



TERRIGAL TROTTERS NEWSLETTER FEB 2013



Keith Congratulates Chris, Winner of
"Round the Bay 2013" Race Report Enclosed

Website; www.terrigoaltrotters.com.au
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PRESIDENTS REPORT

January 2013



Dorothea Mackellar certainly got it right when she penned these famous lines of the second verse on “My Country”,

I love a sunburnt country,
A land of sweeping plains,
Of ragged mountain ranges,
Of droughts and flooding rains.
I love her far horizons,
I love her jewel-sea,
Her beauty and her terror –
The wide brown land for me!

We definitely live in a land of extremes. Terrigal Beach was at its pristine best last Friday and then on Sunday and Monday at its lowest with extremely rough surf and torrential rain. We of the Terrigal Trotters have endured these changes for nearly 30 years and hopefully for the next 30.

Unfortunately, the Oz Day celebrations at the waterfront at Cannons (Steve and Karen) had to be cancelled this year due to these inclement weather conditions which dictated that we stay indoors and out of trouble. Our newer members will have to wait another 12 months to join us in these festivities which have always been great fun for many years.

When this newsletter comes out, we will have participated in our memorial run in honour of those members who have passed away. This run was a favourite run of #22 - Ross English who passed away in 1994. In the 30 years we have been running from our carpark, we have lost many good friends, but their good memories remain with us and we should speak of them openly.

On a lighter note, let us know of your achievements when you compete in various events as it inspires others to emulate your endeavours and to

challenge our own limits – whatever that may be. Also, let us know if you're training for something as you may get a training buddy out of it to ease the burden. I'm sure Jenny Barker wants some company in training for Canberra.

The Sea FM Bay to Bay Fun Run and Half Marathon will be upon us soon (June 16) and then before you know it, the GNW100s (Nov 9 & 10) – a casual jaunt from Newcastle to Yarramalong (103 kms soft option) or to Patonga (176 kms hard option). If you're new to our club, check out the website and have a look at these events. We also need many volunteers for these events, so if you can spare some time, I'm sure we can find a place for you. Just ask for me or Mark Andrews for the Bay to Bay, or Dave Byrnes for the GNWs.

As always guys, set your goals high, strive to excel in all you do, dream like you'll live forever, and remember,

“Sing like no one's listening,

Dance like no one's watching and

Love like there's no tomorrow”.

Kevin Andrews



Trotter # 24, Ross McGuigan became the latest in string of Trotters to suffer a bicycle fail.

According to Trotter # 167, Dr Jon King, (centre).

“Ross's recent experience shows how dangerous it can be in Bali; or rather what can happen when cycling.

Ross put on a brave face this week when we operated on his shoulder. Unfortunately he'll be his usual (boisterous) self despite surgery”.

Wishing you a speedy recovery.

OFFICE BEARERS FOR 2012-2013

PRESIDENT	Kevin Andrews
VICE-PRESIDENT	Mark Andrews
SECRETARY	Mark Dunlop
TREASURER	James Moran
GENERAL COMMITTEE	Dave Byrnes Dennis Robertson Graham Davis Jo Ridley Lyn Bromwich
CLOTHING	Tina Baverstok
REGISTRAR	Kevin Andrews
RESULTS TABULATOR	Bionda Hiensch
WEBMASTER	Dave Byrnes
NEWSLETTER	Jo Ridley Mark Dunlop Jenny Barker
AUDITOR	Jennifer Harwood Harwood Chartered Accountants
PUBLIC OFFICER	Kevin Andrews
LIFE MEMBERS	Kevin Andrews Leon Harradine Keith King Marg Aurisch Col Wood Steve Cannon Jenny Harwood

TERRIGAL TROTTERS MINUTES OF MEETING

Monday, 7th January 2013
Terrigal Surf Lifesaving Club

Meeting Open:

7:33pm

Present:

President – Kevin Andrews, Vice-President – Mark Andrews, Secretary - Mark Dunlop, Treasurer – James Moran, Jo Ridley, Lyn Bromwich, Dennis Robertson. Ron Schultz

Apologies:

Graham Davis, Dave Byrnes

Adjustment & Confirmation of Previous Minutes:

Moved by Mark Andrews, seconded by Lyn Bromwich; carried.

Business Arising from Previous Minutes:

Drink Roster: January/ Kevin Andrews & Graham Davis, February/James Moran, April/?, May Mark D, June/?. Need to decide April, June, July and August next

Newsletter: next newsletter due out first week of February.

Bay to Bay: Letters have been sent out to 2012 sponsors to asking for support of 2013 running of event. Kevin Andrews is liaising with Gosford Council make sure necessary approvals are in order.

Junior Trotters 6 @ 6: Mark Dunlop to arrange meeting with Suzy.

Terrigal Sporting Bodies: Mark Dunlop to forward information to Committee Members.

Round the Bay: Feedback was once again overwhelmingly positive with 32 runners completed the full course; 21.8% running PB's, 37.5% made their debut and 34% were female. Wayne Daley continued his record of running every Round the Bay since it's inception in 2002. Jo McCarthy became the female with most runs after completing her 9th. The Committee thanked Keith King and his team of volunteers for all their efforts on putting on another outstanding event.

Club Persons of the Month

Graham Ridley – Designing & building decorations and props for Trotters Christmas Party

Graham Ridley – ongoing contributions of artwork and articles for Trotters Newsletter

Nominees for Club Person of the Month

Graham Ridley – designing & building decorations and props for Trotters Christmas Party

Graham Ridley – ongoing contributions of artwork and articles for Trotters Newsletter

Jo Ridley – coordinating children's games prizes for Christmas party

Lyn Bromwich – organizing and coordinating breakfast for Trotters Christmas Party

Graham Davis – organizing and coordinating BBQ for Trotters Christmas Party

Sharon Smith – assisting with breakfast at Trotters Christmas Party

Lorraine Cook – assisting with breakfast at Trotters Christmas Party

Wendy O'Shea – assisting with breakfast at Trotters Christmas Party

Tom Robertson – assisting with BBQ at Trotters Christmas Party

Mike Gero – assisting with BBQ at Trotters Christmas Party

Greg Brown – organizing Santa for Trotters Christmas Party

Detta O'Dwyer – assisting Santa with presentation of gifts to children

Kevin Andrews – assisting with children's games at Trotters Christmas Party

Beverley Andrews – assisting with children's games at Trotters Christmas Party

Dennis Robertson – assisting with children's games at Trotters Christmas Party.

Keith King – organizing & coordinating Round the Bay

Brian Dawson – Round the Bay, manning drink stops 1 & 6
 Dot Stockwell – Round the Bay, manning drink stops 1 & 6
 Steve Cannon – Round the Bay, manning drink stops 2 & 7
 Craig Riddle – Round the Bay, manning drink stop 3
 Debbie Riddle - Round the Bay, manning drink stop 3
 Mike Gero – Round the Bay, manning drink stop 4
 Greg Love – Round the Bay, manning drink stop 6
 Bev Andrews – Round the Bay, volunteering at finish
 Wayne Doherty – Round the Bay, volunteering at finish
 Gwenda King – Round the Bay, volunteering at finish
 Marg Robson – Round the Bay, volunteering at finish
 Col Wood – Round the Bay, volunteering at the finish
 Deb Wood – Round the Bay, volunteering at the finish

Female Athlete of the Month

Kerry Hope – Round the Bay 37km, 3hrs 49mins, Debut.

Nominees for Female Athlete of the Month

Kerry Hope – Round the Bay 37km, 3hrs 49mins, Debut
 Jo McCarthy – Round the Bay 37km, 4:14:04, 9th time completed event, most by female
 Katie McCaig – Round the Bay, 2nd female, 3:28:00, PB
 Mari Mar Walton – Round the Bay, 3:57:40, PB

Male Athlete of the Month

Gary Pickering – Coast to Kosci 240km, 14th place, 34 hours 37mins.

Nominees for Male Athlete of the Month - September:

Gary Pickering – Coast to Kosci 240km, 14th place, 34 hours 37mins.
 Wayne Daley – Round the Bay, 12th consecutive Round the Bay, most by any runners
 Chris Fuchs – Round the Bay, 1st finisher, 2:45:31, Debut.
 Darren McClellan – Round the Bay, 2nd finisher, 2:47:28
 Mark Hope – Round the Bay, 3rd finisher, 2:56:45, PB
 Craig Gustard – Round the Bay, 3:04:18. PB.

Treasurers Report:

December 2012

Income	\$1,389.60	\$1,044.60 for 5 weeks Saturday \$2 collections, consistently averaging \$200 per week
Expenditure	\$5,144.34	GNW Expenses \$4,017 - mainly AURA fees & WICEN radio communications + Sports Coast purchases - bags
Deficit	(\$3,754.74)	

YTD Terrigal Trotters

Income	\$43,372.22	Purely cash income, includes GST
Expenditure	\$38,089.10	Cash expenses, includes GST
Surplus	\$5,283.12	

GST Return for September quarter (first GST return lodged with ATO) paid \$2,841 and represented receipts for GNW subject to GST. GST return for December 2012 has been lodged and at this point is a refund of \$1,755 - representing the expenses for GNW.

No movements for Bay-to-Bay Income and Expenditure.

Bank Balances:

Bendigo Bank Terrigal Trotters	\$22,731.20
Bendigo Bank Bay to Bay	\$10,785.41

Gosford City Credit Union Term Deposits - \$16,040

GNW summary indicates an approximate surplus of around \$5000.00.

Treasurer's report moved by James Moran seconded by Dennis Robertson; carried.

Safety & Marshalling

Following complaints from the owner of property on Bob's Hill run, Trotters President Kevin Andrews, visiting the owner to explain the history of the run and apologize for any misunderstanding. The owner was happy is happy for Trotters to run through property in future on the provision that 2 weeks notice is given prior to run.

General/Other Business:

Memorial Run: Kevin Andrews to read out names of passed Trotters prior to run and confirm person to organize breakfast.

Park Benches on Boardwalk: Kevin Andrews asked Committee to consider donating park bench on Terrigal Esplanade Boardwalk. There is currently one bench that has been donated in memory of a passed family member and Kevin thought it might be a worthwhile for Trotters to do the same; Kevin to look into cost and report back to Committee.

Woodford to Glenbrook: Graham Ridley has indicated he is willing to drive Trotters bus to this event.

Business links on Trotters website: a number may be out of date and others may need to be updated; Dave Byrnes to organize.

Run Distances: it was noted there appears to be differences between distances indicated on course map PDF's and May My Run version of same; difference can be up to 1km; Dave Byrnes to check.

BBQ Tub: following the Christmas party it was noted that a tub should be organized to store all items necessary for club BBQ's. Mark Dunlop informed Committee that a tub has been put together already and should travel and be stored with BBQ. Kevin Andrews to check if tub is in Trotters shed. If tub can't be located Lyn Bromwich to put together new tub with necessary items.

Runs for January

5th Bob's Hill
6th Round the Bay (Sunday)
12th Captain Cook Run
19th Muzza's Run
20th Wambie Whoppers (Sunday)
26th Flat 10km Time Trial

Runs for February

2nd Memorial Run
9th Water Slide
16th McGuigans Run
23rd Charles Kay Hill 10km Time Trial

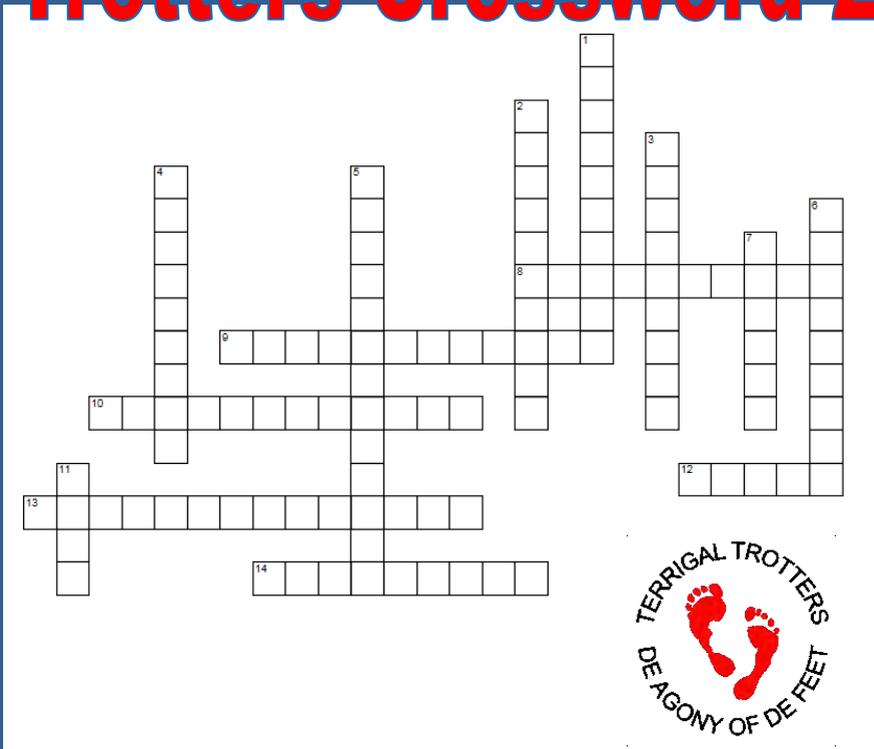
Next Meeting

Monday, 4TH February 2013.
Terrigal Surf Lifesaving Club @ 7:30pm

Meeting Closed:

8:52pm

Trotters Crossword 2



ACROSS

- 8 Who was the "Red Man" on 22nd December
- 9 Who was the male athlete of the year 2011-2012
- 10 Who is the Russian?
- 12 How many Terrigal Trotter life members are there (answer in letters, not numbers)
- 13 Who is your clothing officer
- 14 If I'm running though Erina Fair, what Trotters Run am I on

DOWN

- 1 Which Trotter has the fastest marathon time of 2.19
- 2 Who is the only Trotter to finish all 12 "Around the Bays"
- 3 How many runners completed the last Hilly Time Trial (answer in letters, not numbers)
- 4 What is the award for 300 runs
- 5 Which TT is one of the "Outback Marathon" race organisers
- 6 Who was Santa
- 7 What is Jo Littericks favourite drink
- 11 Out of the 3 GPS watches trialed by Jenny Barker, which one did she rate most highly for ease of use

Due to the haphazard way we put this newsletter together, the answers could be anywhere, but hopefully not before the crossword ! (doh!)

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH

January 2013

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

CLUB PERSON OF THE MONTH

Graham “The Riddler” Ridley

Sometimes it's the little things that make such a big difference and Graham put his artistic and carpentry skills to good use in building the Christmas themed props for the Trotters Christmas party, including an elaborate throne for Santa. Graham spent hours designing and creating the props, and judging by the smiles on the faces of those attending, especially the children, his efforts made a huge difference in enhancing the Christmas Spirit. In addition to this Graham's artwork, "Trotter Toons", have become a popular addition to the Trotters Newsletter.

FEMALE ATHLETE OF THE MONTH

Kerry Hope

Kerry has seen major improvement in her running in her time with Trotters, consistently participating in Saturday runs, 6 @6 and is regularly seen on the start line of many events on the running calendar. Kerry has gradually been stepping up in distance and made her debut Round the Bay run in January, finishing the 37km course in 3hours 49minutes.

MALE ATHLETE OF THE MONTH

Gary Pickering

Coast to Kosci, 240km, 35 hours 37min.

Does anything more need to be said!

The full list of nominees can be found in the 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.

Crewing For Gary

Trotter # 517 Dave Byrnes



Gary Pickering's quest for Coast to Kosci glory did not start out that auspiciously when we discovered that our pre-race accommodation was not where we thought, but 25km further north along the coast. However, this turned out to be a minor hiccup in Gary's successful attempt the 240km race from Twofold Bay, near Eden, to the summit of Mt Kosciusko (and back down to Charlotte Pass).

Gary's support crew comprised Gary's daughter, Jeralyn, Matt O'Shea and me travelling in my trusty Nissan Patrol. Having crewed for Carl Barker in the same event a couple of years ago, I was expecting the back of the vehicle to be filled with a vast assortment of shoes, clothing, food and drink, but soon learned that Gary is a minimalist. I think he had, in total, two pairs of socks and shoes, a bit of food and clothing, and some exotic natural medications.

It is hard not to get caught up in the excitement of the event, as the small number (34) of qualified entrants line up along the beach in the pre-dawn light to start their epic journey to the highest point in Australia. Without much fuss they are sent on their way by the starter and the support crews begin their own long journey by walking back to their vehicles and driving the 24 kilometres of back roads to the first point where they are allowed to meet their runners. From there, we maintained a routine of stopping every 4-5km, with one of us

walking back along the road with a walkie talkie to meet Gary and find out what he needed so that we could be ready at the car when he arrived and minimise his resupply time.



We were quietly confident that Gary would do well, having observed his toughness and conservative race strategies over the years, and were happy to see him cruising along in 21st place at 50km (5:55) with some experienced past C2K finishers in close proximity.

This first part of the course follows the remote and pretty rural Towamba River valley and we passed our time meeting the other crews and enjoying the scenery. One highlight on this section is a hillside field by the road full of naked store mannequins who are traditionally joined by a few naked support crews for photographs!

The valley ends with a steady 7km climb up Big Jack Mountain to the high plains and Jeralyn and Matt shared pacing duties to keep Gary company on this challenging stretch. Soon after, Gary reached the hamlet of Cathcart (70km), where the general store probably makes 50% of its annual revenues from C2K crews, in 22nd place (8:36).

The 80km from Cathcart to Dalgetty largely comprises long stretches of gravel back roads across exposed tree-less and undulating high plains where fatigue really starts to hit runners (and support crews).

Crews are no longer permitted to use bikes to accompany runners, so we left Gary to negotiate these roads on his own and conserved our energy for later pacing duties. Our biggest problem on this stretch was to stop Gary chatting for too long to other support crews who would often be waiting at the same landmark for their runners. The ever-sociable Gary would briefly stop with us while we hurriedly resupplied him then sent him on his way. A minute later we would look up to find Gary stopped a hundred metres down the road chatting to another support crew!



Once night fell, we began taking it in turns to walk/jog with Gary while the others drove on ahead the usual 4-5km and grabbed catnaps waiting for Gary to arrive. He maintained a good pace and moved into 15th (19:36) place by Dalgetty (148km) passing several other runners experiencing injury and motivation crises. By this stage everybody is getting tired, and the highs and lows of human emotion are on display. Because the organisers require entrants to be well-qualified, all competitors are experienced and proven ultra-runners and we observed impressive examples of grit and determination in the face of adversity.



Not long after Dalgetty the route crossed the Beloka Range, including another long steep ascent, before an undulating descent into Jindabyne. Gary was still travelling well in the bright sun of a new day at the Jindabyne checkpoint (184km) in 16th place (25:43) but, not much later, we were waiting for him by the road when another support crew stopped to tell us he was in trouble and we should go back. We were relieved to find him still making forward progress a kilometre back, but with serious pain in one of his ankles and some stomach problems which were compounding his misery. Nevertheless, he was his usual understated and unfussed self and we spent the next 40km experimenting with various lotions, anti-inflammatories and drinks while Gary soldiered on. I think it was along this stretch where Gary

decided to change into his spare pair of socks. They were Injinjis, those glove-like toe socks and are very hard to get on to a tired runner. I had to turn them inside out and discovered small piles of sand and blood-stained pieces of band-aid in some of the toes, a legacy from Gary's Marathon des Sables six-day race across the Sahara, six months ago! Lesson: invert toes in Injinjis when washing in future.

Despite his difficulties, Gary remained very focussed on reeling in accomplished ultra-runners, Ron Schwebel and Allison Lilley, who were some way ahead and had passed both to be in 12th place by the Kosciusko summit. This was a great achievement but, sadly, stomach problems required a pit stop at Rawson Pass on the return to Charlotte Pass (the race finish) and he lost those two hard-earned places he had gained. However, as Gary pointed out, managing nutrition and stomach problems is also part of the race and he was happy with his 14th place finish in 35:37:30, well under the prized 36-hour benchmark.

Gary had trouble walking at all on his bad ankle after the race and ultimately ended up with a dose of cellulitis requiring treatment with antibiotics and a long recovery. But he's already talking about running C2K again!



2013 Round the Bay Race Report

January 6th 2013, the weather was fine as runners gathered for the 5.00am start to the 12th Inaugural Round the Bay Classic. The runners were looked after by the volunteers

Drink stops 1 and 6 - Brian Dawson and Dot Stockwell

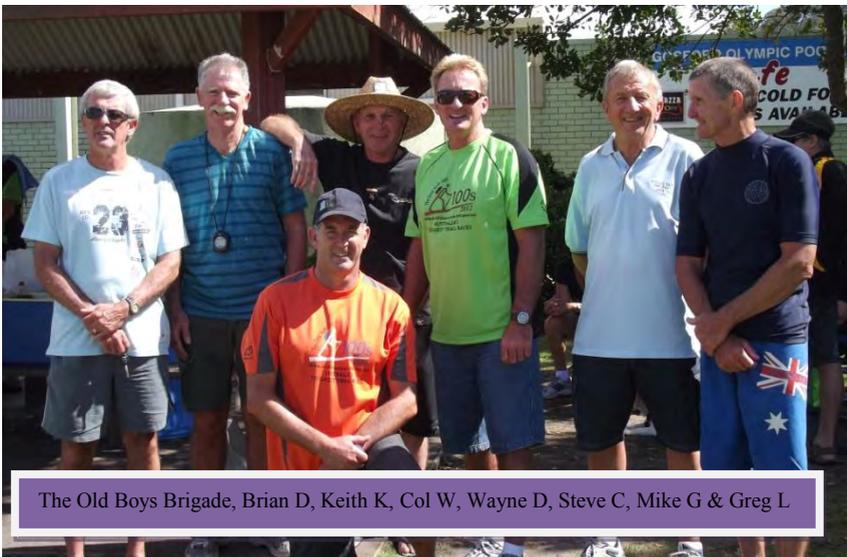
Drink stops 2 and 7 – Steve Cannon

Drink stop 3- Debbie and Craig Riddle

Drink stop 4 – Mike Gero

Drink stop 5 – Greg Love

Finish – Bev Andrews, Wayne Doherty, Gwenda King, Marg Robson, Col Wood, Deb Wood



The Old Boys Brigade, Brian D, Keith K, Col W, Wayne D, Steve C, Mike G & Greg L

Whilst the weather was mild runners were soon sweaty indicating high humidity as the sun began to rise. The leaders keep the pace going strongly whilst all the runners were competing against each other, their own goals, the weather, the distance and the running surface.

A number of runners had left early before the 5 o'clock start including Greg Tegart and Tony Collins who set out at midnight intending on being back at five for the start of their second lap. They missed that start by about 7.5 mins, Tony refreshed and set off on his second lap,



Kenny H, Col W, Wayne D, Sandy H, Mark D, Greg L
Mike G, Graham D, Dennis R & Melissa R

Greg refreshed and headed home to bed!!!!!! Quite a few runners joined the run at various points along the course as well. In the end 32 runners completed the full course, 21.8% ran PBs, 37.5% made their debut run and 34% were ladies.

Wayne Daley continued his record of running every Round the Bay event since its inception in 2002 this year finishing in the very respectable time of 3 hrs and 8 mins, Jo McCarthy became the lady with the most runs after completing her 9th event. Sonia who??

Tony Collins became the first person in the world to do two laps of the course and the Robertson's took the prize for the most runners (3) from one family.

A great breakfast to finish the morning before most of us headed home for an afternoon nap.

Keith King



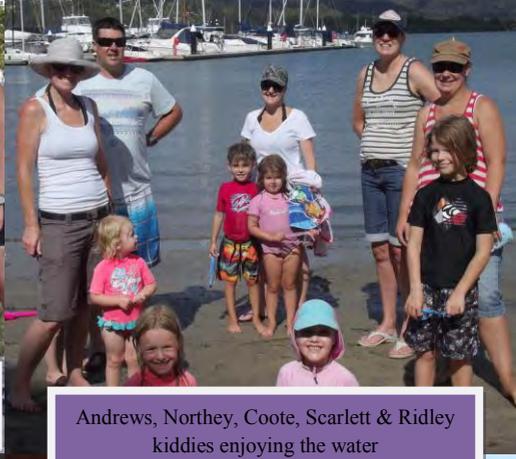
Keith King, Beverley Andrews



Jason K, Gary P, Tom R, Scott A, Rod N, Craig (Gus)
Chris F, Darren Mc



Detta O, Charlie B, Graham R, Greg L, Judy M, Lynn B, Jo L
Yondi H & Bruce L



Andrews, Northey, Coote, Scarlett & Ridley
kiddies enjoying the water



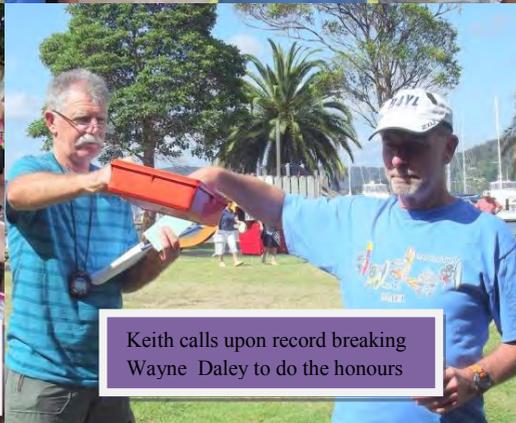
Steve C (& mini Coote) Jason K, Chris S, Henry S
Chris F & Mark H



Greg A, Marg A, Wayne D & Mari-Mar W



Pauline A, Deb W
Alison A, Gwenda K, Marg R & Meg A (not posing of course)



Keith calls upon record breaking
Wayne Daley to do the honours



Fast Boys Darren McLellan, Chris Fuchs &
Mark Hope



Keith Congratulates the Winner of the Round the
Bay 2013 Chris Fuchs

EXCITING TIMES
AT THE STORE :



Heaps of New Shoes and New Colours Pouring in:



Kinvara3 Lightweight



Great new colours in the DS
Trainer / Hyperspeed DS Racer
New 2000 replacing the 2170!

HOKA ONE ONE
TIME TO FLY



**SHOP INSTORE
OR ONLINE**

If you Cant make it
to the shop...
visit our online shop
Call Charlie
he can deliver
to Trotters Sat am!!

140 Wyong Rd Killarney Vale
www.coastrunnersshop.com.au
<http://shop.coastrunnersshop.com.au/>

4333 6064



NIKE Newtons



Inov8



Plantar Fasciitis.....arrghhhh!!!!

An ouch in the heel!

Trotter # 573 Darren McClellan

Plantar fasciitis is inflammation of the thick tissue on the bottom of the foot. This tissue is called the plantar fascia. It connects the heel bone to the toes and creates the arch of the foot. It's commonly thought of as being caused by a heel spur but research has shown this is not the case.



The most common complaint is pain and stiffness in the bottom of the heel. The pain can be sharp or dull and can also feel like an ache or a burn

Plantar fasciitis occurs when the thick band of tissue on the bottom of the foot is overstretched or overused. This can be quite painful and make running and even walking for that matter difficult.

Who is more likely to get this nasty injury?

- Well if you have foot arch problems including flat feet and high arches you are at risk.
- If you do long distance running....which if you are reading this then that's most likely you! Especially if you run downhill or on uneven surfaces quite a bit.
- If you have a tight Achilles tendon
- Wearing shoes with poor arch support or soft soles
- Both men and women get it but it mainly affects men aged between 40 and 70 but trust me when I say younger runners are also at risk

It's one of the most common orthopaedic complaints relating to the foot.

Treatment involves:

- Rest
- Massage/soft tissue therapy
- Self-massage with a frozen bottle of water has helped a lot of runners that I know of
- Physio

- Orthotics
- Anti-inflammatory medication
- Strapping
- Change of footwear

How long until you are back running?

It's a hard question to answer. I know people who have managed to get it under control in 2 weeks and other people who have been stuck with it for 18 months! It all depends on how soon you start a rehab program and how bad the injury is.

So if you have any of the signs of Plantar Fasciitis look at your shoes, any changes in your training e.g. – have you increased speed work, running more hills, changed the surfaces you normally run on etc. then get yourself off to a physio who can show you exercises. Things like toe strengthening exercises. Picking up marbles or stones with your toes are great, calf stretches and rolling a tennis ball/golf ball or a frozen bottle of water under the arch of your foot are some of the best exercises and stretches that you can do.

Good luck!



Darren specialises in sports massage, sports injuries and trigger point therapy. If you are suffering from injuries, muscle tightness, stress or headaches, massage can help you.

**Darren McClellan
Sports & Remedial
Massage
28 Kildare St Bensville
0404181861
www.dmcorefitness.co**



Michael Miles & Oprah Winfrey The Interview



First it was Lance, now the 2012 Trotters Male Athlete of the Year, Michael Miles, has held a "no-holds barred" interview with chat show host Oprah Winfrey in which he admitted using performance enhancing substances during his amazing string of personal best runs during 2012, including his 13th place finish at the Canberra Marathon in 2 hours 40 minutes.

The brutal facts

Oprah Winfrey: *Did you ever take any performance enhancing substances to improve your running performance?*

Michael Miles: "Yes."

Was one of those banned substances Zucchini?

"Yes."

Did you ever take any other questionable substances to enhance your running performance?

"Yes, finger buns (Bakers Delight), it didn't matter what type, it was like, whatever I could get for free."

In all of your 2013 Personal Best Times, did you ever take Zucchini?

"Yes."

Was it humanly possible to achieve those results without Zucchini?

"Not in my opinion. I didn't invent the culture, but I didn't try to stop the culture."

The deceit

For the past year you didn't just deny it, you brazenly and defiantly denied everything you just admitted, just now. So why now admit it?

"That is the best question. It's the most logical question. I don't know that I have a great answer. I will start my answer by saying that this is too late. It's too late for probably most people, and that's my fault. I viewed this situation as one big lie that I repeated a lot of times, and as you said, it wasn't as if I just said no and I moved off it."

You were defiant, you called other people liars.

"I understand that. And while I lived through this process, especially the last year, six months, two, three months, I know the truth. The truth isn't what was out there. The truth isn't what I said, and now it's gone - this story was so perfect for so long. And I mean that, as I try to take myself out of the situation and I look at it. You overcome the shoulder reconstruction, I mean, it's just this mythic, perfect story, and it wasn't true."

Was it hard to live up to that picture that was created?

"Impossible. Certainly I'm a flawed character, as I well know, and I couldn't do that."

But didn't you help paint that picture?

"Of course, I did. And a lot of people did. The Riddler with his "Trotter Toons and Christmas Cut-outs" Wait, not that not sort of paint, The Riddler is innocent. All the fault and all the blame here falls on me. But behind that picture and behind that story is momentum. Whether it's other Trotters or fellow gym junkies from Mingara One, it just gets going. And I lost myself in all of that. I'm sure there would be other people that couldn't handle it, but I certainly couldn't handle it, and I was used to controlling everything in my life. I controlled every outcome in my life, every time trial, every spin class."

You said to me earlier you don't think it was possible to win without Zucchini's?

"Not in that community, and I'm not here to talk about others in that community, you know those mad Ultra-runners, that's where it all started, GNW's. It's been well-documented. I didn't invent the culture, but I didn't try to stop the culture, and that's my mistake, and that's what I have to be sorry for, and that's what something and the sport is now paying the price because of that. So I am sorry for that. I didn't have access to anything else that nobody else did, those fruit shops are everywhere, and it's just too easy."

Zucchini's in Running

Darrel Robbins said you and the Five Ninja's pulled off the most sophisticated, professional and successful Zucchini programmes Ultra-Running has ever seen. Was it?

"No. It definitely was professional, and it was definitely smart, if you can call it that, but it was very conservative, very risk-averse, and very aware of what mattered. One race mattered for me. But to say that that program was bigger than the Tree Fellas and Car Salesman Cauliflower programme in the 2012 Oxfam Trailwalker? That's not true."

What was the culture? Can you explain the culture to us?

"I don't want to accuse anybody else. I don't want to talk about anybody else. I made my decisions. They are my mistakes, and I am sitting here today to acknowledge that and to say I'm sorry for that. The culture was what it was. That being said, I've seen guys like Gary Pickering, Greg Brown and Sharon Byrnes lurking around the citrus section at Harris Farm Markets, they try to hide what they are doing, but everyone knows what they're up to."

Was everybody doing it? That's what we've heard. Was everybody doing it?

"I didn't know everybody. I didn't live and train with everybody. I didn't race with everybody. I can't say that. There will be people that say that. There will be people that say, 'OK, there are plenty of guys running, I can tell you five guys that didn't, and those are the five heroes', and they're right. Look no further than Mark Dunlop, meat pie and can of coke in hand; he's not doing it, no flies on him."

How were you able to do it? Walk me through it, hessian shopping bags, crisper trays in secret refrigerators... how did it work?

"I viewed it as very simple. These things were green and tasty, they were beneficial for running. My method was steamed, not boiled; sometimes I'd try to hide it by adding it grated to rissoles or vegetable lasagne. "I thought, I'm only doing small amounts; but there's no true justification."

Were you afraid of getting caught? Even as late as November 2012 there was not even a test for Zucchini...

"No. Testing has evolved. Back then they didn't come to your house and there was no testing out of competition and for most there wasn't that much out-of-competition testing so you're not going to get caught because you clean up for the races, it's a question of scheduling. That sounds weird."

"I'm paying the price and I deserve this. That's okay. I deserve it."

"My ruthless desire to win at all costs served me well on the road but the level it went to, for whatever reason, is a flaw. That desire, that attitude, that arrogance."

When you placed 1st in the January 2013 Trotters Flat Time, were you clean?

"The last time I crossed that line (zucchini enhancement) was the Central Coast Half in December 2012."

Does that include broccoli? No eggplant, spinach, cabbage?

"Absolutely not."

Leader of the team

Were you the one in charge?

"I was the top runner, you could say I was the leader, the others would never admit, but they knew I was the man."

If someone was not doing something to your satisfaction could you get them off the team?

"No. I guess I could have but I never did. I was the leader and the leader leads by example. There was never a direct order. That never happened. We were all grown-ups and made our choices. There were team-mates who didn't take zucchini."

One former team-mate, Ian Temblett, told me you threatened to kick him off the team if he didn't shape up and conform to the zucchini programme?

"That's not true. There was a level of expectation. We expected guys to be fit to be able to compete. I'm not the most believable guy in the world right now. If I do it I'm leading by example so that's a problem."

"I view one as a verbal directive and that didn't exist. I take that. The leader of the team, the guy that my team-mates looked up to, I accept that 100%. I care a lot about Ian, but when you go on to other teams and show the same behaviour..."

Were you a bully?

"Yes, I was a bully. I was a bully in the sense that I tried to control the narrative and if I didn't like what someone said I turned on them."

Is that your nature - when someone says something you don't like, you go on attack? Have you been like that your entire life - 10-years-old, 12-years-old and 14-years-old?

"My entire life, before my shoulder reconstruction I was a competitor but not a fierce competitor. When I injured my shoulder, that turned me into a fighter. Not like toe-to-toe, like punching on, couldn't fight to save my life. A fighter on the road, that was good. I took that ruthless win-at-all-costs attitude into running which was bad."

Living the lie

How important was winning to you and would you do anything to win at all costs?

"It was win at all costs. When I was injured (broken shoulder) I would do anything to survive. I took that attitude - win at all costs - to running. That's bad. I was taking zucchini before that but I wasn't a bully."

To keep on winning it meant you had to keep taking zucchini to do it? Are you saying that's how common it was?

"Yes, and I'm not sure that this is an acceptable answer, but that's like saying we have to have shoes on or we have to have water in our bottles. That was, in my view, what I had to eat."

When you look at that do you feel embarrassed, shame, humble, tell me what you feel?

"This is the second time in my life when I can't control the outcome. The first was the shoulder. The scary thing is, all those PB's, I knew I was going to achieve them, that's the power of zucchini."

Was there happiness in winning when you knew you were taking all those zucchinis?

"There was more happiness in the process, in the preparation, the slicing and the cooking. There was a romance attached to it that is hard to describe. The PB's were almost phoned in."

Was it a big deal to you, did it feel wrong?

"No. Scary."

It did not even feel wrong?

"No. Even scarier."

Did you feel bad about it?

"No. The scariest."

Did you feel in any way that you were cheating? You did not feel you were cheating taking Zucchini's?

"At the time, no, I kept hearing I'm a Zucchiniarian, I'm a cheat, and I'm a cheater. I went in and just looked up the definition of cheat and the definition of cheat is to gain an advantage on a rival or foe that they don't have. I didn't view it that way. I viewed it as a level playing field; all the fast runners were eating them."

But you knew that you were held to a higher standard. You're MMM, Mick the Machine Miles.

"I knew that, and of course hindsight is perfect. I know it a thousand times more now. I didn't know what I had. Look at the fallout."

What do you mean by you 'didn't know'? I don't think people will understand what you're saying. When you and I met a week ago you didn't think it was that big? How could you not?

"I see the anger in people, betrayal, it's all there. People who believed in me and supported me and they have every right to feel betrayed and it's my fault and I'll spend the rest of my life trying to earn back trust and apologise to people."

The damage to others.

You never offered it [zucchini] to them [other Trotters], suggested they see Con the Fruiterer?

"There are people in this story, they are good people, we've all made mistakes, they are not toxic and evil. I viewed Con the Fruiterer as a good man and I still do."

Was he the leader and mastermind behind the Zucchini programme? How would you characterise his influence on the team?

"No. I'm not comfortable talking about other people. It's all out there."

Jo Ridley, Editor of the Trotters Newsletter in Terrigal said your relationship with Con the Fruiterer immediately dialled suspicion on you. Can you see that relationship was reckless?

"There were plenty of other reckless things. That would be a very good way to characterise that period of my life."

What about the story massage therapist, Darren McClellan, tells about your secret zucchini hiding place, discovered during a deep tissue massage - is that true?

"That was true."

What do you want to say about Darren McClellan?

"Darren McClellan is one of these people I have to apologise to. That incident was as uncomfortable for me as it was for him, I made him pinkie promise not to tell a soul, I bullied him."

You sledged him too?

"To be honest, Oprah, I sledged so many people I don't even [know]. I'm sure I did."

When people were saying things - McClellan, Dunlop, Temblett and many others - you would then go on the attack for them, sledging and know they were telling the truth. What is that?

"When I hear that there are people who will never believe me I understand that. One of the steps of this process is to say sorry. I was wrong, you were right."

Have you called Graham Ridley? Did he take your call? Was he telling the truth about the finger bun incident following the Kerry Anderson Handicap in 2012? Was "The Riddler" lying?

"I'm not going to take that on. I'm laying down on that one. I'm going to put that one down. He asked me, and I asked him not to talk about it."

Is it well with two of you? Have you made peace?

"No, because he has been hurt too badly, and a 400 word Cool Running multi-reply isn't enough."

With Mark Dunlop you implied the word soft. No actually you used the word. How do you feel about that today? Were you trying to put him down? Shut him up?

"I don't feel good. I was just on the attack. The territory was being threatened. The dominance was being threatened. I was on the attack."

The penny drops

Many people feel the real tipping point was [former team-mate] Darrel Robbin's decision to come forward and confess?

"My achievements didn't sit well with Darrell, still don't, sour grapes if you ask me."

Do you remember where you were when you heard Darrel, a former team-mate and protégé was going to talk?

"I was at Minagara One doing a spin class, no running at Palmdale, wait, I think I was doing a 100km recovery ride, anyway something like that (upon hearing Robbins would reveal details of Zucchini Gate). Darrel was sending text messages about his interview. I finally said 'do what you have to do'. He sold the story to Ultra 168 for half carton of Hammer Gel and a pair of hot pink compression socks!."

Did you rebuff him, would you say you rebuffed Darrel? Did you rebuff him after he was also found guilty of zucchini enhancement, did you just blow him off?

"Up to that point I supported him when he tested positive. I tried to keep him onside because he knew what others didn't. I didn't shun him."

So that was the tipping point. And your comeback from shoulder surgery was also a tipping point. Do you regret coming back?

"I do. We wouldn't be sitting here if I didn't come back."

You would have gotten away with it?

"Impossible to say, there would have been better chances but I didn't."

Game over

Did you not always think this day was coming? Did you not think you would be found out at some point, especially as so many people knew?

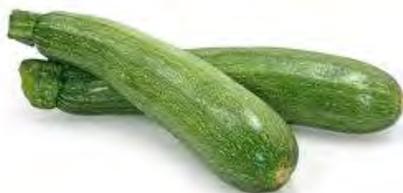
"I just assumed the stories would continue for a long time. We're sitting here because there was a fire in Tassie, the prime zucchini growing area in Australia, destroying the whole summer crop. I just needed them and I had tried to import them from the New Zealand, well that's another story."

It's an epic story. What's the moral to the story?

"I don't have a great answer there. I can look at what I did, eating all those zucchinis, bullying people, of course you're not supposed to do those things - that's what we teach our children. That's the easy thing. There's another moral to this story. For me, I think it was about Zucchini's and about losing myself and getting caught up in that and doing all those things along the way. And then the ultimate crime is the betrayal of these people who looked up to me, they got lied to."

You know what I hope the moral to this story is? It's what Mark Dunlop told you: the truth will set you free.

"Yeah, he continues to tell me that."



Diary of a First Time Marathoner (part 2)

Trotter #736 Jenny Barker



It has been an educational month for this first time marathoner, lessons have been learnt and mostly learnt the hard way.

During the arduous Bob's Hill run it dawned on me that the reason I felt like a sack of potatoes was mainly down to my lack of a decent meal the night before. Encouraging your husband to lose weight is one thing, eating just a small salad in a "we're in this together" style of encouragement is another; and when the plan is to run 20km the next day, well it just isn't enough. "Wake up and smell the coffee" event number 2 occurred on the Captain Cook run; I chose the Canberra marathon because it is fairly flat, so why in heavens was I running up hill and down dale to get to Copa? I do understand the theory that different sorts of training is a good thing but if I can avoid the hills I will and if I can avoid any trail then I will do that also.

My final lesson learnt was during my first proper long marathon training run of 26km. I realised quite quickly that running in the humidity of summer requires more than a quick mouthful of water and half a gel. If I only take on board this amount of fuel then I am asking for trouble albeit I'm hoping the humidity in Canberra in April is significantly less than it is at the moment. So the goals for this coming month are to acquire some enthusiasm for cooking on a Friday night (or any night for that matter!) or alternatively to just get used to having a bowl of porridge as an evening meal pre big run day.

Also I must perfect the art of running and drinking so that it goes into my mouth and not up my nose, and the quantity that goes into my mouth then doesn't go straight to my side in the form of a stitch.

And finally I will do my utmost to miss out all the hilly bits of the Trotters runs so I guess that means I will be doing laps of the Wambie Country Club's golf course for the next 10 weeks.

Yiiks, only 10 weeks to go, better actually enter this thing before I can use a full field as an excuse for throwing in the towel.

The Runner's Recovery

Article written especially for Trotters by Mark Brogan; Accredited Exercise Physiologist and Sports Scientist.

Recovery begins as soon as your run ends. The body's highest rate of physiological and muscular repair (also known as the "muscle and liver glycogen storage absorption rate") is in the first hour post-exercise, so you need to replenish immediately after training and competition for effective recovery. The aim of your recovery is the:

1. Restoration of muscle and liver glycogen stores (energy stores)
2. Replacement of fluid and electrolytes, and
3. Regeneration, repair and fuelling adaptation processes following the catabolic (breakdown) stress and damage caused by exercise

However sometimes practical factors of competing and training tend to interfere with post exercise fluid and food recovery. Your fatigue – ability/interest to obtain or replenish stores, loss of appetite following high intensity exercise and limited access to foods/fluids at event or training all impede the likelihood of a successful recovery.

Therefore it is imperative to formulate a personalised recovery plan: What does your body need?

Research has documented the importance of carbohydrate sources in the athletic recovery process. Carbohydrates with a moderate to high GI are ideal to post-exercise refuelling due to the quick and efficient absorption throughout the body to restore liver and muscle glycogen stores for repair. Remember our ideal goal is the speedy restoration and repairing the damage muscles; therefore a high GI carbohydrate is ideal in the first 4 hours post exercise.

The glycaemic index or GI ranks carbohydrates according to their effect on blood glucose levels.

In this instance we refer to High GI foods with a GI greater than 70.

Research has also suggested that solid and liquid forms are essentially similar in carbohydrate uptake in the body meaning that a preference for either will not make a difference to carbohydrate absorption in the body. Therefore a solid or liquid form of re-fuelling is dependent upon personal choice, appetite and taste! The methodical consumption of carbohydrates post exercise is required for adequate recovery. This should consist of small snacks every 15-20minutes post exercise.

However what carbohydrates should you be consuming with a high GI post exercise recovery plan?

Carbohydrates are categorised in terms of simple or complex. This categorisation depends on the chemical structure of the food, and how quickly the sugar is digested and absorbed. Simple carbohydrates have one (single/monosaccharides) or two (double/disaccharides) sugars whereas complex carbohydrates have three or more sugars. Conclusive research has suggested that increases in muscle glycogen levels and ultimately our body's repair during the early hours of recovery are greater with simple versus complex carbohydrate. However simple carbohydrates contain limited vitamins in comparison to complex carbohydrates.

Simple Carbohydrates	Simple Carbohydrates	Complex Carbohydrates
Single	Double	Three or more sugars
Fructose (found in fruits)	Lactose (found in dairy)	Legumes
Galactose (found in milk products)	Maltose (certain vegetables)	Starchy vegetables
	Sucrose (table sugar)	Whole-grain breads and cereals

Post-exercise carbohydrate consumption when recovering is highly dependent on the extent of glycogen depletion (how much you burnt when training), as well as the type, duration and intensity of the exercise session. So be sure to ask yourself how hard did I train? And do I need all this refueling? Excess refueling can lead to fat storage.

This information was sourced from:

Burke, L. and Deakin, V. (2010). Clinical Sports Nutrition (4th Ed). McGraw Hill, Columbus.

Pritchett, K.L., Pritchett, R.C. & Bishop, P. (2011). Nutritional strategies for post-exercise recovery: a review. South African Journal of Sports Medicine, 23(1), 20-25.

Next Newsletter: Protein and recovery.

Running Around America.....

Trotter # 517 Dave Byrnes

.....well, not quite.....but running formed a major part of Sharon's and my three week sight-seeing trip to the western US over Christmas. We ran pretty much every day and had some great experiences along the way.



Our vacation was jump-started with the Santa 10km at Irvine, on the fringes of Los Angeles, just 12 hours after our 25-hour flight from Sydney (via Guangzhou.....it was cheaper). There was a large field for the race which was mostly along a bike path following a storm water canal and not very interesting. However, it was fun running in crisp temperatures beneath sunny skies with much of the 650-strong field were wearing appropriate seasonal attire. There was even a corpulent Santa on the finish line "high-fiving" everybody as they crossed. At the pointy end of the race it was more serious and I was sprinted off in the last 400m by a little old (turned out to be a year younger than me 😊) guy to be displaced from top spot on the 60+ podium while Sharon was happy with her race given her recent preparation. Post-race, there were lots of free hand-outs and we hung around for me to get my second-place commemorative mug before returning to our dingy motel for a shower and the start of our vacation sightseeing.



**Renegade Santa
Run 10K, Irvine,**

Three days later, we left our Palm Springs motel in freezing temperatures and drove to the Joshua Tree National Monument, a rocky, hilly desert area for a 26km out-and-back run along the Boy Scout Trail. We were a bit concerned about security, as we parked our little Dodge Avenger, its boot (trunk) filled with all our baggage, in the empty and remote trailhead car park but, happily, it was all still there on our return. After a gradual ascent across a sandy scrubby desert, the trail climbed steadily through a narrow boulder-strewn

canyon under bright skies in chilly temperatures. It looked like ideal Indian country to me and I was expecting to get ambushed at every turn. Finally, the trail crested a ridge and emerged onto a desert plateau populated with the famed alien-like Joshua trees set against a backdrop of distant snow-covered mountains. We had the place to ourselves and savoured the beautiful scenery, ideal running weather and isolation. Our return down through the canyon offered a different scenic perspective, including a lot more of Sharon's back as she repaid me for setting the pace on our way out. The next day found us in Death Valley where we had thoughts about an out-and-back 16km from Badwater

across the trackless salt pan, 100m below sea level, but revised our plans when we saw how uneven the surface would be. The scale of the scenery was overwhelming with the mountains on the far side of the valley rising more than 3500m from "below zero". The salt pan looked just a few kilometres across instead of the eight it would have taken to get to the other side. Instead, we opted for an out-and-back 16km through Titus Canyon along a 4WD track. The canyon was impressively narrow, with towering rock walls, for the first few kilometres, before opening out a little, while climbing all the way to a tiny spring surrounded by frozen



**The Scout Trail across
Joshua Tree National
Monument**



**Exiting Titus Canyon into
Death Valley**

puddles that marked our turn-around. In some places, wild mountain goats grazed high above us on the impossibly steep rocky mountain-sides and the scenery was much easier to appreciate on the long gradual and winding descent back through the narrow canyon to Death Valley pre-dawn start was needed a few days later to get to the Santa 5km at Findlay Chevrolet, a huge car dealership on the outskirts of Las Vegas. It was very cold and very hard to get going in what seemed like a sprint race after a few days of slow trail running. Once again, seasonal attire was worn by many competitors, but it was more serious up front. The course was a boring multi-lap around an industrial block and alongside a freeway, but the distant casino sky-scrappers of the Las Vegas strip provided an exotic backdrop. There seemed to be a lot of fast women in the field, but Sharon had a good run to get second in the Masters category and a nice plaque. I again found myself sprinted off by an old bloke in the last 400m, but he turned out to be only 52 and I still won the 60+. We had time to enjoy the post-race food goodies on a crystal clear morning and still get back to our hotel for a shower before check-out time.



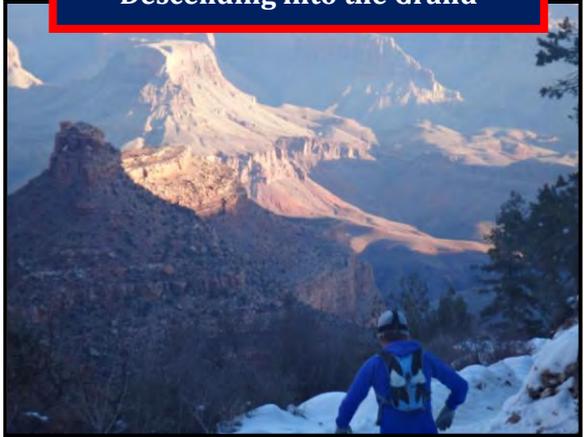
Sadly, the car didn't come with the trophy at the Santa 5km Fun Run, Las Vegas

The same day, after a long drive via the impressive Hoover Dam and parts of the old Route 66 (and a stop in Kingman for a

McDonald's egg nog milkshake to celebrate our morning race efforts), we reached our cabin on the very cold snowy and icy south rim of the Grand Canyon in Arizona. Soon after 7am the next morning, we headed out for a 34km trail loop that would take us down to the Colorado River and back up the south wall of the Canyon. There were warnings at the top about attempting to get down to the river and back in one day and the ice and snow on the upper trail added to our apprehension a little. However, the weather was again perfect, if cool, and the run spectacular. Sharon had a

small "sit down" on the snowy start to the run and took it very carefully thereafter (lots of switchbacks and steep drop-offs), though managed to film a great video of our adventure using her new Go Pro head-cam. Along the way we encountered surprised hikers, a mule train and some deer. The climb back up to the rim was exhausting and we both could have done without the 8km back along the icy rim trail to our cabin, but it was a superb and memorable day.

Descending into the Grand



Our Christmas morning run was an easy 10km through Navajo country along a freshly snow-covered back road bordering Canyon de Chelly which contains the ancient remains of Anasazi Indian cliff dwellings dating back a thousand years. The snow muffled our footsteps on a perfectly still cold and brightly sunny morning and the only sounds were the occasional dogs we stirred up when we passed near some of the isolated Indian reservation houses.

A Christmas Day drive across vast landscapes that belong in Western movies brought us to Moab in Utah, a small town that serves as the centre for outdoor adventuring in the Canyonlands region (made famous by the guy who had to cut off his arm to free himself after being trapped in a canyon). It was off-season and very quiet, but we



Christmas morning run at Canyon de Chelly

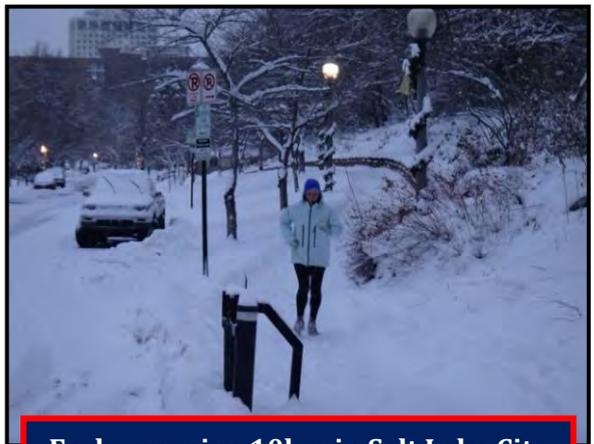
found a great 32km run out-and-back along a deserted road/trail that at first followed the partially frozen-over Colorado River and then wound its way through awesome towering red-walled canyons decorated with fresh snow. Much of the dirt road was covered with a thin layer of snow which muffled our footsteps leaving only the sound of our breathing to disturb the majestic stillness.



32km in Canyonlands, Utah

Two days later we woke in our seedy downtown Salt Lake City motel, just a block from the Mormon Tabernacle Square, to find it snowing steadily and about 12cm of fresh snow covering the ground. We had picked a motel that gave easy access to City Canyon which, according to the web, was one of the best places to run in town. Dodging side-walk snowploughs and pre-dawn morning traffic, we reached the Canyon after a kilometre and then savoured a 10km run through virgin snow in a winter wonderland while the snow continued to fall. It wasn't a long run, but it was one of our most memorable.

Later that day, a pre-made wrap from a small-town supermarket in the Nevada desert put an end to my running for a few days and I missed the morning 10km Sharon ran into the mountains from our remote motel near Yosemite National Park two days later. She swears there were mountain lion tracks in the snow!



Early morning 10km in Salt Lake City

After the deep snows, giant redwoods and magic scenery of the Yosemite and Sequoia National Parks we descended towards San Francisco and the New Year's Day trail half marathon at Lake Chabot. The course was advertised as undulating, but this proved to be an understatement as it circled the lake climbing and descending along steep and slippery fire-trails through Eucalypt forests that reminded us of Australia. Sharon started steadily and finished strongly, running all the hills, to be happy with her age group 5th place in a competitive field. Meanwhile, despite starting at what I thought was a very conservative pace, I was struggling by 3km and soon found myself walking the hills and getting passed by increasingly "recreational" runners. Some of them were taking phone calls and updating their Facebook pages while jogging past me! My humiliation was complete when a very big guy dressed top to toe in black lycra gear, including gloves and a beanie (it was cold), loudly proclaimed that he had "caught the silver fox" before inviting me to join him in chasing that "nice little piece of boody up ahead". I declined. I was a basket case when I finished and Sharon had to virtually dress me before we left after the race.



Morning run in San Francisco

A few days later I was over my food poisoning and keen for us to go for a run along the Dipsea Trail, north of San Francisco, where the Dipsea Race, 14.8 miles out-and-back along the Dipsea Trail, will be held for the 103rd time in June 2013!. The trail passes through leafy villages, rainforest gullies, giant redwood groves and high grassy moors before descending to a sandy beach on the Pacific, and includes 2,200 feet of vertical ascent and descent and 672 steps each way. I loved it while Sharon, who's not quite so keen on steep hills and didn't drink enough, was not quite so enamoured.

South from San Francisco, we enjoyed a superb morning 10-12km run along the popular coastal trail round the rocky Monterey Peninsula before driving down the spectacular Big Sur coastline to the northern outskirts of Los Angeles and the last race and last day of our trip.

I had booked us into a better-than-usual hotel, near the race start, and Sharon was sorely tempted to give the Boney Mountain trail half-marathon a miss in favour of a treadmill run in the hotel gym followed by a spa and the buffet hot breakfast included with our accommodation. Her misgivings compounded as we left the hotel in steady rain in the cold pre-dawn darkness and then waited in light rain in the race registration area for the yellow school bus to take us to the start. As it turned out, we both had great runs on the very challenging single-track mountainous (2,000ft up and down) course that offered some spectacular views (if you had the time and energy to look) and an exciting and hair-raising "luge-like" muddy 4km descent from Boney Mountain. Late check-out gave us time to grab some free post-race snacks before returning to our hotel for a shower and our last day in the US followed by a flight out at 10:30pm.



The descent from Boney Mountain



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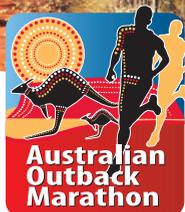
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FIVE MINUTES WITH A TROTTER

Trotter No: 759

Name: Bruce Litterick

Married/Partner/Single: Married

Occupation: Factory Worker (Wrigley's)

Favourite Trotters Run: Cromarty Hill/Girrakool to Patonga

Favourite Distance: 15k to 21k

Race PB's:

Your Shoe Brand: Hoka

Other Sports: Soccer 5 a side Summer/Outdoor Winter

List Your Favourite:

Food: Salt & Pepper Squid

Music: 70's eg: Eagles

Actor/Actress: Jack Nicholson

Movie: One Flew Over the Cuckoo's Nest

Drink: Coke (not diet)

Vehicle: Ford Capri

Travel Destination: Coffs Harbour

If you marooned on a desert island, what 3 things would you take with you ?

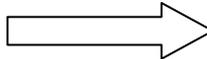
Esky of Coke Banana Lounge Foxtel

If you were allowed a companion who would it be?

Greg Brown

If you could change one habit/feature in yourself, what would it be?

To have long hair

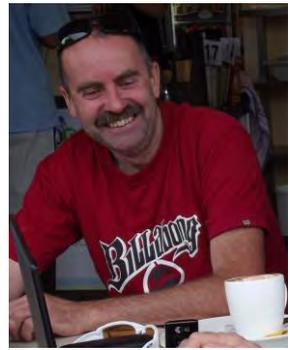


Name the top 3 items on your Bucket List:

Caribbean Cricket Tour

Visit Antartica

Go to Kenya



FIVE MINUTES WITH A TROTTER

Trotter No: 760

Name: Jo Litterick

Married/Partner/Single: Married

Occupation: Child Care Worker

Favourite Trotters Run: Kincumber Mtn

Favourite Distance: ½ Marathon

Race PB's: City to Surf 1.14.17 Blakemores ½ Marathon 1.55.41

Your Shoe Brand: Asics

List Your Favourite:

Food: Homemade Vegetable Lasagne

Music: Inspirational Gospel

Actor/Actress: Harrison Ford

Movie: To Kill A Mocking Bird

Drink: Coffee

Vehicle: Holden Cruze

Travel Destination: Anywhere on a Cruze Ship

If you marooned on a desert island, what 3 things would you take with you ?

1. My Family
2. Coffee Machine
3. Bible

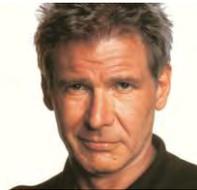
If you were allowed a companion who would it be? Bear Grylls (he'd come in handy)

If you could change one habit/feature in yourself, what would it be?

Have more confidence in my abilities

Name the top 3 items on your Bucket List:

1. See the Pyramids
2. Go to a Wildlife Park In Tanzania
3. Hot Air Balloon Ride





Arnica



The Jury is still out as to whether Arnica lives up to its reputation as an aid to long distance runners in the relief of muscle soreness due to over exertion. It is believed to work by stimulating the activity of white blood cells and dispersing fluid that accumulates around damaged, swollen joints.

Cumulatively, its effect is to boost immunity, accelerate healing and fight inflammation. It also helps the body combat bacterial infection.

Made from a yellow daisy-like flower, the active components of arnica include sesquiterpene lactones and flavonoids which are known to reduce inflammation and ease pain. It also contains thymol, an essential oil that fights infection, and carotenoid, a powerful antioxidant.

It's effect on swollen/bruised areas such as twisted ankles & sprains is in less doubt. Here arnica can dramatically reduce the healing time especially if taken/applied to the area soon after injury. Homeopaths have used it for more than 200 years to treat these types of injuries.

Taking a homeopathic dilution of arnica may help ease muscle soreness, according to a 2003 study of 82 marathon runners. However, an earlier study of 519 runners found that homeopathic arnica was ineffective for muscle soreness following long-distance running.

Arnica is available in 2 different forms, pilules & a cream. The cream can be applied directly to an injured area or sore muscle, whereas the pilules (which you place under your tongue & have a pleasant sweet taste) are best for post workout. Two Terrigal Trotters have trialed Arnica, using the pilules after long runs, & true to studies on arnica, we have conflicting views. One runner has no doubt that arnica helped reduce the muscle soreness, whereas the other runner could not tell the difference. Arnica was only trialed by one of the runners for a sprained ankle (as the other has not sustained an injury) & there was no doubt that there was an extraordinary difference in the amount of swelling & healing time by using arnica (the runner has a lot of previous experience with twists & sprains)

Arnica is available from most health food stores, we purchased ours from Healthy Life near Woolworths in Erina Fair & paid \$19.50 for the cream & \$17.00 for 200 pilules.



Did you know??

In the 1600's and 1700's it was the law that the crown could tax you on the number of windows you had in your house. If you couldn't pay the tax, they came along & bricked the windows up, coining the term "Daylight Robbery"



Terrigal Trotters organises the Bay to Bay Fun Run each year. This year's event will be held on

SUNDAY 16TH JUNE

The 12km Fun Run attracted over 2,000 runners, and the half marathon over 450 participants raising over \$55,000 for local charities.

BUT WE NEED YOU FOR THIS EVENT TO BE A SUCCESS

Please help us by volunteering with registration, or marshalling. If you decide to run the event, why not help out the day before, or with number collections on race morning. Do you have a van or ute ? Even if you only have a few hours to spare, we can use your help

Registration: Sat 15th June 12.00pm-4.30pm Gosford Primary School (tbc)

Number collections: Sunday 16th June 5.00am-8am CWA Hall Woy Woy

Marshalling: We need marshalls at the start, finish, and onroute.

In the next few weeks, we will have a map of the course available each Saturday, were you can check out when & where your time will be most valuable. In the meantime to check out the course & for all other information go to www.baytobay.org.au

We are taking names now, please see race directors Kevin and Mark Andrews



So You Want To Run A Marathon?

Trotter # 483, Graham "The Riddler" Ridley



I've noticed recently that there are a number of people getting ready for a marathon, for many it's their first marathon and they have been asking questions as they prepare. So I thought I'd put down my thoughts to see if I could help in some way.

Why me? Let's face it, I'm old, slow *and* ugly. However, I have been running for 30 years. In that time I've run 30 marathons, add to that the Six Foot track, some ultra marathons and I'm up around 50 races. So I have a lot of experience and during that time I've tried just about everything and made most of the mistakes as well.

It must be remembered that we are all different and what follows are my thoughts and they work for me. They may not work for everyone and many runners will do things very differently. On that subject, if you have a different method, why not write it down and send it to the editorial team?

Make a commitment/choose a race

Marathons are not easy (that's why we do them), so make a very definite decision, do not be half hearted. I will always enter a race early and tell people. That way I can't change my mind. Also some races fill up and that way I know I have a place.

Set a goal

If it is your first marathon, just finishing will be enough, whatever time you do will be a PB, try going faster next time. If you do set a target time, be realistic, or you risk disappointment.

Make a plan and stick to it

There are lots of training plans out there on the web. Choose one that suits your ability and fits in with your lifestyle, make adjustments if necessary. Also talk to people at Trotters, there are a lot of experienced marathon runners that will be more than happy to answer your questions. Find a training partner, running is like sex, it's more fun with someone else.

Training

I'm not going to write a plan, but here's what you could include;

Active rest/recovery running.

Do this after long runs, hard sessions or when you are just plain tired.

Speedwork

Could be done on a track or as a 'fartlek' session on roads or trails. Anything from 400m to 1600m or run for a set amount of time. A total of 20 minutes work (session will take about an hour with warm-up, recoveries and cool-down)

Hill reps

Also 20 minutes work max.

Threshold runs. Threshold pace is roughly equivalent to what exercise physiologists call "lactate threshold," or at a pace just a little slower than your 10-Km racing pace

Marathon pace running.

Marathon pace is an unusual pace. You are racing, but not fast like in a 10km. Measure each km on a 10km course (you could do it on a Time trial). Practice getting used to it, so you don't blow up or under perform on the day.

Long runs.

Probably the most important session of the week. Build up distance gradually. You will need to be able to run 32km in training. I suggest about three of these. Do your longest run 3 to 4 weeks before the race to allow recovery.

Rest

Is as important as training. Don't overtrain or run when overtired, it will ruin your performance and lead to injuries. Listen to your body. Some tiredness is to be expected, but don't overdo things, especially if you are a first timer.

When I ran my PB of 3.09 (not that quick by many standards, but felt quick to me) my training week looked something like this;

Monday, recovery run.

Tuesday, speedwork, usually reps of 400m, 600m or 800m

Wednesday, 12km, building to 20km with some threshold running

Thursday, Hill session or longer speedwork, usually reps of 1000m or 1600m

Friday, rest

Saturday, Active rest or marathon pace run, 10 to 12km

Sunday, long run 20km building to 35km. Run this slow. If you run too fast you will risk fatigue and injury. Save your energy for the speed sessions.

Average weekly km's usually 80-100km with a max of 120km. First timers will probably do a lot less. Also put in a rest week every fourth training week of about 80% of total mileage.

Feel free to add or substitute some sessions for other activities, like cycling and gym work, although your aim is to run a long way so you need to make running the major focus.

Taper

Don't arrive on the start line tired. Cut back on training as the race approaches. As with everything people's opinions vary on this one. I will max out my training four weeks before the race and then start a gradual taper of about 20%/30% per week. You are better off arriving at the race a little underdone than overtired.

Nutrition

Do some reading on this one. Lots of info available. Practice in training and learn what your personal requirements are. I tend to take some caffeine about 45mins before the start and will have another tablet at halfway. I take salt tablets (not just sodium) every 30 mins to an hour depending on conditions. I have a gel 10 mins before the start and 3 or 4 during the race with fluid. I will drink whatever is available on the day, the only exception to this was during the Berlin marathon where Red Bull was the official race drink (I kid you not). I do drink Coke late in the race for a boost, but be careful of getting a sugar spike followed by sugar low. Be careful of drinking too much water and diluting your system. I use Hammer products (You need to buy these online), but there are a lot of choices out there. The Runners Shop stock Endura products and they are very good too. Try to find products that are made up of complex carbohydrates and not simple sugars. A lot of sports drinks are just coloured sugar water.

As for carbo' loading. I don't bother. A good diet is all you need, but I do make sure that I drink plenty the week before the race. On race day have breakfast 3 hours before the race. If that is not possible I skip breakfast and just have a gel ten minutes before the start. The risk is that you will end up with half digested food in the stomach and suffer cramps or nausea. Studies show that you don't lose glycogen overnight apart from in the liver and the gel will sort that out. Don't overdrink on race day either, or you will end up in the loo when you should be running. I stop drinking an hour before the start and have one last drink ten minutes before the race with my gel finally, one last trip to the loo. That way your system should be full, but your bladder will be empty.

The Race

Make a plan for this too. Know how fast you want to go, and what your nutritional needs are (depending on conditions). You are more likely to go too fast than too slow, so be careful otherwise the last 10km could be a very unpleasant experience.

The Mind

Train the mind too. It is a very powerful tool and often overlooked by runners. Practise these techniques in training to maximise the benefits. There are a lot of things you can do;

Mental imagery, think positive. Tell yourself you are strong and running smooth, you will feel better. Think of someone you want to tell that you ran a marathon and visualise telling them. Imagine how good it feels.

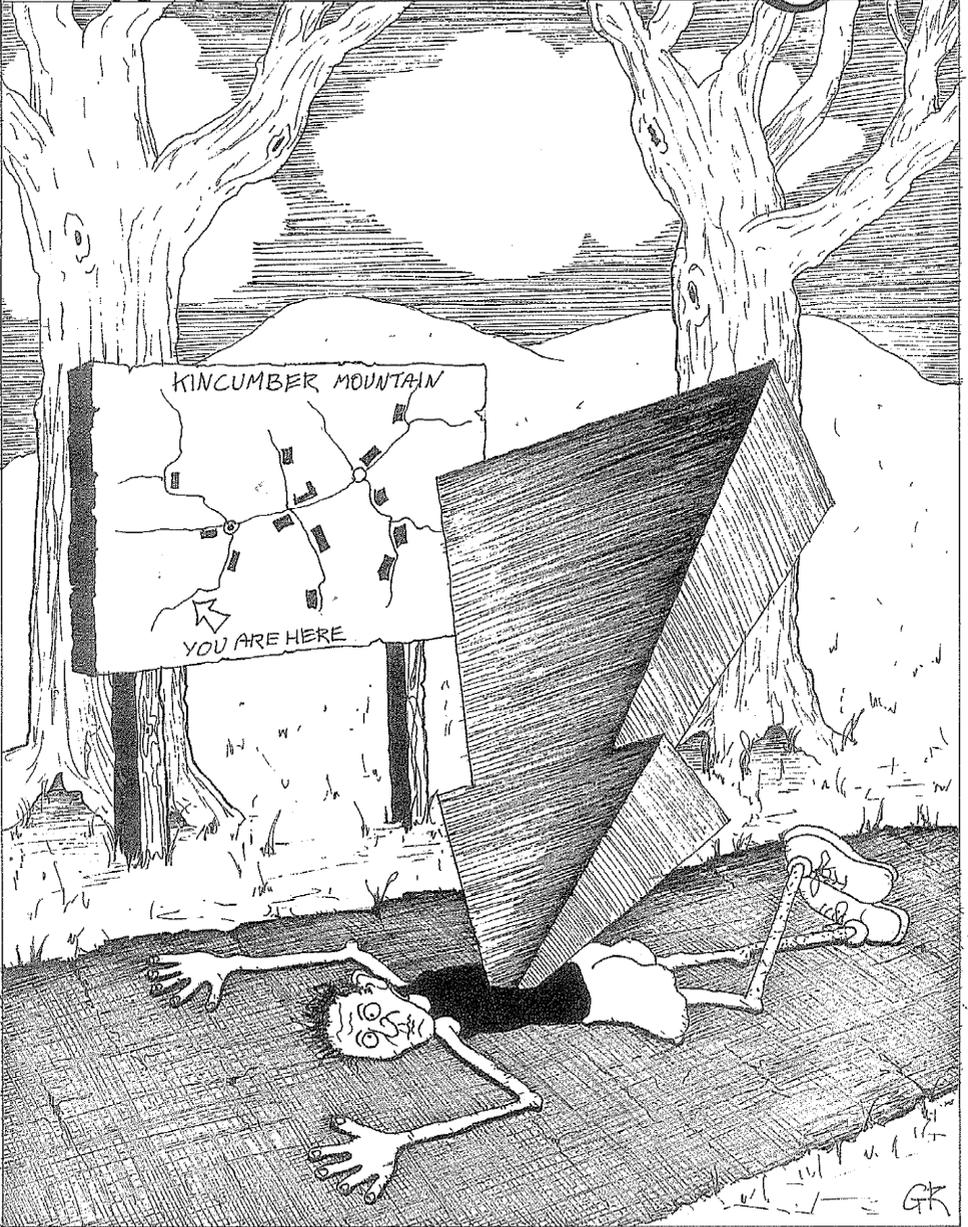
Disassociation, distract yourself, think of something else.

Mantra, have one and repeat it to yourself. Anything will do. Steve Jones (former world record holder) stood on the start line of the New York marathon after a string of bad races (the world press said he was finished) repeating "Prepared and ready to hurt myself" over and over again. He won.

Prepare for the bad times, "It's meant to feel like this, deal with it, get on with it". If you expect bad times and have told yourself you can get through them, you will.

This is my view and the things I have done that seem to work for me. We are all very different and there are many ways you can prepare for a marathon. Feel free to ask questions or tell me I'm talking rubbish, anytime.

Trotters & Toons



Ridler's Six Foot Track Super Hero's



As we approach the Six Foot Track Marathon, which will hopefully go ahead this year. I thought I'd delve into the record books and have a look at the Trotters that have performed exceptionally well over the years. So I have listed below every Trotter that has ever made the top 20 (I hope I haven't missed anyone). I have included anyone that is officially a Trotter, by that I mean they have completed ten or more runs and have a trotter Number.

Year	Place	Name	Name
2010	15	JORDAN	ADAM
2009	5	ROBBIE	MATTHEW
	17	JORDAN	ADAM
2008	2	ROBBIE	MATTHEW
	9	ARTHUR	PAUL
2007	2	ROBBIE	MATTHEW
	15	ARTHUR	PAUL
	17	JORDAN	ADAM
2006	20	ARTHUR	PAUL
2005	17	LOVE	GREG
2004	1	ARTHUR	PAUL
	12	SAYERS	STEPHEN
2003	1	ARTHUR	PAUL
	6	JORDAN	ADAM
	8	SAYERS	STEPHEN
2002	3	JORDAN	ADAM
2001	7	JORDAN	ADAM
2000	1	ARTHUR	PAUL
	2	LOVE	GREG
	7	SAYERS	STEPHEN
	13	JORDON	ADAM
1999	3	LOVE	GREG
	9	SAYERS	STEPHEN
	20	RENWICK	BRUCE
1998	1	LOVE	GREG
	12	SAYERS	STEPHEN
1997	2	LOVE	GREG
	3	BARKER	CARL
1996	4	LOVE	GREG
1995	1	LOVE	GREG
1994	17	JACKSON	STEPHEN
1992	1	LOVE	GREG
	6	JACKSON	STEPHEN
	19	CANNON	STEPHEN
1991	15	MAHONY	PAUL
1990	3	LOVE	GREG
	14	MAHONY	PAUL
	19	BARKER	CARL
1989	3	LOVE	GREG
1988	2	LOVE	GREG
1987	4	LOVE	GREG
1986	18	LOVE	GREG
	19	GIRVAN	DAVE



Adam Jordan



Matt Robbie

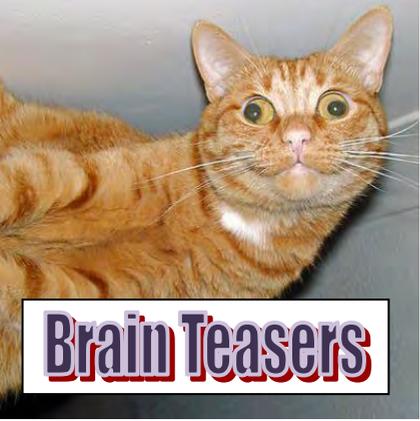


Paul Arthur, Steve Sayers, Adam Jordan



Greg Love

There you have it. You may, like me, have been surprised by the number of Trotters and some of the names that appear. However, each one of them is a living legend, because a top twenty placing is very difficult to achieve and well out of the reach of us mere mortals.



Brain Teasers

A woman bought a gold ring for \$7,000 & sold it for \$8,000 she then realised she could get a lot more money for it, so she bought it back for \$9,000 then sold it for \$11,000. How much profit did she make?

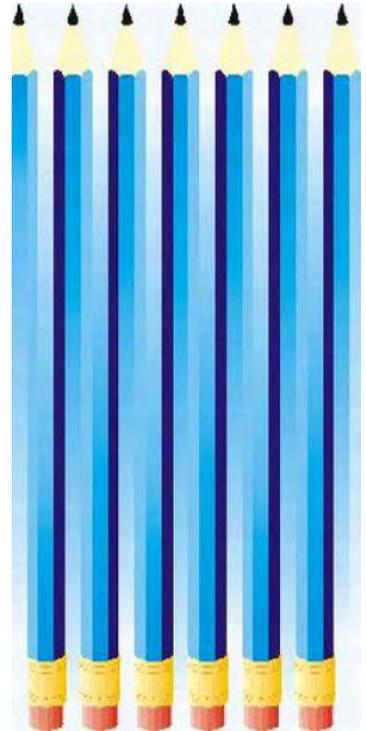


Count the number of F's in the following text:

FINISHING FILES ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY
COMBINED WITH THE EXPERIENCE OF YEARS.



A man's mother in law cannot marry his son, but a woman's father can marry her sister in law. Can a man marry his widow's sister???



Catch Phrases Sayings & Quotes

eg: INSULT+INJURY=add Insult to injury

1/ STANDS 2/ knee

0_2345 lightslights

3/ MEREPEAT 4/ THEG"12"RAVE

5/ GOITITIT 6/ gegas gges sge

7/ XQQME 8/ mad

9/ ACRIML madumad

mad

How Many Pencils?

YONDI'S RESULTS PAGE

Share your achievements, send me your results

E-mail: yondisresults@gmail.com

SMS: 0410 573 419

STS - Manly Dam 10.2K - Summer - Race 1 - 2 December 2012

PLACE	NAME	TIME	DIV	DIV PLACE
3	Charlie Brooks	0:43:33	M19-30	1
43	Greg Love	0:57:36	M51+	2
68	Greg Woodbury	1:02:54	M41-50	17
69	Kerry Hope	1:02:58	F31-40	6

Brazen New Year's Day Trail Half Marathon, Lake Chabot, California 1 January 2013 (298 Finishers)

Place	Name	Gun time	Chip time	Pace	Category	Category Place
52	Sharon Byrnes	2:04:30	2:04:26	9:26	F40-44RH	5
189	Dave Byrnes	2:37:20	2:37:17	11:55	M60-64RH	4

Narrabeen All Nighter 12hour Ultra marathon 5 January 2013

Rank	Result	Last Name	First Name	M/F	Country	Race	Kind
27	82.745km	Brown	Greg	M	AUS	12H	R

XTERRA Boney Mountain Trail Half Marathon, Newbury Park, California 6 January 2013 (309 Finishers)

Overall Place	Name	Time	Mile Pace	Category	Category Place
18	Byrnes, Dave	1:54:29.0	8:46	F40-44	1
148	Byrnes, Sharon	2:25:29.0	11:09	M60-64	7

Round the Bay 37K 6 January 2013

Name	Gender	Time
Fuchs, Chris	M	2:45:31
McClelland, Darren	M	2:53:29
Hope, Mark	M	2:56:45
Gustard, Craig	M	3:04:18
Daley, Wayne	M	3:08:18
Scoines, Rob	M	3:10:49
Cook, Kim	M	3:12:26
Miles, Michael	M	3:16:26
Mitchel, Jessica	F	3:16:26
Antony, Scott	M	3:24:33
Robertson, Tom	M	3:28:00
Mc Caig, Katie	F	3:28:00
Robertson, Melissa	F	3:28:00
Davis, Mark	M	3:29:40
Davis, Graham	M	3:35:18
Ridley, Graham	M	3:44:59
Kerry, Hope	F	3:49:43
Fowler, Graham	M	3:51:28
Walton, Mari Mar	F	3:57:40
Hull, Michael	M	3:57:40
Henderson, Jodie	M	3:58:25
Robertson, Dennis	M	4:11:45
McBride, Sue	F	4:14:04
McCarthy, Jo	F	4:14:04
Gray, Steve	M	4:34:24
Schafer, Tammy	F	4:34:24
Bromich, Lyn	F	4:44:40
Hiensch, Bionda	F	4:44:40
Litterick, Jo	F	4:57:36
Litterick, Bruce	M	4:57:36
Collins, Tony**	M	5:07:30
Tegart, Greg	M	5:07:30

** Tony Collins did two laps total time 10:42:30

Past years results for 2013 finishers are posted under "results" on the website

Cadbury Marathon Festival 13 January 2013

MARATHON

PLACE	BIB No	NAME	GENDER	TIME
5	143	MARK LEE	M	2:49:00
11	206	THOMAS ROBERTSON	M	3:03:36
101	141	GRAHAM LAWS	M	3:38:03
115	195	ALLEN PEARSON	M	3:42:48
182	151	CIARAN LYNCH	M	3:58:16
297	135	IVY KRISHNAN	F	4:53:17

HALF MARATHON

PLACE	BIB No	NAME	GENDER	TIME
61	185	IAN TEMBLETT	M	1:28:46
131	857	TROY KASTELAN	M	1:38:46

STS - Manly Dam 10.2K - Summer - Race 2 - 13 January 2013

Position	Bib No	Name	Time	Div	Div place
7	539	Charlie Brooks	0:43:45	Male 19-30	1
29	455	Darren McClellan	0:50:54	Male 31-40	12
145	540	Kerry Hope	1:04:06	Female 31-40	13



\$3,000. \$1,000 the first time & \$2,000 the 2nd time.
6, if you don't believe it count them again.
No, because he is dead
1/ No one understands
2/ Neon Lights
3/ Repeat after me
4/ One foot in the Grave
5/ Go for it
6/ Scrambles Eggs
7/ Excuse Me
8/ Criminal
7/ Mad about you

6@6 JANUARY 2013	9/1/13	16/1/13	23/1/13	30/1/13
FEMALES				
Kerry Hope	29.50	29.57	29.13	4 laps
Louise Hayden		27.35		
Tara Warren	26.15	27.04		26.17
Debbie Wooden				31.40
Suzy Woodbury				26.48
MALES				
Charlie Brooks	23.53	26.57		26.47
Mike Randell	24.28	23.5	24.03	24.20
Wayne Daley	26.13	16.27(3 laps)	27.35	
Adrian Smith	26.13			
Julian Hanson			21.59	
Michael Frost			24.52	24.17
Mark Hope			29.36	
Steve Head		27.09		
Greg Tegart	30.32	30.57		30.03
Gus				25.35
JUNIORS				
Daniel Hope	28.59			
Sybella McKay		18.42(3 laps)	17.52(3 laps)	
Lydia McKay		17.52(3 laps)	17.55(3 laps)	
Zara Allen				31.03 (4 laps)
Isabella Batt				31.03 (4 laps)

6pm Wednesdays and only 50cents to enter
You will find us opposite Gosford Leagues Club corner of the oval and primary school

Times will be recorded and drinks are provided
It is a 6km time trial but you don't have to run the whole course.

Each lap is 1.2km long.

Lucky draw night is on the last Wednesday of every month.

See you there!!

Annual Running Competitions

Any questions about competitions or scores

E-mail: yondisresults@gmail.com or TEXT: 0140 573 419

Terrigal Trotters makes a number of awards each year (1 July to 30 June) to recognize the running achievements of its members. **To be eligible for any of the awards, a member must have recorded no less than fourteen (14) attendances at Saturday morning Trotters' runs.**

Only performances achieved after a member has earned their official (3 digit) Trotter Number by completing ten (10) recorded Saturday morning runs will count.

SUPER 7 SERIES

This series was first conducted during the 2002-03 race year and the rules have been revised for the 2012-13 year. It is a point score series where the best seven (7) races of a member are averaged over the year to determine the highest scorer. Points are determined using the World Masters Athletics Road Age Standards which allocate points to performances based on the age and gender of the athlete. The member with the highest average point score wins, and trophies are awarded to the top seven (7) finishers in the competition. The competition rules are as follows:

Members can earn points in the following events:

- A maximum of four (4) Terrigal Trotters 10km Time Trials. Because the Charles Kay Hill Time is a tough (slow) course, it is treated as being the flat distance equivalent (FDE) of 10.4km, and points are calculated accordingly.
- Six Foot Track Marathon (currently FDE=60km, but this will be reviewed prior to March 2013)
- One of Australian Running Festival (Canberra) 50k, Marathon, Half Marathon and 10km
- Sydney Morning Herald Half Marathon
- One of Macleay River Marathon, Half Marathon and 10km (the latter will be included when IAAF certified)
- One of Blackmores Sydney Running festival Marathon and Half Marathon
- Lake Macquarie Running Festival Half Marathon
- One of Central Coast Half Marathon and 10km

The finishing times of all participants will be adjusted for age and gender using the “WMA Road Age Standards” tables. This will give a rating for the performance out of 1,000.

Where 'gun time' and 'net time' are measured, then the time included is the 'net time'.

The seven (7) best scores will be averaged for each participant, subject to the limitations specified in Point 1, above.

For other than the Terrigal Trotters Time Trials, it will be the responsibility of the participant to notify the Results Coordinator of their race results.

It is a condition of entry to the competition that you enter races in your own name! That is, you cannot compete under another runner's name if they pre-enter and then withdraw for reasons such as injury, illness etc.

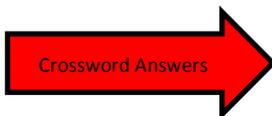
TIME TRIAL CHAMPIONSHIP

This is a point score series where the best six (6) Time Trial performances of a member are averaged over the year to determine the highest scorer. Points are determined using the World Masters Athletics Road Age Standards which allocate points to performances based on the age and gender of the athlete. The member with the highest average point score wins, and trophies are awarded to the top three finishers in the competition. The competition rules are as follows:

Members can earn points in any of Terrigal Trotters 10km Time Trials. Because the Charles Kay Hill Time is a tough (slow) course, it is treated as being the flat distance equivalent (FDE) to 10.4km, and points are calculated accordingly.

The finishing times of all participants will be adjusted for age and gender using the “WMA Road Age Standards” tables. This will give a rating for the performance out of 1,000.

The six (6) best scores will be averaged for each participant.



Across	
8	Danny Moore
9	Michael Miles
2	Wayne Daley
3	Sixty Five
10	Graham Fowler
12	Seven
4	Sports Bag
5	Mari Mar
13	Tina Baverstock
Walton	
14	Erina Bush
6	Greg Brown
7	Coffee
11	Nike

TIME TRIAL AGGREGATE POINTS CHAMPIONSHIP

This is a point score series where all the Time Trial performance points of a member are aggregated over the year to determine the highest scorer. Points are determined using the World Masters Athletics Road Age Standards which allocate points to performances based on the age and gender of the athlete. The member with the highest total point score wins, and trophies are awarded to the top three finishers in the competition. The competition rules are as follows:

Members can earn points in all Terrigal Trotters 10km Time Trials. Because the Charles Kay Hill Time is a tough (slow) course, it is treated as being the flat distance equivalent (FDE) to 10.4km, and points are calculated accordingly.

The finishing times of all participants will be adjusted for age and gender using the "WMA Road Age Standards" tables. This will give a rating for the performance out of 1,000.

All points scored will be totalled for each participant.

A big thanks to Dave Byrnes for completing the new Trotters Club Championships spread sheet to record all your great results on. He has also posted it on the website www.terrigoaltrotters.com.au so you can follow your progress.

There's still plenty of time to get some race results for Super 7 or participate in Terrigal Trotters Time Trials (last Saturday of the month).

GOOD LUCK!!

Flat Time Trial 26 January 2013

PLACE	NAME	TIME	TROTTER No
1	MICHAEL MILES	0:38:28	734
2	JESS MITCHELL	0:38:33	709
3	LEVI MARTIN	0:39:09	730
4	MARK LEE	0:39:53	832
5	BART RAETHEL	0:40:16	792
6	ROB SCOINES	0:40:53	410
7	MELANIE Mc DONALD	0:41:16	837
8	MARK TIPPLE	0:41:32	8112
9	MATT CHAPMAN	0:41:48	637
10	JOE ROLELLA	0:42:04	638
11	MARK HOPE	0:42:39	785
12	ROGER CARTWRIGHT	0:43:00	8121
13	WAYNE DALEY	0:43:03	267
14	GARY PICKERING	0:43:10	598
15	KATIE Mc CAIG	0:43:13	816
16	MIKE RANDELL	0:43:31	173
17	TROY KASTELAN	0:43:46	780
18	IAN TEMBLETT	0:43:56	665
19	MARK DUNLOP	0:44:44	658
20	GRAHAM LAWS	0:44:48	813
21	ADAM KRANZ	0:45:04	766
22	GRAHAM STEELE	0:45:05	529
23	MELISSA ROBERTSON	0:45:15	8449
24	ROCHELLE JILLET	0:45:34	854
25	GREG LOVE	0:45:57	88
26	ROD NORTHEY	0:46:58	677
27	JOEL GREEN	0:47:05	8208
28	KIM COOK	0:47:22	457
29	LOUISE HAYDEN	0:47:53	579
30	GRAHAM DAVIS	0:48:05	352
31	SUZY WOODBURY	0:48:06	676
32	JAMES WRIGHT	0:48:18	791
33	LUKE MARTIN	0:48:20	822
34	YVONNE MATHOT	0:48:26	789
35	MARI-MAR WALTON	0:48:36	519
36	SCOTT Mc DONALD	0:48:55	855

37	JODIE HENDERSON	0:49:34	480
38	GREG BROWN	0:49:47	505
39	CHRIS Mc INERNEY	0:49:49	556
40	JOEL SMALL	0:50:33	8157
41	SHARON BYRNES	0:50:40	546
42	MARK ANDREWS	0:50:43	89
43	KERRY HOPE	0:50:52	845
44	WAYNE EVANS	0:51:06	366
45	YOLANDE WALKER	0:51:30	621
46	MARTIN AYRES	0:51:40	804
47	KEN HICKSON	0:52:10	27
48	JACKIE Mc RAE	0:52:24	8452
49	HEIKO SCHAEFER	0:52:42	502
50	LUKE POWELL	0:53:59	800
51	JEFF DICK	0:54:07	607
52	BILL DIEBERT	0:54:36	612
53	TAMMY SHAFER	0:55:36	698
54	MARG AURISCH	0:55:55	17
55	DEBBIE WOODEN	0:55:58	452
56	ZOE Mc BRIEN	0:56:16	8124
57	KYLE MARSTON	0:56:17	8127
58	ANDREW ROBARTSON	0:58:07	839
59	SOOZIE JEFFREE	0:58:28	777
60	KERRY WHITE	0:59:13	852
61	ADAM COUCHMAN	1:00:37	8131
62	LES LOWE	1:00:54	248
63	ROD TAWYER	1:00:55	827
64	WAYNE DOHERTY	1:01:16	631
65	TONY COLLINS	1:06:58	481
66	TONY LORD	1:07:50	550
67	JOHN STEVENS	1:08:00	641
68	MARK ROLLINS	1:09:00	494

2013 Terrigal Trotters Calendar

Sunday, 17 February 2013 (tbc)

GNW100s SERIES - YARRAMALONG TO SOMERSBY (26KM)

Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters.

See [Dave Byrnes 0428 880 784](#)

Saturday, 9 March 2013

SIX FOOT TRACK MARATHON

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Trotters' members often book joint accommodation for this event.

Sunday, 24 March 2013 (tbc)

GNW100s SERIES - SOMERSBY TO STAPLES LOOKOUT (31KM)

Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters. See [Dave Byrnes](#)

Thursday, 25 April 2013

ANZAC DAY RUN

6:30am at Mark Andrews'. Preceded by one minute's silence.

Followed by breakfast – BBQ available and health food supplied.

Families and walkers welcome. See [Mark Andrews 0400 403 359](#)

Sunday, 28 April 2013 (tbc)

GNW100s SERIES - CONGEWAI TO CEDAR BRUSH (33KM)

Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters. See [Dave Byrnes](#)

Sunday, 19 May 2013

SYDNEY MORNING HERALD HALF MARATHON

21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney.

Trotters is organizing a bus to this event. See [Mark Andrews](#)

Sunday, 16 June 2013

BAY TO BAY FUN RUN AND HALF MARATHON

A 12km Fun Run and Half Marathon from Woy Woy to Gosford organized by Terrigal Trotters. Trotters are needed to help organize this event. See [Kevin or Mark Andrews](#)

Sunday, 23 June 2013 (tbc)

WOODFORD TO GLENBROOK

A 25km trail run and mountain bike ride along The Oaks fire-trail from Woodford to Glenbrook in the Blue Mountains. Trotters is organizing a bus to this event. **See Mark Dunlop or Graham Ridley 0419 616 918**

Sunday, 11 August 2013

SUN-HERALD CITY TO SURF

14km. Starts from Hyde Park at the intersection of Park and College Sts in Sydney's CBD . Trotters is organizing a bus to this event. **See Mark Dunlop 0466 824 007**

Runs for the Month

2nd Feb	Memorial Run	10.1km	GNW 100's series 17th Feb
9th Feb	Waterslide	15.2km	
16th Feb	McGuigans Run	10.5km	
23rd Feb	Charles Kay Hilly Time Trial	10km	6ft Track 9th March
2nd March	Erina Bush	12.8km	
9th March	Matcham Valley	15.6km	
16th March	Kev's Kaper	10.9km	
23rd March	Tegart's Revenge	14.6km	
30th March	Flat Time Trial	10km	



Other Regular Runs

Tuesdays	6.00pm	Meet at Adcock Park in Gosford for a Track training session. Confirm details with Dave Byrnes on 0428 880 784.
Wednesdays	5.45am	Meet at Terrigal Beach Car Park for a hours run.
Wednesdays	6.00pm	Meet on the oval adjacent to the Central Coast Leagues Club in Georgiana Terrace Gosford, for a 6km time trial. Confirm with Suzy Woodbury on 0400 846 520.
Thursdays	5.45am	Meet at Terrigal Surf Club Car Park for a Track training session with Dave Byrnes. Contact Dave on 0428 880 784 for details.



Two Mexicans are stuck in the desert after crossing into the United States, wandering aimlessly and starving. They are about to just lie down and await death when all of a sudden Luis says...

"Hey Pepe, do you smell what I smell? It's bacon, I think."

"Yes, Luis, it sure smells like bacon."

With renewed hope they struggle up the next sand dune and there, in the distance, is a tree loaded with bacon.

There's raw bacon, there's fried bacon, back bacon, double smoked bacon... every imaginable kind of cured pork.

"Pepe, Pepe, we're saved! It's a bacon tree!"

"Luis, maybe it's a mirage? We're in the desert don't forget."

"Pepe, since when did you ever hear of a mirage that smelled like bacon? It's no mirage, it's a bacon tree!"

And with that, Luis staggers towards the tree. He gets to within five metres, Pepe crawling close behind, when suddenly machine gun fire opens up and Luis drops like a wet sock. Mortally wounded, he warns Pepe with his dying breath...

"Pepe... Go back, man, you were right, it's not a bacon tree!"

"Luis, Luis my amigo... what is it?"

"Pepe, it's it's it's..... a hambush!!!"

