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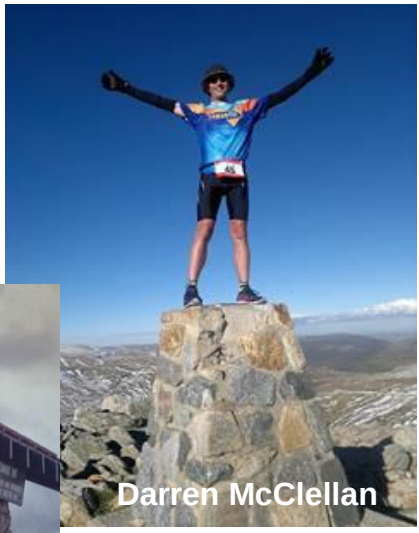
Edition 5 December 2013

CONQUERING KOSCIOSKO

Unbelievable

Determination



Inspirational

View the newsletter in online and in colour by clicking on the newsletter link on the Terrigal Trotters home page

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Coast to Kosciusko 240K 6-8 December 2013

PL	NAME	GEN	CP1 ROCKY HALL50K	CP2 CATHCART 70K	CP3 GUNNINGRAH RD 106K	CP4 DALGETY 148K	CP 5 JINDABYNE 184K	CP6 PERISHER 219K	FINISH 240K
29	Darren McClellan	M	5:09:00	7:31:00	12:19:00	19:29:00	26:30:00	32:44:00	39:20:29
30	Greg Brown	M	6:05:00	8:49:00	14:04:00	20:33:00	27:13:00	33:19:00	39:57:49

All C2K photos courtesy of Greg Brown and Darren McClellan

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Coast 2 Kosci report

A little over a year ago I decided to tackle this event and I'm glad I did. What a challenge from sea level to the highest point in Australia

My crew consisted of Graham Fowler, Kev Andrews and Greg Tegart. The only other Trotter competing was Darren McClellan.

It's only a small field of runners, 49 in total of some of the best Ultra runners in the country as well as some from overseas

The run started on Boydtown Beach near Eden at 5.30 in the morning with a light rain and temperatures in the low 20s. This is going to change dramatically over the next 2 days and that's not an understatement. The whole run travels through back roads of some remote and pictures countryside of the south coast and alpine regain.

The first 24km of the run is through forests where we are unable to obtain assistance from our crew which is not a problem as there are 4 aid stations in that section. I finally reached my crew where I picked up some water and changed my shoes. I was still unsure what shoes I would wear (they were all Hokas). Friday ended up being a warm day with temperatures in the high 20s and some big hills as you can expect. About 56km into the run you hit Big Jack a 7km hill. We were unaware of the rules that we were permitted to have a feeder on this hill. Some one that could walk (as it was too steep and long to run) with you carrying food and water for you. So I climbed it solo. You are permitted to have a pacer but not until 8.30 that night.

At 70km we reached our first town Cathcart. Well it had a general store that sold everything from food to bullets. This was our second check point and the day was warming up to the high 20s. I made it there in 8hrs 49min, 1hr 18min behind Darren. Darren is a top runner and I knew I had no chance of catching him.

The run continued across undulating hills and farmlands for the rest of the day and into the night. The sun sets quick in the country and that night so did the moon. With a sky filled with more stars than you have ever seen the temperature plummeted. I don't know what the temperature was but it was cold. At least I was able to have a running partner to keep me awake when they didn't take off on me forgetting I had already run over 100km.

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My next town was at a place called Dalgety. This was a lot bigger than Cathcart it had a school. I got in there in 20hrs 33min that was the 148km mark. At that stage I was just over an hour behind Darren. We cross the Snowy River at Dalgety then we start climbing hills again. Up and down up and down for 14km till I get to the base of a hill called Beloka. A 4km hill as steep as a road could be. By the time we reached the top the sun had risen to reveal a spectacular view of the Snowy Mountains white caps and all. Post card stuff.

The next section of the run was mainly downhill into Jindabyne. Downhill always is a worry as you know you will have to make it up. I arrived in Jindabyne in 27hr 13min now only 43min behind Darren. I was informed that Darren was having a "shocker" and we may have a race on our hand. At 180km you can't pick up the pace they were dreaming.

The road to the snow fields is long and sloping not the type of terrain to pick up the pace. The next checkpoint is Perisher Valley. This is a ghost town in summer not a sole to be seen anywhere. I arrived there in 33hrs 19min now only 35min behind Darren. We could have a race.

Leaving Perisher Valley I had the 10km uphill run/walk to Charlotte Pass until I was told at 3.45 about 6km out of Charlotte Pass that I had to be there by 4.30 to go to the summit due to inclement weather. So of cause I started to run as fast as a man could that had run 220km. There was a gear check at Charlotte which my crew took care of and I just ran. Getting there with less than a minute in hand, but with no energy to reach the summit. It's amazing where you can find the energy. It was a slow climb to the top taking in the breathtaking scenery on the way. I was the last through Charlotte and all I wanted to do now is finish. It took us 3 hours to get to the top wearing shorts and a T-shirt. As soon as the shadows started to form the temperature dropped and now I was wearing thermal top, pants, a windbreaker, beany and gloves and still cold. The slushy snow we were walking through on the way up has frozen into ice and turned very slippery and quite dangerous in the daylight, I can see why they didn't allow any more competitors up as that would be deadly in the dark. It was a bit quicker coming down in 2 hours, half an hour after the sun came down. I ran through the ribbon still not fathoming what I have achieved. I finished in 39hr 57minutes and 49seconds. **Greg Brown # 505**

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C2K 2013!!!!!!!!

Ok let me try and put this race into words…. hmmmmm... well I'm going to miss a lot but here goes.
Now one thing this is not just a race, it's an amazing journey into another world. I mean how on earth do you describe in words the feeling you get mentally and physically running/walking 240km from Eden on the South Coast of NSW to the highest point in Australia?

I could put this race in to sections such as PRE RACE, THE RACE and POST RACE because each has it's own story but for this I'm going to just talk about "THE RACE"

Amazingly I managed to sleep pretty well waking up about 3:30am to eat some breakfast and do some last minute sorting of my gear. By 4:50am we arrive at the start line and with a nervous wait I try to keep warm. A few photos done of Kevin, Charlie and myself on the start line and the next thing I know we are lined up and off and running!
The first few km's and it's no easy task. Straight on trails and some short sharp steep hills. I just got into a comfortable pace walking those steep hills along with everyone else that I could see. The first 24km went pretty quick just getting into a nice rhythm I soon catch up to Sarah Richardson then pass her then a little while later she catches up to me and we run into the 24km mark together where we get to meet up with our crews for the first time. I stop here to do some shoe surgery and off I go again.
The next thing I really remember is making my way to the marathon point where I get a cheer from Carol Adams. I got there in 4hrs13min. After that it became a bit of a blur until I got to the first checkpoint at Rocky Hall (50km) I came in there in 5hrs9min (I think)
Feeling pretty good I made my way to Big Jack Mtn at 56.3km in 5hrs50min. It was here Kevin drove to the top while Charlie walked/ran the 7.2km steep hill with me. That 7.2km took 1hr3min to get to the top. I was now back on my own plodding along to checkpoint 2 at Cathcart (70km) 8hrs2min in and 13th place. From here I run with John Pearson and Rick Cooke until my right hip started to give me grief. I put up with it but as the km went on it was just getting worse and worse. Very frustrating as the rest of my legs felt great. By the time I got to the next checkpoint at 106.7km I was pretty much walking. It was here I got Charlie to stick his elbow in my hip and try and release it which helped for a little bit but soon became painful again. At 110km I put some KT tape on the hip and BINGO! I was all good again. Now back into running mode I was catching quite a few other runners and now feeling positive again. It was also around this stage these guys in a ute drove up next to me and said to hop in the back as they could give me a lift! Hahaha....one then asked what do you get if you win and I said I'm not too sure but if you finish you get an Akubra. He then said his mate next to him makes Akubra's and he will just give me one!....laughing my head off they wished me well.
Now from 110km to 139km I'm flying along loving it when I decide to have some ice. The next thing I'm cold, and then I'm shivering. I said to let me sit in the car with the heater on for a bit and I'll warm up then get back out there. The next thing I know I'm sitting down and I vomit, and vomit and vomit and vomit. I was in the car crook from 9:35pm to 10:58pm. That's a long time

going nowhere and being sick. Kevin thought at on stage there I was going to be off to hospital but being a great support crew he stayed positive and poor Charlie had the job of cleaning out my vomit bowl. Finally I decide I've got to get moving and we walk the next 9km to Dalgety checkpoint (148.1km) I stayed here and had a 35min sleep and got my head back into it. I woke up feeling great again and was off into some sort of running.

At 162km Kevin and I started the Beloka climb. All I remember of this was it was STEEP! As we were getting closer to the top the sun was rising and that was just a magic sight!

We were now on our way to Jindabyne and we got there at 8amish or 26hrs30min into the race. I stopped here and had some soup before we started the 40km trek up and up and up to Perisher with a few steep down hills in there too. Being so tired on this climb with being so fatigued I was feeling like I was now drunk and I think Kevin was feeling similar effects we were now just talking shit, laughing at all sorts of things and just having a good time and asking Charlie what's the score in the cricket even though it didn't start for a few hours but hey we had no idea of the day let alone what time it was.

Somewhere along this section about 5-8k from Perisher we are running down this steep hill and Kevin said his knee was a bit sore and I said my calf is a little sore. We stop to walk then the next thing I know I have this sharp stabbing pain in my left calf. Not long later I couldn't bend my knee so I was now walking the rest of the way to Perisher which took a long time.

We now had an 8-9km climb to Charlottes Pass to get to and we thought we will just relax, walk to the summit and just enjoy being out here as we had plenty of time up our sleeves. About 5km from Charlottes Pass we got a message from another crew that after 4:30pm they weren't allowing any other runners up to the summit because of bad weather. SHIT! It was 3:35pm and we were walking pretty slowly now and we only had 55min to get up there which normally wouldn't be a problem but with a stuffed calf it kind of became a bit of a problem. OK all of a sudden I thought I haven't come all this way, gone through all this pain not to get to the summit so I blocked that calf pain out and we did a run/walk to Charlottes Pass getting there around 4:10pm with 20min to spare! We then went back into relax mode.

The next part of this adventure was something else! Kevin, Charlie and I hiking to the summit congratulating, hugging, hi fiving all the other runners who were on their way back. We hiked through snow and ice stopping to use the highest toilet in Australia on the way and get to the summit in the most perfect weather you could ask for. We got some photos taken then made our way back down the 9km to Charlottes pass to the finish. I saw Greg Brown and Keith Sullivan on our way back down and I just felt so happy they made it. With 4km to go I got back into power walking mode just wanting to finish this thing now.

I crossed that line in 39hrs20min and 29th place out of 50.

Darren McClellan # 573

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SUDDEN DEADLINE CHANGES, SELECTIVE HEARING AND THE SUMMIT OF AUSTRALIA

Every race has its unforgettable moments and this year's Coast to Kosciusko ultra-marathon was 240 kms packed with them.
Kevin Andrews, Greg Tegart and I were crewing and pacing for my training partner and good mate Greg Brown in his debut attempt at the event.

One segment of the race will stay with me forever and really sums up what crewing and pacing in this race is all about.

It's Saturday afternoon about 3.40pm. I'm pacing Greg on Kosciusko Rd between Perisher and Charlottes Pass. Greg has been running since 5.30am Friday morning and has covered about 215kms. We're about 1800 metres above sea level.
Greg is going strong but has slowed to about 12 minute kms. We are walking all the hills and trotting the downhills and flats. We are on bitumen. We have until 3.30 the next morning to complete the last 25 kms of the race. We have until 3.30 the next morning to finish the journey that my training partner started 18 months ago when he first speculated about doing this race. We're in a comfortable, happy place.

We had been using walkie talkies to communicate between the crew member who was pacing and our support car. They only worked on a line of sight basis but they allowed us to relay vital information and for the crew to know and prepare what Greg needed before he arrived at each checkpoint.
I had ducked behind a bush for a nature stop when the walkie talkie crackled. I couldn't understand what Kevin was saying and was otherwise engaged. I'll find out what Kev wants in a minute!
When I was able to access the walkie talkie I couldn't raise Kevin so Greg and I kept going.
A few minutes later our support car comes hurtling up the road. Kevin yells at us that because of bad weather the race cut off times have been changed and we have to be at Charlottes Pass by 4.30pm. We've got 6kms to do in 50 minutes, most of it up hill. Kevin tells us that they'll see us further up the road and to "get moving".

Suddenly as a pacer I had so many things to process all at once. Thankfully Greg Tegarts collection of leads and adapters and chargers in his car meant that my Garmin was charged so I had an accurate guide as to how we were travelling and more importantly what we had to achieve.
We had to do 8 minute kms and we were current doing 12 minute kms. Greg had already done over 215kms. We were heading up to the highest ski resort in Australia.

We could see about 500 metres ahead on the road and then it disappeared behind hills, hills and more hills.

Greg and I had different understandings of what Kev had told us. I wasn't about to debate with Greg as to who had heard correctly suffice to say that we learnt later that, for one of those rare occasions in his life, Greg had got it right!
I look at the skyline and apart from a collection of clouds in the far distance I can't see any indication of bad weather on its way.
I try to raise Kevin and Greg T on the walkie talkie without success.
There's one common factor here – I have to get Greg to Charlottes Pass by 4.30pm.

I'm about 5 metres in front of Greg and I decide that's where I'll try and stay. I've trained with Greg long enough and often enough to know that his competitive spirit, regardless of how fatigued he is, means he won't let me get too far ahead of him.
I gulp down a gel and tell Greg we have to do 8 minute kms to get to Charlottes Pass in time. I pick my pace up to 8 minute kms and hope that Greg can stay with me. I have the nagging thought in the back of my mind that I hope I can sustain 8 minute kms myself.

Greg is staying with me and after about 2 km of gradual uphill he starts saying that if he maintains this pace he's worried that he won't have anything left to make the climb to the summit. I decide to suffer selective hearing and not reply. In any event we don't know for certain that we're going to the summit. All I know is we HAVE to be at Charlottes Pass by 4.30pm.

We pass a small alpine lake with a picnic area. An artist is there hard at work painting a landscape. So serene and peaceful as opposed to my heart rate.

Greg is manfully hanging in there and we're power walking as best we can. All our hill training has come down to this.
I'm estimating we have about 2 kms to go in 14 minutes and our support car comes flying towards us again. Kev jumps out and says "I'll take over the pacing Russian. You get up the hill and get your gear checked. Go. Go. Go".
I think to myself that Greg couldn't have anybody better than Kev to get him there. That's indeed, if he does get there.
I can see another runner and his pacer about 50 metres ahead of me and I make it my goal to try and catch them. I caught them just as we all reached the checkpoint and I heard the race officials tell the runner that he was through in time and could continue onto the summit.

I immediately thought "What about Greg?", "What about us?"
Straight in front of me I saw the imposing figure of Greg Tegart lording over the diminutive race director, Paul Every. I didn't hear what Greg was saying but I saw Paul look back down the road to where Greg and Kev were about 100 metres from the checkpoint. I heard Paul say "O.K., he's made it, but he's the last one".

Am I hearing right? Has Greg made the cut off? Have we made it? – YES we have – You Beauty!

It is then that I learn that because of the snow on Mt Kosciusko's summit the race officials have moved the cut off at Charlottes Pass forward. They were worried that as the sun went down the snow on the trail would freeze over to ice and be unsafe under foot, particularly in the dark.
Greg was the last runner to get through. Greg was going to achieve his goal of standing on top of the Streislecki monument on the summit of Mt Kosciusko, the top of Australia.
Race rules dictate that all members of a runner's crew must accompany their runner on the final 18 km loop from Charlottes Pass to Mt Kosciusko summit and back to the finish line. This loop is one of the most beautiful and intriguing places I have ever visited. You are in what feels like a huge natural amphitheatre surrounded by snow-capped mountains and the Kosciusko summit in the distance.
Having just made the cut off we were on such a high and then we were discovering this special part of the world. I was walking up front with Kev with the two Gregs just behind us. I swear my feet didn't touch the ground for the first 2 kms. I lost count of the amount of times Kev said "How good was that".
We had 18 kms to go but we knew we had done it. We knew that Greg was going to finish Coast to Kosci, Australia's longest ultra-marathon. We knew that as a team we had got him there.

Crewing and pacing at Coast to Kosci is a unique experience. You do not know, you cannot predict what you will confront. You have to put your runner first and all your efforts individually and as a member of a team are to get him to the finish. It's an experience and just short of 39 hours 57 minutes of race time that I'll never forget.

Graham Fowler #808

Coast to Kosci 2013

What an adventure it was! **"Greg Brown and Darren McClellan conquer Mt Kosciusko."**

When Greg Brown asked me, Greg Tegart and Graham Fowler (The Russian) to be in his 'crew' for his attempt at the 240 Km Coast to Kosci Ultra, I accepted as did the others, but with a little apprehension. I knew from my previous experiences with assisting Totters in these events that we are a determined bunch. Greg is a man with more grit and determination than you could imagine so I knew he would give it a fair go.

We arrived at 5.00pm just as the 5km event for the 'crews' was just finishing. We unpacked and headed into town for the pre-race dinner and race briefing. There was the usual infectious banter and talk of expectations, but our crew and Darren McClellan's crew (Kevin Byrne and Charlie Brooks) made it our business to keep them both calm and focused on the task ahead.
5.30am Friday saw the race start in cold but otherwise perfect conditions. The weather forecast for Kosci was for snow and below freezing temperatures but otherwise the day was expected to be cool but no rain in sight. As you know, the weather has an enormous impact on any event (as the GNWs will attest) so we didn't really know what to expect during the next 46 hours –which was the finish time for the event. The first 24 kms was on unsealed roads with organised aid stations 5 kms apart and no support from us. After arriving at the 24km mark we collected our revolving lamp and 'Runner Ahead' signs. Greg arrived soon after in good spirits with a small group and was running very comfortably and within the expected time zone.

The next 100kms saw us leap-frog the other crews at approx. 5 to 10km intervals. We would also occasionally meet up the Darren's crew, who were slightly ahead of us – as was expected.
50kms was the first 'check-in' – a phone booth at Rocky Hall, a small town with a single old phone booth. We were told to bring plenty of small change to phone through the arrival times. This was also a good place to start meeting the other crews and have a chat about the unfolding adventure.
Next scheduled stop was 70 km at Cathcart, another small town with no mobile phone reception. Not a bad place to get something to eat – a meat pie with real meat in it.
Greg came in 8 hours 49 min and was still feeling OK and moving well.
Greg came through the 100km mark in 13 hours 55 minutes and was still feeling OK although, expectedly, a little tired. The weather was still perfect with better

expectations for the summit. Then came the hill they call aptly 'Big Jack' - a very steep and winding road and we saw other runners walking with supporters. After talking with other crews we found out that you could accompany your runner up this hill without penalty – pacing was not allowed until 146 km or 8.30pm, whichever came first. Graham went down the road to meet Greg and walk with him up 'Big Jack'. Again Greg was still chirpy and very focussed on the journey ahead and the goal of Kosciusko summit. Our crew had a very determined champion with the strength required for this event. In our thoughts always was the mantra "Beware the Chair" as delivered by Dave Byrnes so we followed that advice as often as possible.
After 8.30pm we started our stints of joining Greg on the run just keeping him moving at his desired pace – forward. Greg T and Graham started pacing duties and probably did about 17kms each in 5km lots. After arriving at Dalgety (146 km) at 1:55 am Saturday morning it was now my turn to share Greg's journey. I was apprehensive as my running had been limited to a very slow 5km max over the past few weeks, but I was here to support my mate.

It is hard to believe how beautiful the night sky can be when you're running down the road singing Elvis songs (and getting "back-up" from the other competitors). Then it's just you and your buddy on an undulating (undulating "up") road being drenched in star light by a million stars. We do live in a truly marvellous country. After about 10 km, I told the guys that I wasn't feeling too bad so I would keep going for another 7 km or so. Unbeknown to me was the steepest hill in the run – just like Hastings Road, but about 6 km long and only up – no relief at all. After getting to the top, Greg T took over for the next 10 km. He also was running OK and decided to continue on for another 5 km. Only thing was, we didn't tell him how far it was to Jindabyne – about 8 km further.

The section to Jindabyne was just at sunrise and was spectacular to see. At that point, the temperature was about 10 degrees and visibility was perfectly clear - except for the low cloud and fog covering the outskirts of Jindabyne. As we neared the fog, the temperature dropped to about 2 degrees and the visibility about 100 metres.
From Jindabyne (184 km in 27 hours 13 mins), Graham took over and headed up the hill for his next stint of support. Notice I haven't said "down" at all throughout this story!!! I took over from Sawpit Creek to Guthega and then Greg T took over to Perisher. These 15 km pacing duties continued with Graham taking the final pacing duty from Perisher to Charlottes Pass – about 9 kms.

While we were at Perisher, Graham and I boiled the kettle to make them both a cup of strong coffee in preparation for the 18km summit climb. This was the 1st time that Greg actually had a short 5 minute sleep in a chair – he had one other short sleep on the

side of the road some 12 hours earlier but only for about 10 minutes. (Oddly, we both had micro sleeps whilst we were running). Greg then woke up and continued very slowly towards Charlottes Pass – at about 15 mins per km at best. When they had left, we were met by Charlie who told us that their car was very low on fuel. We suggested he park his car and come with us. Charlie grabbed all the gear for Darren, Kevin B and himself and Greg and I then started to get our mandatory gear ready for the Charlottes to Kosciusko section.

Then the fun started

The three of us were met on the road by an official who told us that any competitor not at Charlottes Pass by 4:30pm would not be going to the Summit due to the imminent inclement weather. We then took off to meet up with Graham and Greg and Darren and Kevin B and give them the good news. Graham and Greg had about 55 minutes to do the next 7 or 8 kms. Up til this time Greg could only manage a very slow run/walk at about 15 – 20 minutes per km. Racing up to Charlottes Pass, Greg and I checked in our compulsory gear in the hope that Greg B would make the cut-off.
Greg then drove me back to our guys and we met them with 2.4kms and about 15 minutes to go. Graham took off up the hill on his own so that he could check in his own gear and I stayed with Greg B with my right foot planted firmly in his rear end - as has been our tactic in past events. Greg now had to summon that inner strength and channel it into sprinter mode- and this is after 215 km of uphill running from the coast at Eden up the biggest hill in Australia. Whilst this was happening, Greg T was begging with Paul Every, the Race Director, to allow him a few extra minutes. The minutes were racing by just as Greg T spotted us about 500 metres down the hill. At that stage, and unknown to Greg B and me, **and thanks to Greg T's persuasive nature**, Paul had given us the all clear to keep going.
Such was his effort that we made the cut-off with about 15 seconds to spare.

WE WERE ON OUR WAY TO THE SUMMIT – YEE HAA!!!!

Darren and his team had left 30 minutes earlier.
The trek to the summit was fantastic and worth the efforts of the weekend.

Greg, on behalf of our Team, THANKS for letting us be part of your amazing journey

Kevin Andrews # 1

STS Manly Dam Race 1 – 8 December 2013

20k

PLACE	TROTTER #	NAME	CAT	TIME
5	832	MARK LEE	M31-40	1:27:46
9	734	MICHAEL MILES	M41-50	1:32:53
10	857	MARC PERSON	M31-40	1:35:46
23	638	JOE ROLELLA	M41-50	1:49:07
33	838	CIARAN LYNCH	M31-40	2:00:35

10k

PLACE	TROTTER #	NAME	CAT	TIME
18	785	MARK HOPE	M31-40	0:50:03
60	845	KERRY HOPE	F31-40	1:02:07
67	639	DEIRDRE MORAN	F31-40	1:03 24

Photo courtesy of Mark Lee

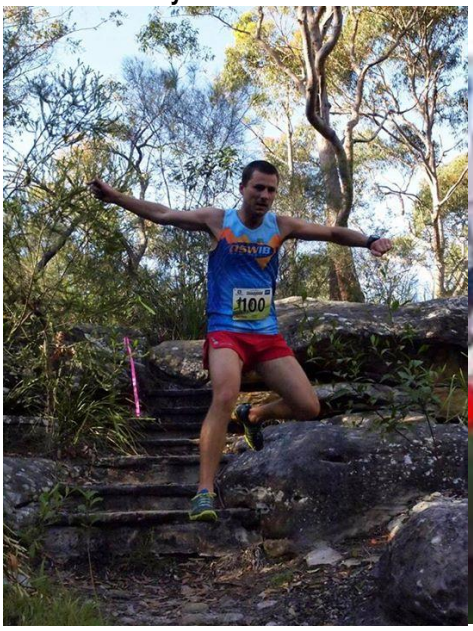

Photo courtesy of STS Facebook page

Kurrawah to Duranbah 50km Race Report

By Sharon Byrnes #546

Photo source: Kurrawa to Duranbah Facebook Group

It was quite surreal heading off on the train to Sydney airport for a lightning visit to the Gold Coast to compete in the 50km Kurrawa to Duranbah. Silly me thought it was a good way to finish a lousy year of injuries…. without the slightest consideration that running 50km on a mix of road and concrete paths could actually result in new injuries.

It's always quite refreshing though to just take off somewhere on a whim, even if I'm not going to have a great performance. It was also exciting because I had no idea on where Kurrawa, or Duranbah for that matter, even was. I just knew it was somewhere on the Gold Coast near the beach and the Gold Coast (near the beach) is FLAT.

There were few hiccups in my travel plans, with everything falling into place quite nicely, starting with the public bus connection from the airport to the Gold Coast, and costing just $7 which saved me a small fortune on the alternative airport link service. I found a nice little motel, at a good price, which for some reason I thought was walking distance to the race start. I paid an extra $10 cash for a late checkout, so I could get back to the hotel and have a shower before getting my early pm flight home. Not that I minded being a bit stinky on the plane. But when I was double-checking my plans at 9pm that night before the race, once in my motel room, I realised it was actually 4km, not 400m from the race start! So, I quickly booked a taxi and was then ready to go.

I awoke early at 3am, as the race started at 5am, and decided to checkout as the difficulty in getting back to the motel was just not worth it. But that meant taking a bit of a risk with all my valuables, including my boarding pass for the return trip home, in my drop bag. And being a little stinky.
The taxi driver also had no idea where Kurrawa was, relying on me to give him directions via my iPhone map app.

Arriving at the start, I checked in with no dramas but when I asked them where I could put my drop bag, they told me just to put it under the registration table. Being a very

exposed and insecure area, I was quite reluctant leaving all my possessions lying at the feet of a volunteer who I could almost guarantee wouldn't be there in 5 hours time. So, after some silent deliberation whilst surrounded by a few stretchers (runners warming up), I decided to grab a few critical items and take them on the run with me. I retrieved my boarding pass and also grabbed my licence and $50, deciding my phone and house keys and credit cards were replaceable and the extra weight I'd be now carrying wouldn't really slow me down. And a soggy boarding pass is better than no boarding pass.

The 50km race was first up, so I headed to the start line with a large handful of other starters. I was quite nervous about the distance, but had a very thoughtfully laid out strategy of just running as hard as I could for as long as I could and damn the torpedoes.

As mentioned, I chose this race mainly because it was on the Gold Coast and would be flat….just the way I like it. But this race was anything but flat, heading south to the NSW border around a few headlands, my first disappointment was a bunch of steep stairs to drag my sorry butt up, followed by some steep, short hills in the middle of the race. Being an out and back made this all exactly a double disappointment (it's like one of those butterflies you paint on half an A4 piece of paper, fold it over, press down, open up, and you see the complete butterfly. Well, if you turn this paper on the side and look at the wings, think of that as the elevation change in this race!). My mojo quickly left me as my optimistic race pace goal slipped away (well, slip implies it was gradual, but it actually was more like a trap door effect).

In the first half of the race, I was running behind another female and her friend on a bike, who was handing out nutritional supplies from the basket attached to the handlebars. This stressed me out a bit as I'm a bit of a stickler for fairness and this was really quite unfair and against the race rules. I was tempted to say something, but I knew that would just stress me out more. Luckily, I reached those bloody steep steps and as I nanna-climbed up them I reached the top relieved that cheetah girl (oops, I meant cheater-girl) had well and truly disappeared into the distance in front of me.

The race itself is actually very scenic and enjoyable. As you turn around at the halfway mark, you can see the Gold Coast across the bay in the distance (very, very long distance) where the finish line hides somewhere beneath those apartment buildings (that no longer appreciate nicely with a good rental return). Then there's the Sunday market navigational challenge, with race volunteers steering us away from the path and onto the spongy, uneven grass behind the market stalls so as to avoid the early morning market shoppers, strollers, dogs, etc.

On the way back, the wheels fell off and I struggled to maintain 7min kilometres. It didn't help having friendly members of the public spur me on with "Well Done!", "You're doing great!", "Fantastic Effort" when it clearly wasn't, and I just wanted to crawl into a hole and turn the light off. With my first half time of 2h6m being pretty much to plan despite the stairs and hills, my 2nd half was an appalling 38minutes slower.

After the race, I checked out the "free" ice-baths but wasn't enticed as many runners had plunged in before me, leaving their sweat, dirt and bits of grass behind to form a nice floating collage on the surface. There were cold showers along the path, where beach-goers could do their rinse routine, and I used one as a substitute for the hot motel shower alternative that I decided to leave behind, then got changed in a nearby cubicle to curb any sideway glances and sniffs from other Jetstar passengers on the flight home. As I suspected, the volunteer had moved away from my bag, and my bag had also moved away from where the volunteer had once sat. But it wasn't far away and it had made a few fellow bag friends. So all was good and even my boarding pass wasn't too soggy.

I hung around for the awards and was somewhat bothered that cheater-girl got 3rd place and a hug from bikey girl, her mobile nutritionist. As this was a certified course, with prize money, there could be future issues when AURA used results like these for selection. Looking at the results online later, I noticed she was less than 30seconds in front of 4th place too. I agonised over whether to email the Race Director but decided against it until the photos were published, as I was sure bikey girl would have been snapped in some of them. It was only during the post-week race that I received a generic email from the Race Director letting the competitors know that one of the runners had been disqualified. My detective work discovered it was one and the same and I happily accepted a move up into 8th female finisher…that sounds better than it actually was though!

So, my advice for fellow Trotters – if you like races around marathon distance, like something scenic without the crowds, like a race that is officially measured, and prefer road to trail, this is definitely a race to put on your bucket list for 2014. It was well organised and I would certainly look at doing it again.

Kurrawa to Duranbah 8 December 2013

50km

Overall	TROTTER #	Name	Cat		Time
52	546	Sharon Byrnes	F	8	4:50:26

Terrigal Trotters
Santa Run
21 December 2013

Trotters turned up in all their best Christmas gear for the annual Santa Run. We had Santas, elves, angels, wise men and a Christmas fairy.

The nativity scene with the Cannon and Byrne Families was outstanding as were Graham and Jo riding their emus.

And has anyone been able to un-etch the visual of the Russian Christmas Fairy from their minds.

MERRY CHRISTMAS

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HAKA
TERRIGAL TROTTERS
DR AGONY OF DE FEET

BETTER
GIVE

LIMITS
BODY SOUL

HO! HO! HO!
HO! HO!

TERRIGAL TROTTERS
WAMBIE WHOPPERS RUN

IN MEMORY OF

OUR MATE

"MUZZA"

6:00 AM START SUNDAY 19 JANUARY 2014

OPEN TO TROTTERS AND ALL FRIENDS OF"MUZZA"

ASSUME NO DRINK STATIONS, SO BE SELF SUFFICIENT

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6@6		
NAME	4/12/2013	11/12/2013
Julian Hanson	23.09	23.49
Michael Randell	24.50	23.56
Graham Steele	25.45	27.12
Wayne Dayley	30.06	27.01
Michael Frost		27.01
Peter Wilkins	32.38	
Bruce and Dean Litterick	No time	
Emma Mason	25.33	
Kerry Hope	30.06	17.47 (3 laps)
Natasha Konic	31+	
Denise Maguire	No Time	No Time
Daniel Hope	29.22	11.13 (2 laps)
Lani Maguire	25.34 (3 laps)	

6@6

Returning after the Christmas break on the 15 January 2014

Looking for a great quick midweek training option

You can't beat the 6@6

6pm Wednesdays and only 50cents to enter

Opposite Gosford Leagues Club
On the 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!!

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Charles Kay Hilly Time Trial 28 December 2013

PLACE	NAME	TROTTER No	TIME	AG POINTS
1	MICHAEL MILES	734	0:38:12	811.3
2	RICHARD PALMER	8564	0:38:28	799.4
3	MARK DUNLOP	658	0:38:30	768.9
4	LEVI MARTIN	730	0:40:58	691.0
5	JESSICA MITCHELL	709	0:41:31	761.1
6	MELANIE McDONALD	837	0:41:31	777.9
7	TOM ROBERTSON	690	0:42:13	663.2
8	JOE ROLELLA	638	0:42:25	703.1
9	IAN TEMBLETT	665	0:43:13	740.3
10	MIKE RANDELL	173	0:43:21	788.9
11	ROSS MARKEY	860	0:43:40	732.7
12	MELISSA ROBERTSON	871	0:43:45	724.0
13	KEVIN BYRNE	130	0:44:09	660.6
14	DARREN McCLELLAN	573	0:44:30	670.2
15	MICHAEL O'ROUKE	733	0:44:37	630.3
16	MARTIN HOWES	8551	0:44:50	637.5
17	WAYNE DALEY	267	0:45:05	745.8
18	KATY McCAIG	816	0:45:05	707.7
19	KIM COOK	457	0:45:26	746.3
20	TROY KASTELAN	780	0:45:40	658.0
21	DANNY ROSS	8565	0:46:14	612.3
22	GRAHAM RIDLEY	483	0:46:37	697.5
23	KEVIN DEAN	43	0:47:58	780.4
24	ROD NORTHEY	677	0:48:53	592.3
25	MARC BATTISTELLA	492	0:48:56	638.3
26	TONY MYLAN	162	0:49:06	636.1

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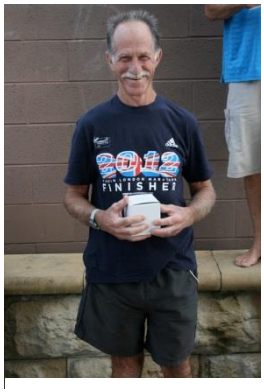
27	GRAHAM STEELE	529	0:49:12	629.9
28	TRENT PLAYFORD	571	0:49:21	569.8
29	KEN HICKSON	27	0:49:22	730.7
30	OLIVER WARSCHKOW	8545	0:49:23	617.9
31	NATHANIEL SHERGOLD	8566	0:49:29	565.8
32	TINA BAVERSTOCK	590	0:49:30	685.0
33	SAM SIRILO	774	0:49:37	564.3
34	JAMES WRIGHT	791	0:50:34	603.5
35	MICHAEL BULLEN	796	0:50:41	554.8
36	STEVE HUGHES	8	0:50:44	692.1
37	GREG BROWN	505	0:50:48	650.8
38	MARTIN AYRES	804	0:50:52	678.3
39	KERRY HOPE	845	0:51:00	640.3
40	JOHN LOVE	8550	0:51:10	625.3
41	GAVIN FRYER	891	0:51:18	604.1
42	WAYNE EVANS	366	0:51:57	669.9
43	SHARON BYRNES	546	0:52:03	651.5
44	GRAHAM FOWLER	808	0:52:53	605.0
45	JODIE HENDERSON	480	0:53:07	557.3
46	GRAHAM LAWS	813	0:53:07	597.5
47	TAMMY SHAFER	698	0:53:10	627.0
48	NO RUNNER			
49	LUCY FRANCICA	874	0:53:25	591.6
50	PAUL MURRAY	8450	0:53:42	555.4
51	ADRIAN SMITH	258	0:54:03	582.5
52	JO LITTERICK	760	0:54:37	663.6
53	CALLAN GATES	8491	0:54:55	509.8
54	ALLISON ALLEN	620	0:55:29	600.8
55	KELLI WARREN	600	0:55:30	605.6

56	DAVE BYRNES	517	0:55:46	640.9
57	STEVE GRAY	593	0:55:53	645.5
58	RACHELLE HICKSON	182	0:56:06	564.6
59	DAVE BOOTH	711	0:56:17	577.7
60	KOBUS DORFLING	8559	0:56:35	556.4
61	JO RIDLEY	486	0:57:04	627.3
62	ADAM COUCHMAN	862	0:58:19	496.5
63	NO RUNNER			
64	KELLIE ANDREWS	495	0:58:28	545.7
65	LYNN BROMWICH	107	0:59:26	659.3
66	JON FOGARTY	8562	1:00:31	585.4
67	MARK DAVIS	8231	1:00:56	460.5
68	GRAHAM DAVIS	352	1:01:58	566.6
69	WAYNE DOHERTY	631	1:03:09	532.4
70	BILL DIEBERT	612	1:03:25	553.7
71	ROD TAWYER	827	1:03:28	512.4
72	SALLY-ANNE DRENNAN	8567	1:04:09	499.1
73	HEIKO SCHAEFER	502	1:10:01	577.4
74	KARIN TAPPOURAS	879	1:11:59	475.5
75	TONY COLLINS	481	1:11:59	510.4

Catherine Toby
600 runs

Margaret Vaughan
400 runs



Wayne Evans
400 runs

Tammy Shafer
200 runs

Loraine Lepore
10 runs

Lyn Hall
10 runs

Lisa Jones
10 runs

Martin Howes
10 runs

SUPER 7 PROGRESS SCORES - 28 DECEMBER 2013

Super 7 Rank	Super 7 Average	First Name	Last Name	Trotter Number
1	835	Barry	Willis	90
2	825	Mark	Warren	536
3	819	Michael	Miles	734
4	814	Andrew	Land	866
5	793	Adam	Jordan	271
6	791	Mike	Randell	173
7	789	Mark	Lee	832
8	785	Ian	Temblett	665
9	785	Margaret	Beardslee	169
10	784	Sue	Malcolm	767
11	780	Kim	Cook	457
12	778	Matt	Donelly	835
13	778	Kevin	Dean	43
14	778	Mat	Robbie	449
15	768	Heiko	Schaefer	502
16	768	Steve	Guest	576
17	767	Charlie	Brooks	660
18	759	Dave	Byrnes	517
19	745	Mark	Dunlop	658
20	743	Melanie	McDonald	837

Super 7 Rank	Super 7 Average	First Name	Last Name	Trotter Number
21	737	Darren	Lobley	880
22	736	Jessica	Mitchell	709
23	726	Chris	Fuchs	817
24	726	Melissa	Robertson	871
25	725	Ross	Markey	860
26	724	Matthew	Chapman	637
27	723	Allen	Pearson	314
28	722	Sonia	White	264
29	718	Wayne	Daley	267
30	718	Ken	Hickson	27
31	714	Adam	Kranz	766
32	714	John	Schulze	795
33	708	Rochelle	Jillett	854
34	704	Suzy	Woodbury	676
35	704	Steve	Hughes	8
36	703	Kevin	Byrne	130
37	703	Darren	McClellan	573
38	698	Stuart	Baverstock	643
39	698	Mike	Thorpe	83
40	695	Tina	Baverstock	590

TIME TRIAL AGGREGATE PROGRESS SCORES - 28 DECEMBER 2013

TT Rank	TT Points	First Name	Last Name	Trotter Number
1	4708	Mike	Randell	173
2	4493	Kim	Cook	457
3	4381	Mark	Dunlop	658
4	4316	Ken	Hickson	27
5	4232	Heiko	Schaefer	502
6	4065	Michael	Miles	734
7	3926	Steven	Gray	593
8	3810	Dave	Byrnes	517
9	3810	Tammy	Shafer	698
10	3690	Graham	Fowler	808
11	3426	Lynn	Bromwich	107
12	3351	Troy	Kastelan	780
13	3314	Greg	Brown	505
14	3250	Graham	Steele	529
15	3137	Joanne	Litterick	760
16	3099	Ian	Temblett	665
17	3068	Steve	Guest	576
18	2944	Jodie	Henderson	480
19	2928	James	Wright	791
20	2873	Melanie	McDonald	837

TT Rank	TT Points	First Name	Last Name	Trotter Number
21	2864	Jessica	Mitchell	709
22	2778	Levi	Martin	730
23	2773	Joe	Rolella	638
24	2726	Al	Cooke	751
25	2709	Martin	Ayres	804
26	2696	Ciaran	Lynch	838
27	2680	Wayne	Evans	366
28	2674	Stuart	Eddy	253
29	2661	Sharon	Byrnes	546
30	2644	Graham	Laws	813
31	2550	Denise	Maguire	799
32	2515	Tony	Collins	481
33	2418	Kelli	Warren	600
34	2339	Sabine	Byrne	557
35	2334	Kevin	Dean	43
36	2181	Melissa	Robertson	871
37	2141	John	Schulze	795
38	2140	Rochelle	Jillett	854
39	2131	Rod	Tawyer	827
40	2111	Steve	Hughes	8

WISHING ALL

TROTTERS AND THEIR FAMILIES

A MERRY AND JOYOUS FESTIVE SEASON

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