17:00	6:59:16	0:43:00	0:42:16	17	-0:00:44
22	Adam	Kranz	na	6:17:07	6:59:18	0:42:53	0:42:11	16	-0:00:42
23	Joe	Rolella	638	6:18:11	6:59:21	0:41:49	0:41:10	10	-0:00:39
24	Michael	Miles	734	6:21:49	6:59:27	0:38:11	0:37:38	3	-0:00:33
25	Skye	Bloffwitch	671	6:16:00	6:59:29	0:44:00	0:43:29	23	-0:00:31
26	Danny	Moore	198	6:17:45	6:59:34	0:42:15	0:41:49	12	-0:00:26
27	Jessica	Mitchell	709	6:21:40	6:59:41	0:38:20	0:38:01	4	-0:00:19
28	Kevin	Dean	43	6:16:00	6:59:53	0:44:00	0:43:53	25	-0:00:07
29	Greg	Brown	505	6:13:58	6:59:57	0:46:02	0:45:59	32	-0:00:03
30	Ryan	Lindsay	na	6:16:53	6:59:58	0:43:07	0:43:05	20	-0:00:02
32	Levi	Martin	730	6:18:56	7:00:04	0:41:04	0:41:08	9	0:00:04
31	Jonathon	King	167	6:03:37	7:00:04	0:56:23	0:56:27	64	0:00:04
33	Rob	Hekking	619	6:09:53	7:00:09	0:50:07	0:50:16	46	0:00:09
34	Kathy	Hanisch	747	6:03:17	7:00:16	0:56:43	0:56:59	65	0:00:16
35	Tom	McNally	276	6:13:09	7:00:20	0:46:51	0:47:11	34	0:00:20
36	Tammy	Schaefer	698	6:10:56	7:00:26	0:49:04	0:49:30	45	0:00:26
37	Steven	Gray	593	6:12:47	7:00:27	0:47:13	0:47:40	38	0:00:27
38	Colin	Barnett	568	6:16:26	7:00:30	0:43:34	0:44:04	26	0:00:30
39	Steve	Hughes	8	6:16:00	7:00:34	0:44:00	0:44:34	28	0:00:34
40	Marg	Harivel	135	5:53:42	7:00:35	1:06:18	1:06:53	74	0:00:35
41	Ian	Temblett	665	6:23:00	7:00:36	0:37:00	0:37:36	2	0:00:36
42	Roger	Matthews	488	6:06:07	7:00:40	0:53:53	0:54:33	59	0:00:40
43	Adrian	Smith	258	6:21:08	7:00:45	0:38:52	0:39:37	6	0:00:45
44	Chris	McNerney	556	6:12:44	7:00:50	0:47:16	0:48:06	39	0:00:50
45	Suzy	Woodbury	676	6:18:01	7:01:03	0:41:59	0:43:02	19	0:01:03
46	Liza	Whitfield	513	6:11:54	7:01:06	0:48:06	0:49:12	43	0:01:06
47	Sam	Sirilio	na	6:10:23	7:01:07	0:49:37	0:50:44	47	0:01:07
48	Barry	Bowden	515	6:08:50	7:01:16	0:51:10	0:52:26	52	0:01:16
49	Daniel	Draper	622	6:11:58	7:01:21	0:48:02	0:49:23	44	0:01:21
50	Greg	Love	88	6:20:20	7:01:23	0:39:40	0:41:03	8	0:01:23
51	Sid	Walsh	504	6:00:02	7:01:34	0:59:58	1:01:32	69	0:01:34
52	Allison	Allen	620	6:16:00	7:01:43	0:44:00	0:45:43	31	0:01:43
53	Robbie	Wilkinson	726	6:19:52	7:01:48	0:40:08	0:41:56	13	0:01:48
54	Colin	Bullard	756	6:07:35	7:02:06	0:52:25	0:54:31	58	0:02:06
55	James	Moran	654	6:18:57	7:02:15	0:41:03	0:43:18	22	0:02:15
56	Sharon	Harrison	546	6:16:07	7:02:19	0:43:53	0:46:12	33	0:02:19
57	Jeff	Dick	607	6:13:57	7:02:22	0:46:03	0:48:25	41	0:02:22
58	Mike	Randell	173	6:17:31	7:02:28	0:42:29	0:44:57	29	0:02:28

RESULTS CONTINUED

6 FOOT TRACK MARCH 13TH 2010

15	Adam	JORDAN	3:55:11	467	Matthew	TOBY	5:43:16
39	Ian	TEMBLETT	4:12:06	533	Nick	THOMPSON	5:52:49
61	Greg	LOVE	4:24:47	573	Jeanette	FREDRIKSSON	5:58:15
65	Robert	SCOINES	4:26:22	620	Daniel	DRAPER	6:10:18
67	Michael	MILES	4:27:00	678	Joanne	MCCARTHY	6:23:23
139	Graham	RIDLEY	4:46:30	706	Mari-Mar	WALTON	6:28:14
245	Mel	ROBBIE	5:07:31	734	Kathryn	HANISCH	6:35:52
254	Michael	FROST	5:09:02	769	Susan	INGHAM	6:46:26
356	Michael	HULL	5:25:14	772	Catherine	TOBY	6:47:43
436	Gregory	BROWN	5:39:17				

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

BAY TO BAY

The Bay to Bay Funrun will be held on Sunday June 20. Organisation is well under way but we will need as many Trotters as possible to volunteer on the day. It's a great community event and a chance to help raise money for our nominated charities - Response Services and Suicide Safety Network.

Please give your name to Barb 0434645115 or any B2B committee member.

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

ET Australia (Tony Mylan)

Harwood Chartered Accountants (Jenny Harwood)

Living Green Design Homes (Craig Riddle)

Travelling Fit (MariMar Walton)

Solomons Flooring (Peter Hood)

Simplicity Funerals (Paul Davison)

Sports Medicine Central Coast (Jonathon King)

FIVE MINUTES WITH A TROTTER

Trotter Number: #718
Name: Bionda Hiensch
Married/Single/Defacto: Defacto
Occupation: Patient support assistant

Favourite Run: Waterslide
Favourite Distance: 10km
Race PB: SRF Half Marathon: 2.10
Your Shoe Brand: Brooks
Other Sports: -

List Your Favourite:
Food: Chocolate
Music: Anything 80's
Actor: -
Movie: NCIS
Wine: Don't drink
Travel Destination: Greece
Vehicle: Hyundai getz



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

1. Chocolate
2. Matches
3. Chef

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

My partner Dallas

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

To not have diabetes

I wonder how much deeper the ocean would be without sponges.

SUNDAY SIPS AND AUCTION

Recycle goods

Have a drink and chat with friends

Support a Charity

Take a bargain home

If any or all of these appeal to you then please join us

On: Sunday 28 March 2010

At: Lakeside 26 Farrand Crescent Terrigal

Time: 2pm

For afternoon nibbles and punch.

Please bring something saleable that you don't want any more (not compulsory, but appreciated) for the auction.

100% of monies raised go to International Nepal Fellowship. (INF)



Ed and Nicolette Beazley on behalf of:



The International Nepal Fellowship [Aust] Ltd PO Box 5400, West Chatswood NSW 1515

T 02 9411 1195 F 02 9411 1595 E ausoffice@inf.org.au www.inf.org ABN 75 090 528 500 Charity CFN 17644

If you are going to try cross-country skiing, start with a small country.

THE RUNNING GEEK

Each month, we revue a website, or something equally tech to appease the nerd within.

This month we appeal to the serious propeller head.

It's a website that calculates your age relative athletic performance, or those who prefer acronyms, it's the WAVA AG score.

Here is the web address.

Take a panadol before logging on...

www.howardgrubb.co.uk/athletics/wmalookup06.html

WMA Age-grading calculator 2006

Select the event (or enter the distance), enter your details and result, then press **Age-grade** to lookup the **WMA** factor. This factor is used to calculate an age-graded result, which can be compared with athletes of different ages.

Also shown are the Open and age-graded standards set by WMA, and from these, your age-performance as a % of the Age std is calculated. This can now be compared between different events.

Pressing **Result** will calculate your result for a given age-performance - e.g. use your age-performance in one event to predict a different event or the same event at a different age.

Times can be entered as hh:mm:ss.ss - if no colon is supplied it will be taken as seconds; only one colon will be interpreted as mm:ss. The decimal seconds (.ss) are not required. Distances and heights can be entered in metres, with or without decimal places.

Note that the factors are stored in this page, in Javascript, so that you can save the page to your local machine for use as an off-line calculator.

Decathlon and Heptathlon scores (**Dec pts**) are also calculated from (relevant) results (including age-grading).

This calculator uses the **2006 Age-grading factors** - see [Master's track](#) website. Factors available as [Excel](#) file. (This calculator using the [previous 1999 factors](#) is still available.)

Events	
Series: <input type="text" value="25"/>	Series: <input type="text" value="25"/>
100m: <input type="text" value="15"/>	200m: <input type="text" value="15"/>
400m: <input type="text" value="15"/>	800m: <input type="text" value="15"/>
1500m: <input type="text" value="15"/>	5000m: <input type="text" value="15"/>
10k: <input type="text" value="15"/>	10k: <input type="text" value="15"/>
20k: <input type="text" value="15"/>	20k: <input type="text" value="15"/>
30k: <input type="text" value="15"/>	30k: <input type="text" value="15"/>
40k: <input type="text" value="15"/>	40k: <input type="text" value="15"/>
50k: <input type="text" value="15"/>	50k: <input type="text" value="15"/>
60k: <input type="text" value="15"/>	60k: <input type="text" value="15"/>
70k: <input type="text" value="15"/>	70k: <input type="text" value="15"/>
80k: <input type="text" value="15"/>	80k: <input type="text" value="15"/>
90k: <input type="text" value="15"/>	90k: <input type="text" value="15"/>
100k: <input type="text" value="15"/>	100k: <input type="text" value="15"/>
150k: <input type="text" value="15"/>	150k: <input type="text" value="15"/>
200k: <input type="text" value="15"/>	200k: <input type="text" value="15"/>
300k: <input type="text" value="15"/>	300k: <input type="text" value="15"/>
400k: <input type="text" value="15"/>	400k: <input type="text" value="15"/>
500k: <input type="text" value="15"/>	500k: <input type="text" value="15"/>
600k: <input type="text" value="15"/>	600k: <input type="text" value="15"/>
700k: <input type="text" value="15"/>	700k: <input type="text" value="15"/>
800k: <input type="text" value="15"/>	800k: <input type="text" value="15"/>
900k: <input type="text" value="15"/>	900k: <input type="text" value="15"/>
1000k: <input type="text" value="15"/>	1000k: <input type="text" value="15"/>

Your result

Age: Sex: M F Time/Distance/Height: Dec pts:

Age-grading

Age grade	Result	Factor	Age graded result	Dec pts
Open std:				
Age std:				
Age performance %				
2006 factors				

© Howard Grubb 1999-2008
Back to [2006 calculator home page](#)
Page updated: January 2, 2008



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

Mon- Fri 9.30am till 5.30am Sat 9am-1pm

Shop1 140 Wyong Rd Killarney Vale 2261
Ph 4333 6064 Fx 4333 6061

Great Friendly Service and Advice

Come in and let us fit you to the shoe that suits your foot and needs

Kids Shoes: School shoes Little Athletics Shoes

Athletics Shoes; Trainers, Spikes and Racing Flats

Walking and Work shoes: to allow your Orthotics

Jogging Shoes

Great Deals on Now

Asics New Balance and Sfida **\$30**
Little A Rubber Spike Shoes From

Discontinued Models: 50-70% off

Pop in for a visit

purchase \$50 receive a FREE Pair Sox value \$11

purchase a pair of shoes and get a FREE fluoro Coast Runners Shop Tee

tilt end Jan 2010 or while stocks last

*Don't forget to put your name in the Terrigal Trotters Lucky Draw
when you purchase a pair of shoes. After 30pairs:*

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

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



There's always someone to bugger up a family photo.

Kinky is using a feather.
Perverted is using the whole chicken.

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

MARCH

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.

April 2010

Mon 5 April HERALD HILL TO HARBOUR CHALLENGE

Hugging the coastline and foreshore of Newcastle this event touches on the iconic Fort Scratchley, Nobbys (aka Pasha Bulka) Beach, and Newcastle Harbour. The half marathon is the 10km backwards plus a bit and is truly worth the effort and a great tester early in the season. Contact: Paul Humphreys. email: paul@hevents.com.au.

Sun 11 Apr CANBERRA MARATHON AND ULTRA (ACT)

42.2km & 50km, 7am, Kids Marathon, 8am 'final 2.195km of the marathon distance'. Telopea Park School, Canberra contact: Dave Cundy. email: cundysm@ozemail.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...

The husband leans over and asks his wife, 'Do you remember the first time we had sex together over fifty years ago? We went behind the village tavern where you leaned against the back fence and I made love to you.'

Yes, she says, 'I remember it well.'

OK,' he says, 'How about taking a stroll around there again and we can do it for old time's sake?'

'Oh Jim, you old devil, that sounds like a crazy, but good idea!'

A police officer sitting in the next booth heard their conversation and, having a chuckle to himself, he thinks to himself, I've got to see these two old-timers having sex against a fence. I'll just keep an eye on them so there's no trouble. So he follows them.

The elderly couple walks haltingly along, leaning on each other for support aided by walking sticks. Finally, they get to the back of the tavern and make their way to the fence. The old lady lifts her skirt and the old man drops his trousers. As she leans against the fence, the old man moves in...

Then suddenly they erupt into the most furious sex that the policeman has ever seen. This goes on for about ten minutes while both are making loud noises and moaning and screaming. Finally, they both collapse, panting on the ground.

The policeman is amazed. He thinks he has learned something about life and old age that he didn't know.

After about half an hour of lying on the ground recovering, the old couple struggle to their feet and put their clothes back on. The policeman, is still watching and thinks to himself, this is truly amazing, I've got to ask them what their secret is.

So, as the couple passes, he says to them, 'Excuse me, but that was something else. You must've had a fantastic sex life together. Is there some sort of secret to this?'

Shaking, the old man is barely able to reply, 'Fifty years ago that wasn't an electric fence'.

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