TERRIGAL TROTTERS NEWSLETTER, MAY 2013

TERRIGAL TROTTERS
DE AGONY OF DE FEET

PRESIDENTS REPORT

May 2013

It's great to see the newer Trotters embracing the idea of long distance running – the backbone of our club for 30 years - and great to see such good times recorded in the many events. You always get a PB if you try new events.

We now have many Trotters competing in marathons and half-marathons, and fun runs as well as Dave Byrne's monthly 30 kms bush runs in preparation for the GNWs later in the year. The SMH Half on May 19 seems to be well patronised by Trotters and we should have a full bus - good luck to all competing.

The 30 year celebrations will be here soon and I hope you're saving the date. I am chasing old Trotters newsletters so if you have any, I want a copy. I am hoping to put together a journal of as many as possible for the night. All I ask is if you want it back, put it in a plastic sleeve (if you have one) with your name on it. I will record the date of the newsletter, and who gave it and ensure its return after the night. I am also putting together a history book of Trotters, so if you

FRONT COVER CLOCK WISE FROM TOP LEFT: TROTTER # 736 JENNY BARKER, TROTTER # 787 LEANNE BARRON, TROTTER # 845 KERRY HOPE, TROTTER# 816KATY MCCAIG.EACH OF THEM ON THEIR WAY TO SUCCESSFULLY COMPLETING THEIR DEBUT MARATHON AT CANBERRA ON SUNDAY 14th APRIL.

remember any anecdotes, put pen to paper and give it to me or better still, email a word document.

I have submitted a report on the recent Ironman at Port Macquarie and I would like to say thank you on behalf of all Trotters who competed to all of those who travelled to Port to support us. It was greatly appreciated. See also below part of the January report regarding the Sea FM Bay to Bay and Half Marathon. It is just about upon us.

"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

OFFICE BEARERS FOR 2012-2013

PRESIDENT	**Kevin Andrews**
VICE-PRESIDENT	**Mark Andrews**
SECRETARY	**Mark Dunlop**
TREASURER	**James Moran**
GENERAL COMMITTEE	**Dave Byrnes**
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	Graham Davis
	Jo Ridley
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REGISTRAR	**Kevin Andrews**
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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

CANBERRA MARATHON

Trotter # 658, Mark Dunlop

The Canberra Marathon holds a very special place for me, being the place where I ran my first marathon with a large group of my Rogue Runner friends back in 2008. The experience of training for and running with so many close friends, nearly all running their first marathon, was and still is a treasured one full of fond memories.

Each since year since 2008 I have hoped to run another marathon, but life gets so busy, young growing family amongst other things, I just haven't been able to find the time, or motivation for that matter, to put in the necessary training; with my boys being a bit older and feeling like I needed a goal, something to train towards, I decided mid 2012 that goal race would be the Canberra Marathon in 2013. Despite swearing that she would never run a marathon, Jenny Barker had warmed-up to the idea and I now had a reliable training partner. Training for a marathon is a long-term and difficult exercise, so having someone to share your journey is a great motivator, also I know that when Jen decides to do something it's 100% or nothing. So no matter what, rain, hail, wind, dark or any other reason for that matter, I had someone I could rely on to keep me on track. This also meant that I had to keep up my end of the deal as I'm sure Jen was relying on me for much the same.

My goal was to try and break 3 hours and my training program reflected this with high weekly mileage; easy weeks would be around 70-80km while hard weeks anything up to 120km. Incorporated into my program was a good amount of speed work; tempo, interval, fartlek and track sessions. My training program was a mix of things I had read and researched both in books and online. But most of what I did was put together from talking directly with fellow Trotters. Michael Miles, Dave Byrnes, Graham Ridley, Melanie McDonald and Mark Lee were all very helpful in sharing advice from their experiences from training, nutrition, motivation and how to deal with injury and the mishaps that are inevitable.

After 18 weeks of training the morning of the marathon had finally arrived, I woke at 4am to have a light breakfast of toast and orange juice, then went back to bed to rest and conserve energy for the run ahead, just under 3 hours to go. Nerves now had the better of me and I found it hard to rest, I lay there going through my race plan in my head, visualising what I planned to do & how I planned to it. Don't go out too fast, establish the pace I want to run, relaxed and focused on the end goal.

Katy McCaig, Kim Cook and Deb Wooden joined me for the short walk to the start area where my nervousness was replaced by excitement and great anticipation for the run ahead. There is a special kind of energy before the start of a marathon, hundreds of people from many different places all taking a similar journey to your own, converging at the same time with the same goal in mind. Everyone runs for their own reasons, some for the challenge, others for reasons that go much deeper, myself, I just love running and the marathon for me is the ultimate running challenge.

Start time was fast approaching and the announcement was made for all participants to assemble in the start area. I positioned myself in the start area right where I wanted, not too close to the front but not too far back, wished my fellow runners good luck, then waited for the starters gun to fire and we were off.

Conditions could not have been better for running, not too cold or hot, no wind and clear skies. Add to this great atmosphere and a beautiful city in all its autumn splendour and a fairly flat course that snakes it way around many of the Canberra's most recognisable landmarks.

I had settled into the pace I wanted and started to check off targets times as I reached them, 10km in 41:07, half-marathon in 87:47; all was going to plan, pace felt right and I was now running with the 3 hour pace group, just checking off each kilometre after the next. By the 30-kilometre mark the runners were dropping off the back of the 3-hour group, the pace was intense but I felt comfortable. Everything was going well but at kilometre 37 I started to struggle and despite my best efforts, I lost touch with the group, only to watch them run off into the distance. I was now running on my own with 5km left to go.

It didn't take long for me to realise that I wasn't going to break 3 hours, but that was fine, I had given my best and I wasn't going to let it get me down, I was hurting but I was still going to finish. Although my pace didn't lift in

the last few hundred metres my spirits did, the crowd of supporters and onlookers now lined both sides of the course, waiting for their special person, meanwhile eagerly cheering all the runners. Many held signs for their loved ones, “Go Dad”, “Go Mum”, “Love You”, “Awesome Effort”... And while they were waiting they were cheering for me, they understood the journey I had taken to get to this point, I’m sure they were a big part someone else’s.

This was to be a very special finish for me, my family weren’t able to be at my first marathon and hadn’t really seen me race before but they were here today, my wife Catherine and 3 boys, Harrison, Ethan and William. There was also a large contingent of Trotters and their families who made the trip down to Canberra and had assembled in the finishing straight to cheer home those of us running the marathon, many of them having just run the half marathon. I think I high-fived just about all of them before finding and embracing each of my boys, then Catherine and running the last few metres.

I crossed the line with my arms raised, the clock read 3 hours, 5 minutes and 35 seconds.

Although I didn’t quite manage to break 3 hours, what I did gain can’t be measured by time or placing. I have had an incredible experience and shared it with some equally determined people, in the process strengthening bonds with friends and developing new ones. I have found that with discipline I can achieve something special; for me that’s what the marathon is all about, it’s a metaphor for life, you get out what you put in, and this one gave me plenty.

On a closing note, I would like to thank everyone who sent messages of support and encouragement before the marathon and the congratulatory ones afterwards; they were a great source of motivation and I appreciated each and every one of them.

To the Trotters Training for Canberra Group, thanks for such an amazing experience; in the words of The Riddler “You all rock”.

Now who’s up for Melbourne Marathon in October?

TERRIGAL TROTTERS ATHLETES AND CLUB PERSON OF THE MONTH

APRIL 2013

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

CLUB PERSON OF THE MONTH

Mark Andrews

As joint Race Director of the Trotters organized Bay to Bay Fun Run and also serving as Vice-President of our club, Mark has much on his plate at this time of year. Never one to shy away from looking after our members, Mark has ensured the traditional Trotters Anzac Day run and BBQ has continued, organizing and hosting the run each year from his family home.

FEMALE ATHLETE OF THE MONTH

Jenny Barker

The process of preparing for your first marathon can be daunting, full of unknowns, pushing yourself to new levels both physically and mentally. Many of us have followed Jenny as she chronicled her journey with regular instalments of "Diary of a First Time Marathoner" in the Trotters newsletter. On Sunday the 13th of April, the 18 hard weeks of training paid off and Jen realised her goal, successfully completing the Canberra Marathon in 3 hours, 39 minutes and 25 seconds.

MALE ATHLETE OF THE MONTH

Darren McClellan

The thought of running a marathon is far beyond comprehension for most social runners. The thought of running a Ultra Marathon of say 50 or even 100km is far beyond comprehension of most marathon runners. How about running 200 plus kilometres! Call him a little crazy, I think you have to be, but you can't deny the physical and mental toughness required to take on such a challenge. Darren proved himself to be one of the top endurance runners in Australia with his 4 placing in the Coburg Harriers 24 hour Carnival on the 13-14 April, covering a total of 210.836km in 24 hours.

NOMINATIONS FOR AWARDS

Do you know one of our members who have achieved had a significant running achievement lately? Something that you think is worthy of recognition. Maybe they have run a personal best time or have overcome obstacles and/or setbacks to achieve an outstanding result.

Why not nominate them for Trotters Athlete of the Month Award.

Maybe you know of a member who has made a contribution to our club or members.

We would love to hear about that as well with a nomination for Club Person of the Month.

All nominations are accepted and a winner is chosen each month by the Terrigal Trotters Committee.

Nominations can be made by email to admin@terrigaltrotters.com.au or speak with a Committee member, let us know who you would like nominate and why.

Diary of a First Time Marathoner

Trotter #736, Jenny Barker

It was at the 35km mark that I began to wonder if childbirth was more painful than running a marathon; surely not! It was around now that my legs got heavier, my calfs were aching and my feet felt like they were on fire. Just whose stupid idea was it to do this run?

It all seemed so far away when I said yes to dong my first ever marathon. I was convinced that I would get some kind of injury and have to bow out gracefully. But that was not to be; 18 weeks of non-injured training got me to the start line. To get over my pre-race nerves I convinced myself that this was just another long run, just with more people, who were wearing bibs and there was a big clock. Mark Dunlop tried to psych out anyone who would listen with tales of his carb loading; it soon became apparent that if he carried on eating to that scale he would be on The Biggest Loser next season.

It all started so perfectly; I ran off with the 3.30 pacer and at times I was even ahead of him. Things felt good for the first 20km. The course was flattish, the temperature was perfect and the only wind was my own.

I ran my fastest ever half marathon time which I convinced myself was fine as I was fitter than I had ever been but with hindsight this was obviously a mistake as it all went downhill from this point on.

I soldiered on, trying to remember everyone's advice; there was something about pacing (bit late for that one), something about getting angry and running through the pain (that worked for a while) and something about giving up (which was very tempting). The slog continued, as the sun rose it got warmer and I spyed these sponges that were at the drinks stops. I didn't realise they had been impregnated with soap suds so when I poured my cup of water over the sponge thinking that I could get a refreshing drink over a

longer period of time I was in for a shock, so much for that bright spark idea!

Finally the end comes in sight and I get a new burst of energy, I can hear the crowds and I'm determined to get a good photo at the end! So doing my best Lindsey Wagner impression I sprint to the finish line just like the bionic woman herself. I just get over the line and I go all wobbly, but hey, I've made it in a very respectable 3.39.25. Now, when's the next one?

The Port Macquarie Ironman 2013

Trotter # 1, Kevin Andrews

And this is how 2012 Ironman ended for me.

"Another half a can of Red Bull and we're away – probably away with the fairies but back to the ferry we go. Soon I'm back in town and only 2 ks to the finish.

Along the breakwall, up the hill, down into town and around the pub and it's about 250 metres to the finish chute. Like an idiot, I raced through the finish, high-fiving everyone and seeing no-one. No family, no friends no Trotters. They were there, but I wasn't. I didn't follow my own advice to everyone else to slow down in the finish chute and enjoy the crowd. All that training, that blood sweat and tears for 200 metres and I stuffed it up. Ah well, next year we will do it again and someone can remind me to enjoy the finish.

Til next year……"

"2013 The Ironman at Port Macquarie"

This year I took my own advice.

The training up until today was spasmodic to say the least. I slept in on most mornings when I was supposed to go for a swim – probably too tired from late nights at TAFE – yeah, I know, whinging teachers and their 12 weeks holiday (but that's another story) and wasn't really expecting anything decent for the 3.8Ks but ended up with a 67min swim time. This set me up for the day.

On the bike and it's down to sunny Bonny Hills – not bonny at all – just hilly. Laurieton and Dunbogan seem to pass fairly quickly and then it was back to Port – only 30kms away and the ugliest street in Port – Matthew Flinders Dr. Into town I go and there's the regular Trotters support crew - Rob Waite, Wayne Doherty, Carl and Sonia, Janet Moore, Vern and Julie Towgood, Jenny Harwood and Craig Gavin, Chris and Caroline Hatcher, Kim and Deb Cook and many more that I can't think of at the moment. Then it was up the hill and back to Laurieton. At the top of the hill just outside of the main area was the

best cheer squad ever assembled – the Bride, the Son (Mark) and Kellie, and the Daughter (Donna) and the best 5 grandkids you could want. I couldn't go past them without the hugs and kisses needed to complete this event – how could I fail. I also found out that Graham Davis got out of the water with about 80seconds to spare. Hopefully, he was going OK but 2 ¼ hours in the water is a long time for anyone.

I was soon out of Dunbogan and on my way back home – only 30kms til the run starts. I was expecting to see Graham come past me anytime now but I was only 15kms from home when he came past with about 75 to go – hopefully he'll make the cut-off.

Up the last hill and I'm flying into Port. On with the running shoes and I'm out on the run – on 42kms to go have smashed the previous 200 metres. I go past the troops and decide that I'm not going to repeat last year's stuff up. A kiss for the support crew and grandkids and a high-five for everyone else with a hand out – I was going to enjoy this race.

4 kms in and the mood changes – my leg thigh muscles start cramping up to show some great muscle definition but I can't move. I was stuck there for a minute or so and then decide that one little cramp was not going to spoil my party. Before too long I had 12 kms under my belt and was back to the grandkids and more hugs and kisses. Only 30 to go.

Came past the crew again and I was out for the next 10. I came across a guy who was cramping in the same place as me - same leg for him and same place in the race as me. I commented on his magnificent muscle definition and then I told him that he didn't expect that this was going to be easy, so suck it up and get on with it. I don't know what he thought of my humour, but it was a genuine desire to assist him in his endeavours. It couldn't have been too bas as a spectator thanked me for such inspiring words and the competitor was soon on his way.

20 kms down and I'm on my way. I was told at this point that Graham was off the bike – such a relief for me and no doubt for Graham. Another 10 kms down and back to the crew and I'm not feeling stuffed - seeing the Bride, the crew , the grandkids and the Trotter supporters was such a buzz. I couldn't get the smile off my face - no stuff ups for me this year.

Only 10 kms to go and I was feeling great. I figured I was going to get in in about 12.5 hours so I just put my head down and thought of the finish line. Soon enough I was about 1 km from home and was starting to pick up the pace. Then came the finish chute as expected and I just walked in and lapped up the crowd – shaking hands, kissing supporters, high-fiving everyone and not caring about the extra minutes - just the feeling of having accomplished another triathlon – albeit an Ironman. This is what it's all about – setting an achievable task, giving your best shot and accepting the results – regardless of the time.

Unfortunately, for Graham Davis, the day didn't go as planned and the medical guys advised him to stay in the medical tent for a couple of hours to warm up and get some fluids into him after the bike ride (which took about 8 hours). Wisely he did and he lives to fight another day. Breaking 7 ribs and bruising lower back muscles 5 months out from an Ironman, and then trying to fit in swimming, riding and running with a very hectic work commitment with too many long hours when you should be resting doesn't make for an easy training regime. He never complained once but just got on with it – such inner strength, Graham.

If I can use the words of Rudyard Kipling for you Graham

PS. Graham's son Mark, who also trained with us (or should I say rode and ran ahead and came back for us) completed his 1st Ironman in a fantastic time of 10 hours 56 minutes. No more tips for you Mark – you're on your own now.

IRONMAN
AUSTRALIA
port macquarie

“If”

If you can keep your head when all about you
are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too:
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or being hated don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream---and not make dreams your master;
If you can think---and not make thoughts your aim,
If you can meet with Triumph and Disaster
And treat those two impostors just the same:.
If you can bear to hear the truth you've spoken
Twisted by knaves to make a trap for fools,
Or watch the things you gave your life to, broken,
And stoop and build'em up with worn-out tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings,
And never breathe a word about your loss:
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on!"

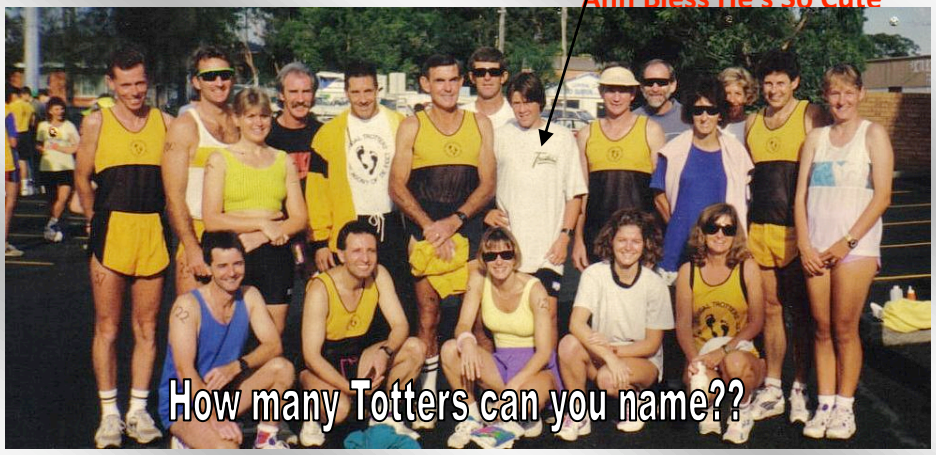
If you can talk with crowds and keep your virtue,
Or walk with Kings---nor lose the common touch,
If neither foes nor loving friends can hurt you,
If all men count with you, but none too much:
If you can fill the unforgiving minute
With sixty seconds' worth of distance run,
Yours is the Earth and everything that's in it,
And---which is more---you'll be a Man, my son!

Rudyard Kipling

Calling All Trotters
(Especially the OLD Ones)

We need Photo's, Funny Stories, Old Newsletters, Old Trotter Singlets (Uniform) & General Memorabilia for our Trotter of the Year Night, which is to be held on Saturday 31st August. There should be plenty out there considering this is our 30th year Anniversary, so don't think about it, go & get that old photo album, paper clippings, embarrassing skimpy shorts etc NOW!!!! Thanks Kevin

Ahh Bless He's So Cute



Go The Marriners

Congratulation to Jonathan King

Loyal Supporters Beverley Andrews & Graham Davis revel in the Glory!!

Go Jonathan. Sports Doctor to the Stars!

Running with the Kenyans

At the 2011 World Championships, Kenya won an incredible 17 medals in the middle-distance and long-distance running events. Even with the heroics performed by Mo Farah and Hannah England, Britain only won three.

In marathon running, Kenyans are even more dominant. In 2011, the world's top 20 fastest runners, in the most universal and accessible sport, were all from Kenya. So why, exactly, are they so good?

A few years ago, Mo Farrah, one of Britain's greatest hopes for the Olympics, was struggling to even make finals on the world stage. But everything changed for him when he moved into a house in south-west London with a group of top Kenyan runners. "To see them just eat, sleep and train and nothing else was a big shock for me," he said in a recent interview. Farah was already the top British runner at the time, but the level of dedication he saw from the Kenyans was a revelation.

Up in Kenya's Rift Valley there are thousands of runners living like this, training with an intense, almost monastic focus. Every morning, in the town of Iten, where I lived for six months, you can see them everywhere, striding past in a blur of faded wind jackets and Lycra, like commuters in any other city.

Virtually every Kenyan runner comes from a poor, rural background. From an early age they run everywhere. I had always thought the oft-recounted story of Kenyan children running miles to school every morning was a romanticised myth, but there they are, their pencil cases rattling in their schoolbags, chugging along, sometimes before the dawn has even broken. Daniel Komen, the world record holder at 3,000m, told me: "Every day I used to milk the cows, run to school, run home for lunch, back to school, home, tend the cows. This is the Kenyan way."

One top coach – who has at least six world champions on his books – told me that it takes 10 years of training to build enough of an endurance base to be good at long-distance running. "By the time a Kenyan is 16," he said, "he is already there."

The life of a western athlete, we are constantly told, is one of hard work and sacrifice. But these things are relative, as Farah found out. For the Kenyan runners, hard work is just part of daily life, ingrained in them since birth. Dedicating themselves to running doesn't require any special sacrifice. In fact, in Kenya the life of an athlete is one of relative comfort. Eat, sleep and run. It beats digging the earth all day with a hand plough.

For Kenyans, their focus is sharpened by the success they see around them. Up in the Rift Valley, every village has its star runner, someone who has gone off to win a world title or some big-city marathon, and returned with enough money to buy a plot of land, a cow and a big car. There are role models everywhere. The children look around them and say, when I grow up, I want to be a runner.

So here you have a population who from a young age have been running everywhere, mostly in bare feet – which gives them perfect running form, and stronger feet and legs – and who all aspire to become athletes. Throw in the fact that they all grow up at altitude, which increases the blood's ability to carry oxygen (a good attribute for long-distance running), and eat a diet full of carbohydrates and very little fat, and you have the perfect recipe for producing great runners.

Underpinning all their efforts is the constant spectre of poverty. For every successful Kenyan athlete, there are 10 others training in the hope of success. For them, making it as a runner, even modestly, is their only chance of escape.

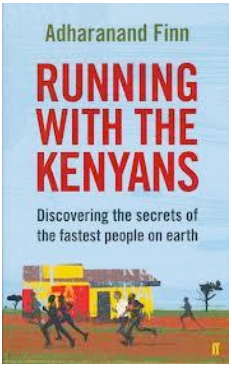
Dr Yannis Pitsila from the University of Glasgow has spent 10 years studying Kenyans, conducting research into why they are so good at long-distance running. He agrees that it is due to this perfect concoction of factors. I ask him, however, if he can put one reason above the others as the most important.

"Oh, that's tough," he says, thinking hard for a moment. Then he says pointedly: "The hunger to succeed."

"Look," he adds. "My daughter is a great gymnast, but she probably

won't become a gymnast. She'll probably go to university and become a doctor. But for a Kenyan child, walking down to the river to collect water, running to school, if he doesn't become an athlete then there are not many other options. Of course, you need the other factors, too, but this hunger is the driving force."

Poverty exists in many other places, and the will to escape it is not unique to Kenyans. The difference, however, is that in Kenya, that will is channeled into running. Every last drop of it.



Many people point to Kenyan dominance in running, and say it must be down to genetics. The big problem with this argument, however is the lack of scientific evidence. Pitsiladis and others have been conducting research on this for years and have so far come up with nothing. Unless they do, we'll have to continue to concur, that there is no secret, unless you count an incredible level of dedication, born out of a hard, physical life, which makes them strong, disciplined and motivated to succeed.

Adharanand Finn The Guardian Sunday 8th April 2012

Alternative Runners

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FIVE MINUTES WITH A POMMIE GATECRASHER

Name: Jack Brooks from St Albans UK

Married/Single: Single (I've often wondered why!!)

Occupation: Retired

Age: 61

Marathon PB: 3.12 at Chicago

100 Marathon: Calcia Marathon, Majorca

200th Marathon and 50th US State: Nashville Country Music Marathon,dressed as a Roman Centurion.

300th Marathon: City of Oaks Marathon, North Carolina

Favourite Run: Treviso Marathon, Italy

Best Organised Marathon: Berlin

Most Unusual Marathon: The Greenwich Foot Tunnel Centenary Race (About 56 laps beneath the river Thames, London)

Friendliest Marathons: Genk Marathon, and Night of Flanders Marathon, both in Belgium.

Best Country for Flat Marathons: Italy, Rome, Treviso, Venice, Carpi and Naples

Bucket List:

1/ Complete 100 Half Marathons

2/Complete Marathons in 30 countries (on 26 at present

3/To still be running aged 80 plus

Sanity: Questionable

Thanks Trotters,

I know that running clubs in Australia are not as common as in the UK, so it was a pleasant surprise to arrive in North Avoca and immediately be introduced to such a friendly & welcoming club as the Terrigal Trotters. In particular I'd like to thank Kev Andrews for making me feel so welcome on my first day, and Mark & Kellie Andrews for their hospitality on the Anzac Day Run. To Dave, Sharon, Mark Dunlop & the Canberra contingent for their support and company before, during & after the Marathon, to Wayne Evans and Dave Fogg for ensuring I didn't get lost on Leon's run, and to Martin Ayres, Kenny, the Ridler , Kev Dean and the Thorpedo for making me work so hard on the Anzac day run. It has been an absolute pleasure running with you all, regards Jack

FIVE MINUTES WITH A TROTTER

Trotter Number: 529
Name: Graham Steele
Married/Single: That's a grey area
Occupation: Cook
Favourite Trotters Run: Cromarty Hill
Favourite Distance: Couch to Fridge (Dingo)
Race PB: Nike Rollercoaster 6km 23:05
Your Shoe Brand: New Balance/Nike
Other Sports: Road Cycling

List Your Favourite
Food: Maggie Beer Pate
Music: The X.X.
Actor: Emily Blunt
Movie: Restless
Wine: Dry River Pinot Noir
Vehicle: Skateboard
Travel destination: Samao

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

1. Never ending box of Bollinger Champagne
2. Female goat
3. Male goat

If you were allowed a companion, who would it be?
799
If you could change one feature/habit in yourself what is it?
Meditate more
Tell us three items on your "Bucket List"

1. Learn to surf
2. Taste Domaine de la Romanee Conti again
3. Sail the Pacific in retirement

FIVE MINUTES WITH A TROTTER

Trotter Number: 816
Name: Katy McCaig
Married/Single: Married
Occupation: Beauty Therapist
Favourite Trotters Run: Round The Bay
Favourite Distance: Half Marathon
Race PB: SMH Half 1hr 35mins
Your Shoe Brand: Anything pretty in Pink or Purple
Other Sports: Is shopping a sport? If so my husband reckons I could compete for Australia!

List Your Favourite

Food: Thai
Music: Anything you can dance to
Actor: Hugh Grant and Jack Black
Movie: Anne Of Green Gables
Wine: Not much of a drinker
Vehicle: Not in to cars

Travel destination: Switzerland, it's just too pretty

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

1. Lip gloss
2. Lollies
3. Sunglasses and a hat

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

My husband and family, they are a package deal

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

Lengthen my short legs

Tell us three items on your "Bucket List"

1. Complete a Half Ironman
2. Travel to exotic destinations
3. Visit my sponsor children in their homeland

YONDI'S RESULTS PAGE

Share your achievements, send me your results

E-mail: yondisresults@gmail.com

SMS: 0410 573 419

Coast Trek 100km
1 March 2013

Overall Event Position	Category Event Position	Team Name	Category	Start Time	Finished Time	Elapsed Time
3	1	Hot2Trot	Mixed	6:00:00	1:53:19	19:53:19

Team Hot2 Trot team members are Terrigal Trotters:
Dave Fogg, Liza Whitfield, Cathy Donnet, David Booth

Marathon Des Sables - Morocco 251km
5-15 April 2013

Position	Last name	First name	Gender	Time	Delay	Average
251	PICKERING	Gary	M	35H24'40	16H25'05	6.33
272	WALTON	Mari Mar	F	35H53'28	16H53'53	6.24

Lindfield Rotary Fun Run 10k
7 April 2013

Pos	Name	Time	Net time	Cat (Pos)	Gen (Pos)
1	Charlie BROOKS	0:36:37	0:36:36	Open (1)	Male (1)
50	Suzy WOODBURY	0:45:07	0:45:04	30-39 (1)	Female (6)

Herald Hill to Harbour
7 April 2013

HALF MARATHON

Name	Net Time	Place	Gen	G/Place	Division	D/Place
THOMAS ROBERTSON	1:29:01	24	M	22	M 18-29	7
JOSEPH ROLELLA	1:33:44	40	M	38	M 40-49	5

10 K

Name	Net Time	Place	Gen	G/Place	Division	D/Place
MARGARET AURISCH	0:54:35	476	F	128	F 60-69	1

Australian Running Festival - Canberra
13 - 14 April 2013

50 K

Name	Net time	Place	Gen	Gen Pl	Div	Div Pl
GRAHAM RIDLEY	4:38:55	71	M	57	M50-59	11

MARATHON

Name	Net time	Place	Gen	Gen Pl	Div	Div Pl
MARK DUNLOP	3:05:32	98	M	95	M30-39	39
IAN TEMBLETT	3:07:32	109	M	105	M40-49	42
KATY McCAIG	3:27:36	267	F	23	F30-39	11
LEANNE BARRON	3:31:57	328	F	39	F30-39	16
JENNY BARKER	3:39:25	414	F	60	F40-49	20
GRAHAM RIDLEY	3:54:32	617	M	514	M50-59	60
KERRY HOPE	4:00:18	725	F	139	F30-39	62

HALF MARATHON

Name	Net time	Place	Gen	Gen Pl	Div	Div Pl
MELANIE McDONALD	1:22:50	32	F	6	F30-39	2
ADAM KRANZ	1:23:34	38	M	32	M30-39	17
BARTON RAETHEL	1:23:52	42	M	35	M20-29	7
SCOTT McDONALD	1:25:21	51	M	43	M40-49	11
KIM COOK	1:33:07	133	M	115	M50-59	4
ROCHELLE JILLET	1:34:26	153	F	24	F20-29	10
SHARON BYRNES	1:43:04	355	F	78	F40-49	13
MICHAEL THORPE	1:44:21	397	M	310	M60-69	3
DEBBIE WOODEN	1:56:10	861	F	291	F50-59	15

10 K DASH

Name	Net time	Place	Gen	Gen Pl	Div	Div Pl
SKYE SADLER	0:50:32	244	F	62	F20-29	20

Coburg Harriers 24 Hour Carnival 13-14 April 2013

Place	Distance	Time	Name
4	210.836	24 Hr	Darren Mc Clellan

WOW!!!

Boston Marathon
16 April 2013

Name	Age	Gen	Ctry	Time	Overall	Gen	Div
Robert Scoines	54	M	AUS	3:06:46	3132	2876	129

London Marathon
21 April 2013

Place overall	Place Gen	Place Cat	Name	Cat	HALF	Finish time
26481	8056	941	Krishnan, Ivy Siu (AUS)	45-49	2:24:32	5:12:35
10251	8130	222	Pickering, Gary (AUS)	55-59	1:54:37	3:57:33

Sydney Marathon Clinic 10K
21 April 2013

PLACE	FIRST NAME	LAST NAME	BIB No	TIME	DIVISION	DIVISION PLACE
16	Kim	Cook	1121	41:45:00	M50	2

STS Bobbin head –Race 2
21 April 2013

PLACE	LAST NAME	FIRST NAME	NET TIME	DIVISION	DIV PLACE	GENDER
4	BROOKS	CHARLIE	0:45:49	M19-30	2	M
11	PERSON	MARC	0:50:50	M31-40	6	M
26	McCLELLAN	DARREN	0:53:43	M31-40	10	M
80	HOPE	KERRY	1:06:57	F31-40	5	F

APRIL 6@6	3/4/13	10/4/13	17/4/13	24/4/13
FEMALES				
Kerry Hope		28.52		28.40
Karen Boyd-Skinner				
Deidre Moran				28.27
Fiona Gustard	35.20	34.45 (3 laps)	32.16 (4 laps)	No time recorded
Jody Cuthbert			37.07	
Natasha Konic		35.26	38.32	33.37**PB**
Vicki Townsend	33.12	34.02	33.09	33.21
Suzy Woodbury			25.44	
MALES				
Joel Green			22.56	
Charlie Brooks		22.09	22.40	
Ian Temblett			24.17	
Mike Randell				24.42
Mark McKay		18.59 (3 laps)	(3 laps)	
Wayne Daley		26.24	24.55	
Adrian Smith		29.31	26.03	
Ryan Roberts		22.24		
Julian Hanson	22.28	22.11		21.44
Ian Morgan			30.29	
Joe Rolella				24.37
Neil Chippendire			18.03 (3 laps)	
Greg Tegart			29.59	
Heiko Schaefer				31.25
Greg Woodbury				
Steve Gray		31.23		
Gus	23.50	22.25	24.39	23.49

JUNIORS				
Liam Townsend	22.40	22.52		
Sienna Hope				17.08 (2 laps)
Ryan Green				26.59
Nick Green				33.21
Isabella Batt				25.48 (4 laps)
Ebony McKinnon			18.06 (? laps)	
Sybella McKay		18.57 (3 laps)	12.56 (2 laps)	
Lydia McKay		17.57 (3 laps)		
Zara Allen				25.28 (4 laps)
Skyelah Townsend	6.27 (1 lap)	31.20	36.06	35.00
Matilda Allen	20.41 (2 laps)			14.30 (2 laps)

6 @ 6

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.

Some of our regular 6@6 runners have been out and about this month. Congratulations to all on these great results.

Herald hill to Harbour 10k
7 April 2013

Name	Finish Time	Net Time	Place	Gender	Gen place	Div	D/Place
LIAM TOWNSEND	0:41:08	0:40:56	29	M	28	M 16-17	3
SIMON TOWNSEND	0:42:54	0:42:54	62	M	58	M 40-49	12

Australian Running Festival
Canberra 13 April 2013

Event	Name	Net time	Place	Gen	Gen Pl	Div	Div Pl
5K Dash	RYAN GREEN	0:22:35	44	M	34	M00-12	7
Marathon	JOEL GREEN	1:28:48	81	M	67	M30-39	27

STS Bobbin Head - Race 2
21 April 2013

PLACE	RACE No	LAST NAME	FIRST NAME	NET TIME	DIV	DIV PLACE	GEN
142	489	HOPE	DANIEL	M10-18	18	3	M

Well done all

Charles Kay Hill 10km Time Trial
27 April 2013

Place	Trotter Number	First Name	Last Name	Time
1	271	Adam	Jordan	00:35:12
2	866	Andrew	Land	00:35:16
3	709	Jessica	Mitchell	00:37:33
4	817	Chris	Fuchs	00:37:43
5	665	Ian	Temblett	00:39:40
6	573	Darren	McClellan	00:40:15
7	861	Dean	Pattenden	00:40:42
8	8208	Joel	Green	00:40:48
9	637	Matthew	Chapman	00:41:00
10	517	Dave	Byrnes	00:41:53
11	690	Tom	Robertson	00:42:24
12	785	Mark	Hope	00:42:28
13	576	Steve	Guest	00:42:45
14	8449	Melissa	Robertson	00:43:08
15	780	Troy	Kastelan	00:43:16
16	529	Graham	Steele	00:43:22
17	544	Craig	Gustard	00:43:34
18	457	Kim	Cook	00:43:47
19	173	Mike	Randell	00:43:57
20	856	Therese	Auton	00:44:05
21	773	Jason	Kirksmith	00:44:10
22	854	Rochelle	Jillett	00:44:11
23	676	Suzy	Woodbury	00:44:44
24	838	Ciaran	Lynch	00:45:23
25	8508	Brendan	Done	00:45:26
26	860	Ross	Markey	00:45:27
27	816	Katy	McCaig	00:45:59
28	858	Jackie	McRae	00:47:08
29	813	Graham	Laws	00:47:20
30	8509	Michael	Seton	00:47:37
31	822	Luke	Martin	00:47:43

32	83	Mike	Thorpe	00:47:44
33	8510	Michael	Stark	00:47:50
34	804	Martin	Ayres	00:47:56
35	8511	Warwick	Whitmore	00:48:51
36	267	Wayne	Daley	00:49:09
37	8512	Lucy	Francica	00:49:10
38	505	Greg	Brown	00:49:14
39	480	Jodie	Henderson	00:49:16
40	803	John	Kalos	00:49:25
41	43	Kevin	Dean	00:49:38
42	8513	Lee	Pawlak	00:49:39
43	1	Kevin	Andrews	00:49:41
44	607	Jeff	Dick	00:49:43
45	863	Justin	O'Malley-Jones	00:50:02
46	366	Wayne	Evans	00:50:07
47	556	Chris	McInerney	00:50:21
48	8514	Jack	Brooks	00:51:21
49	483	Graham	Ridley	00:51:21
50	27	Ken	Hickson	00:51:26
51	845	Kerry	Hope	00:51:28
52	639	Deidre	Moran	00:52:08
53	826	Kaylee	Raethel	00:52:15
54	792	Barton	Raethel	00:52:16
55	849	Steve	Brown	00:52:27
56	711	David	Booth	00:52:34
57	89	Mark	Andrews	00:52:44
58	513	Liza	Whitfield	00:53:17
59	862	Adam	Couchman	00:53:20
60	593	Steven	Gray	00:53:24
61	698	Tammy	Shafer	00:53:33
62	808	Graham	Fowler	00:53:48
63	207	Greg	Tegart	00:54:00
64	833	Jaqui	Payne	00:54:39
65	107	Lynn	Bromwich	00:54:54

66	8515	Sophie	Lane	00:55:15
67	8516	Annette	Henderson	00:55:36
68	827	Rod	Tawyer	00:58:50
69	612	Bill	Diebert	00:58:51
70	704	Ian	Keene	01:02:15
71	481	Tony	Collins	01:12:52
72	859	Corné	Loots	01:12:52

MT Mee Classic 10 K
Dayboro QLD 28 April 2013

TIME	BIB	AGE	FIRST NAME	LAST NAME	GEN
0:38:32	174	28	MATT	ROBBIE	M

SYDNEY 10K 4 May 2013

POSITION	NAME	M/F	TIME
14	MARK WARREN	M	0:32:15
37	ANDREW LAND	M	0:33:55
39	MARK LEE	M	0:34:01
64	CHARLIE BROOKS	M	0:35:02
105	JESSICA MITCHELL	F	0:36:09
141	BARRY WILLIS	M	0:37:25
297	KIM COOK	M	0:41:20
348	MICHAEL RANDELL	M	0:42:32
551	HEIKO SCHAEFER	M	0:49:08
626	DEBBIE WOODEN	F	0:53:38

GNW SERIES - CONGEWAI TO CEDAR BRUSH (33KM) 5 MAY 2013		
Runner	**Approximate Finish Time**	**Comment**
Mark Lee	03:19	
Darren McClellan	03:24	
Matt Chapman	03:24	
Graham Steele	03:32	
Kevin Byrne	03:38	
Dave Byrnes	04:01	
Denise Maguire	04:10	Unplanned extra distance
John Hepworth	04:18	Unplanned extra distance
Ian Temblett	04:19	
Wayne Daley	04:19	
Mark Hope	04:31	Unplanned extra distance
Jessica Mitchell	04:33	
Michael Miles	04:33	
Ciaran Lynch	04:43	
Wayne Evans	04:59	
Sharon Byrnes	05:03	
Graham Ridley	05:07	Included (deliberate)
Bruce Litterick	05:16	
Joann Payne-	05:20	
Steve Gray	05:21	
Dave Fogg	05:40	
Lynn Bromwich	05:51	
Greg Tegart	05:54	
Deirdre Moran	05:59	
Les Lowe	05:59	
Greg Brown	11:00	Out-and-back.
Graham Fowler	12:07	Out-and-back.

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2012-13 Terrigal Trotters Calendar

Sunday, 19 May 2013
SYDNEY MORNING HERALD HALF MARATHON
21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney. Trotters is organising a bus to this event. See Mark Andrews 0400 403 359

Sunday, 16 June 2013
BAY TO BAY FUN RUN AND HALF MARATHON
A 12km Fun Run and Half Marathon from Woy Woy to Gosford organised by Terrigal Trotters. Trotters are needed to help organise this event. See Kevin or Mark Andrews

Sunday, 30 June 2013
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 organising 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 organising a bus to this event. See Mark Dunlop 0466 824 007

Saturday, 31 August 2013
"TROTTER OF THE YEAR" NIGHT
Come along for an enjoyable night and to recognize our Trotters of the Year. This will be a big one being our 30th Anniversary, so put it in the diary & book the babysitter.

Monday, 2 September 2013TERRIGAL TROTTERS ANNUAL GENERAL MEETING
7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2013-14.

Strange?

If you spell out all the numbers, you would have to get to 1,000 before you get the letter A.

Saturday, 7 September 2013
GNW100s SERIES - YARRAMALONG TO SOMERSBY NIGHT RUN (27KM) See Dave Byrnes 0428 880 784
Trail runs along the Great North Walk. Trotters will organise a bus to and from the runs which are only open to Trotters.

Sunday, 20 October 2013
GNW100s SERIES - GIRRAKOOL TO PATONGA (25KM)
Trail runs along the Great North Walk. Trotters will organise a bus to the run which are only open to Trotters. See Dave Byrnes

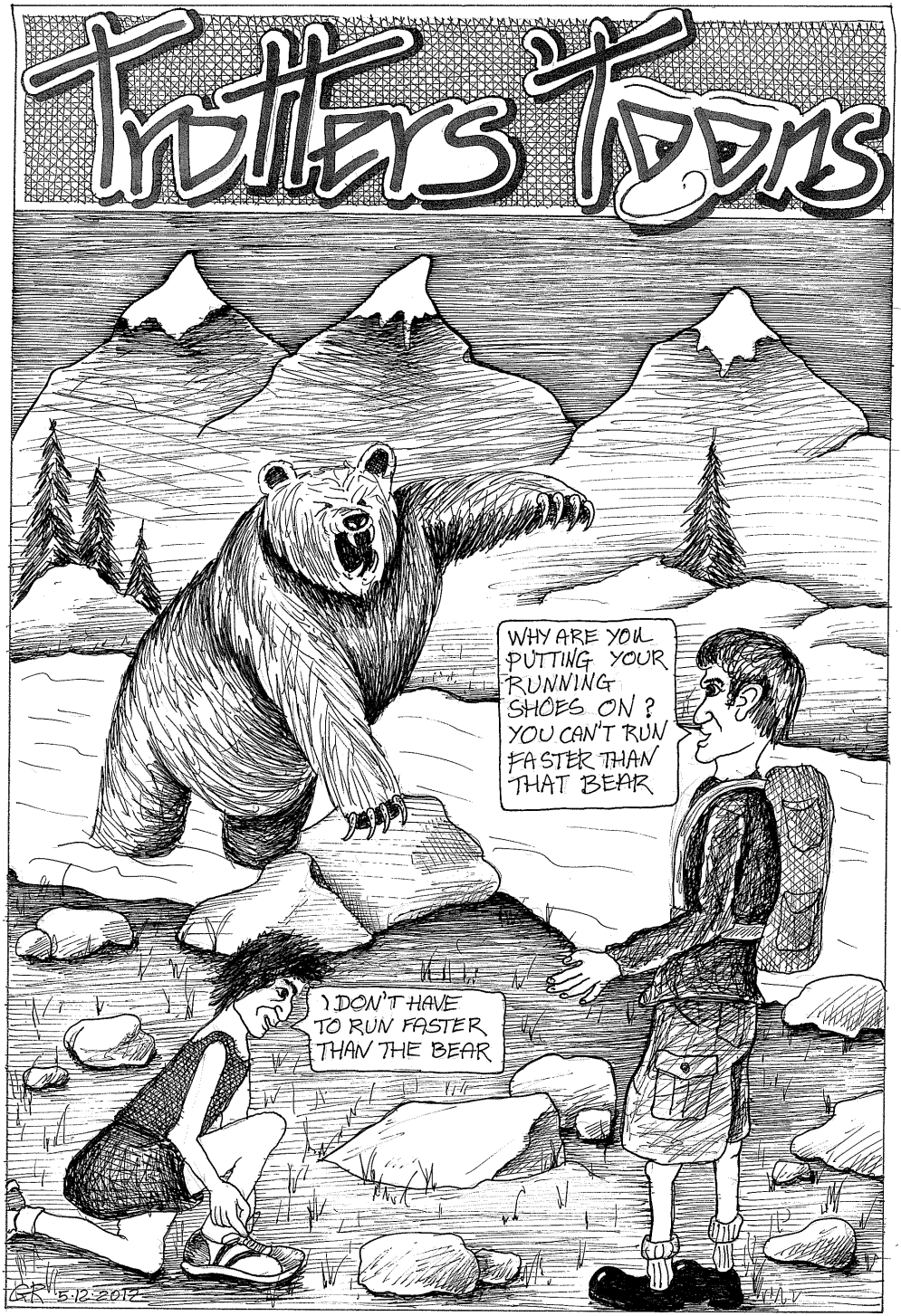
Runs for the Month			
4th May	Fiji Run	15.4km	
11th May	Pony Club	14.1km	
18th May	Keiths Run	10.9km	Sydney Half Marathon 19th May
25th May	Flat 10km Time Trial	10km	
1st June	Woody's Wun	13.8km	
8th June	Gerry's Run	10.4km	Macleay River 9th June (aka Kempsey)
15th June	Enzo's Edventure Run	13.1km	Bay to Bay Fun Run & Half Marathon 16th June
22nd June	Avoca Amphitheatre	10.4km	
29th June	Kerry Anderson 10km Handicap	10km	Woodford to Glenbrook 30th June

An Aussie was holidaying in Mexico. He was having lunch at a highly regarded restaurant and noticed the very attractive large plate of food that a nearby diner was enjoying.
He called over Manuel the waiter and asked about the other diner's meal.
Manuel told him that it was a Mexican delicacy called "Cojones de Toro"- the testicles of the bull.
The Aussie was taken back for a minute and then thought, why not, and asked if he could have some as well.
Manuel informed him that he would have to book in advance as there was only one bull fight in the town each day, so they had a restricted supply of ingredients.
The Aussie made a lunch booking for 2 days later.
The Aussie thoroughly enjoyed his lunch but was a bit disappointed that his meal wasn't as large as the one the other diner had had.
He called Manuel the waiter over to complain.
Manuel said "See senior, that is the way it goes.
Every day we have a bull fight and some days the bull wins".
Joke supplied by the Russian!!!

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.**

Fun & Games on the GNW


Trotters 'Toons
WHY ARE YOU PUTTING YOUR RUNNING SHOES ON? YOU CAN'T RUN FASTER THAN THAT BEAR
I DON'T HAVE TO RUN FASTER THAN THE BEAR
GR 5.12.2017