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Edition 10

May 2014



www.terrigoaltrotters.com.au

Sydney: 10 3 May 2014

PLACE	Trotter #	NAME	GENDER	TIME
54	660	Charlie Brooks	M	0:34:03
169	90	Barry Willis	M	0:37:23
277	638	Joseph Rolella	M	0:40:23
289	173	Michael Randell	M	0:40:41
324	457	Kim Cook	M	0:41:41
434	847	Sally Hunt	F	0:44:27
497	639	Deirdre Moran	F	0:46:30
533	845	Kerry Hope	F	0:47:59
539	502	Heiko Schaefer	M	0:48:24
595	862	Adam Couchman	M	0:50:53

Ironman Australia Port Macquarie 4 May 2014

Name	Swim	Bike	Run	Total
Chris Fuchs	51:25	5:15:09	3:26:19	9:37:50
Michael Smith	55:07	5:28:14	4:10:19	10:43:21
Mark Davis	1:00:48	6:08:50	3:48:11	11:04:12
Thomas Robertson	1:13:24	7:01:12	3:51:41	12:15:10
Kevin Andrews	1:02:40	6:50:05	5:08:36	13:10:03

Port Macquarie Ironman 2014

By Tom Robertson #690

On the 4th May five Trotters completed the Ironman, Kevin Andrews, Chris Fuchs, Mark Davis, Michael Smith and I.

I know we are meant to be focusing on the run component of the race, but the other disciplines will be mentioned as well. Ha-ha...

It was an amazing experience to complete my first Ironman, my main goal was to just to make it.

I was nervous leading up to the event as I knew how stuffed I felt after some marathons just on their own without putting all of the rest in front.

Leading up to the event it was great getting out on some training rides with the Sunday riders including Mark Davis and Kevin Andrews.

The whole event was an experience from the buzz going around the town before, during and after the race.



Conditions for the day were testing with the cold windy start to the swim. The new rolling start concept in the swim worked well so there wasn't too much getting knocked around by other competitors in the water. There were two weir crossings to break it up and very little current which made for a smooth swim.

The Bike, conditions on the first lap were a little windy but fairly good to a stronger head wind on the second lap. The bike went reasonably smooth, even with one flat on the first lap. Making it up Matthew Flinders Hill twice with no cramps or walking was a personal win.



I was glad to get off the bike and into the run, as it is my strongest discipline. The legs weren't as fresh as I'm used to at the start of a marathon and the Ironman shuffle was underway. The run course was four laps with only one hill per the lap. It was great for spectators and athletes alike being able to see and cheer on all the other athletes. The first three laps were smooth and steady, but the last lap was in the dark and cold. The finish was amazing with the oversized finish shoot pumping music and lots of cheers from familiar faces and spectators, a great experience!

The support out on the course was amazing from the volunteers, to the spectators on course, to the other competitors and mates out there. All the familiar faces helped push everyone along the way.

There were some incredible performances by Trotters. A special mention has to go to Kevin Andrews scoring his 15th Australian Ironman title.

Next year is the 30th Ironman Australia anniversary with lots of the trotters already entered.





Shoes for Planet Earth

In the effort to clean out Trotters Wardrobes of runners and help those in Africa that have the desire to exercise, there will be a collection.

Please bring them to Trotters

Saturday 14 June

The Shoes will then be delivered to a drop off point on the Coast, where they will be shipped to Africa and those in need.

Of course this will encourage them to run even faster!

Support runners in need please

www.terrigoaltrotters.com.au

Rotorua Marathon New Zealand 3 May 2014 by Graham Laws #813

This year the marathon turned 50 - no small feat when you consider that less than 20 marathon events in the world have made this milestone. Only once in 50 years was the race unable to be held, this was in 1999 a cyclone hit the area causing wide spread flooding and a large section of the roadway around the back part of the course collapsed!

The 2014 race is special for many things: Colin Smyth who is the only person to compete and finish every marathon since it began lined up again, he is 75 years young and yes he finished again what a legend. Speaking of legends I had my own personal one present ... my Dad. He made the Rotorua survivors club in 2012 (you have to complete 15 Rotorua marathons to be a member), last year was to be his last marathon but he injured his back 18 km into the race and failed to continue on after the 23 km mark, his first DNF in any marathon. This didn't sit well with him so he said to me "I'm giving it one last shot!"



The course is a complete lap of the lake which was formed by a large volcanic eruption many moons ago. All elements are covered in this run, fast flat roads in the first part of the run. Then sharp hill on winding roads around the 14 km to 18 km section, a good view of the lake & a stiff breeze off the water. Just when you think what a beautiful place BAM! A monster 1.8km long hill and being at the 29 km mark it takes no prisoners believe me.

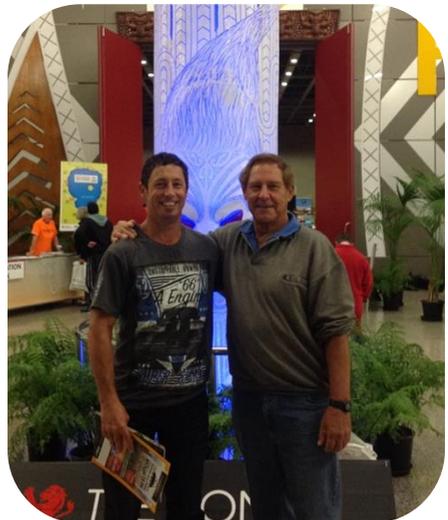
I awoke on the morning of the race to see nothing.... Thick fog & 4 degrees was the order of the day, very keen to get the race started and so must have been the other 3513 runners. The front of the pack went off faster than a bag of prawns left in the sun! Ha-ha

I knew that with my lead up to the race with possibly the longest taper in history - only 3 runs totalling 23 km in the last 4 weeks due to working interstate I must control my pace. Enjoy the run and focus on making it to the finish... that was the plan anyway. The halfway mark saw me posting a respectable 93 mins, life is good, the sun had burnt off the fog, birds were signing and sheep were doing what sheep do. Could this get any better? Hell no, what's that ahead of me, why am I catching up to so many runners in front of me?? Oh crap! Forgot about monster hill help!



Made it to the top but what's wrong with my right calf and feels like my Achilles is going to snap, must stop and stretch. So this is now how I continued stopping about every 2 km for more stretching. Sure was a long hard 12 km to the finish line! Finish I did though and was blown away with my time of 3:25:58. I placed 280 from 3514 finishers.

By far the best feeling of my day was being able to go out and run back in with my Dad who in the famous words of Sir Edmond Hillary "Knocked the bugger off!" He finished in 6:27:37. He then announced that at 72 that was his last marathon, then promptly said he will concentrate on half marathons now! Ha-ha
The day concluded with a paua fritter, a cold beer & limp over the road to the mineral hot springs pool for a well-deserved soak :)



PLACE	NAME	NET TIME	CATEGORY	CAT PL	GEN PL
280	GRAHAM LAWS	3:25:58	Male 45 to 49	25	236

Nominations

Male Athlete of the Month Nominations:

Mark Lee: Buffalo Stampede, 5/6 Apr 14, 10:13:23, 9th
Darren McClellan: Buffalo Stampede, 5/6 Apr 14, 11:34:43, 28th
Kevin Byrne: Australian Running Festival 50km, 13 Apr 14, 4:12:45
James Moran: Australian Running Festival Marathon, 13 Apr 14, 3:09:59, PB
Warwick Whitmore: Australian Running Festival Marathon, 13 Apr 14, 3:43:40, Debut
Oliver Warschkow: Australian Running Festival Marathon, 13 Apr 14, 4:14:21, Debut
Joe Rolella: Australian Running Festival Half Marathon, 13 Apr 14, 1:29:25
Dave Hopkins: Kerry Anderson 10km Handicap, 28 Apr 14, 2nd
Kevin Andrews: Kerry Anderson 10km Handicap, 28 Apr 14, 47:48, 4th
Greg Brown: Kerry Anderson 10km Handicap, 28 Apr 14, 46:17
Jon Fogarty: Kerry Anderson 10km Handicap, 28 Apr 14, 53:50, PB
Ciaran Lynch: Kerry Anderson 10km Handicap, 28 Apr 14, 40:47
Michael Miles: Mt Solitary Ultra 45km, 26 Apr 14, 5:19:53, 4th
Charlie Brooks: Sydney 10, 3 May 14, 34:03
Barry Willis: Sydney 10, 3 May 14, 37:23

Female Athlete of the Month Nominations:

Melissa Robertson: Buffalo Stampede Marathon, 5/6 Apr 14, 5:48:30
Lucy Francica: Newcastle Marathon, 6 Apr 14, 3:35:53, Debut
Mel McDonald: Newcastle Half Marathon, 6 Apr 14, 1:26:53, 3rd Female
Yolande Walker: Kerry Anderson 10km Handicap, 28 Apr 14, 1st
Marg Aurisch: Kerry Anderson 10km Handicap, 28 Apr 14, 3rd
Kirsten Ambler: Kerry Anderson 10km Handicap, 28 Apr 14, 40:46

Club Person of the Month Nominations:

Wal Bembic (& Rebecca Smith): For providing an unexpected and very welcome refreshment stop during the Congewai to Cedar Brush trail run.
Kellie Andrews: For organising and hosting the ANZAC Day Run.
Mark Andrews: For organising and hosting the ANZAC Day Run.
Jo Ridley: For providing an unexpected and very welcome drink stop during the Fiji Run.
Mark Dunlop: For organising the Kerry Anderson 10km Handicap Time Trial
Detta O'Dwyer: For managing the Kerry Anderson 10km Handicap Time Trial
Bionda Hiensch: For assisting with the Kerry Anderson 10km Handicap Time Trial
Sandy Hickson: For assisting with the Kerry Anderson 10km Handicap Time Trial
Mark Andrews: For assisting with the Kerry Anderson 10km Handicap Time Trial
Mark Lee: For assisting with the Kerry Anderson 10km Handicap Time Trial
Denis Robertson: For assisting with the Kerry Anderson 10km Handicap Time Trial
Dave Byrnes: For clearing the course for the Fiji Run
Dave Byrnes: For organising the Congewai to Cedar Brush Trail Run
Bionda Hiensch: For the excellent April 2014 Results Newsletter

Male Athlete of the Month:

James Moran

13 April 14

Australian Running Festival Marathon

3:09:59 PB

Female Athlete of the Month:

Lucy Francica

6 April 14

Newcastle Marathon

3:35:53 Debut

Club Person of the Month:

Dave Byrnes

**For clearing the course for the Fiji Run and
for organising the Congewai to Cedar Brush
Trail Run**

Nominate a Trotter for:

◆ Club Person of the month

◆ Female Athlete of the month

◆ Male Athlete of the month

E-Mail: admin@terrigoaltrotters.com.au

Sydney Half Marathon 18 May 2014

Place	Trotter #	Name	Net Time	Gen	G/PI	Div	D/PI
21	536	MARK WARREN	1:14:34	M	20	M30-39	15
135	90	BARRY WILLIS	1:23:58	M	123	M50-59	1
160	658	MARK DUNLOP	1:24:34	M	144	M40-49	38
196	837	MELANIE MCDONALD	1:25:18	F	19	F30-39	7
206	690	THOMAS ROBERTSON	1:25:39	M	187	M20-29	38
239	911	EZRA KEEBAUGH	1:26:33	M	217	M20-29	50
450	909	KIRSTEN AMBLER	1:30:23	F	55	F40-49	10
605	816	KATY MCCAIG	1:32:33	F	70	F30-39	27
659	838	CIARAN LYNCH	1:33:03	M	581	M30-39	260
961	874	LUCY FRANCICA	1:35:57	F	115	F20-29	41
1,847	736	JENNY BARKER	1:41:58	F	268	F40-49	55
2,009	822	LUKE MARTIN	1:42:56	M	1,695	M40-49	477
2,676	898	OLIVER WARSCHKOW	1:46:41	M	2,200	M40-49	624
2,712	759	BRUCE LITTERICK	1:46:49	M	2,223	M50-59	152
3,184	910	DANIEL PINK	1:49:09	M	2,538	M30-39	1,037
3,664	711	DAVID BOOTH	1:51:31	M	2,835	M50-59	213
4,098	502	HEIKO SCHAEFER	1:53:46	M	3,098	M70-79	4
4,141	808	GRAHAM FOWLER	1:53:56	M	3,126	M50-59	255
4,209	760	JOANN LITTERICK	1:54:14	F	1,040	F50-59	47
4,288	900	WAL BEMBIC	1:54:36	M	3,217	M50-59	265
4,590	897	JOHN LOVE	1:56:04	M	3,409	M50-59	297
5,353	903	JON FOGARTY	1:59:20	M	3,820	M60-69	65

SMH Half Marathon 18 May 2014

by Jenny Barker #736

I didn't run a half marathon last year, just 2 full ones, so I wondered if it would feel like a short race in comparison – it didn't!

As my GPS didn't work amongst the tall city buildings I had no idea of my pace and had to run by feel, the distance markers seemed to be non-existent (apparently they were there but I only saw 3 of them) and the water stops seemed unnecessary. On the plus side despite my Hokas looking like clown shoes they did me proud with minimal muscle soreness and maximum bounce.

The surprise and elation I felt as I turned the corner for the final 60 metre sprint was unreal.

The clock was enticingly showing 1:41:50, I ran those final metres at a speed that would make Usain Bolt proud finishing with a 4 minute 8 second PB of 1:41:58, and to cap it all I came in as 1848th out of 9323, beating my bib number; you've got to be happy with that!



The North Face 17-18 May 2014

100k

#	Trotter #	Name	Time
47	857	MARC PERSON	12:39:07
219	410	ROB SCOINES	15:06:15
391	505	GREG BROWN	17:06:46
	593	STEVE GRAY	DNF

50k

#	Trotter #	Name	Time
53	457	KIM COOK	6:19:46
85	912	JOHN HEPWORTH	6:41:52
76	618	MONICA NICOL	7:32:54
77	600	KELLI WARREN	7:32:54
85	452	DEBBIE WOODEN	7:40:10
213	722	JUDY MURRAY	9:35:28
	620	ALLISON ALLEN	DNF



The North Face 50 by Judy Murray #722

Just to get to the start line is a feat, last year I missed out due to a torn calf muscle on a training run. This year I was determined to get to the start line uninjured, then onto the finish line. (Oops slight injury, nearly cut top of thumb off Friday evening slicing pizza up!!)

I was one of 5 females 60+ registered for TNF50. I also talked some other trotter mates into registering (they are still talking to me). This was my first 50km trail run, and I accepted the fact that I would be out there a long time and be coming over finish line in the dark. I had even been back twice to the section of the trail that I thought I'd be doing in the dark to familiarize myself with the area. I changed my start group from wave 3 to wave 4, I was convinced the organizer had done his maths wrong by placing me in the 3rd wave with those who finish before dark. I followed a strict training regime, and remembered advice about the importance of doing step training, and listened to advice from my great supportive running mates. I also had a phone consultation with Hanny Allston about a training program early in the year. I carb loaded 3 days pre run & thought I'm going to roll on this trail!!



The day of the TNF50 arrived I had a good sleep pre event and my family were there to support me. My grandsons were fascinated with all my nutrition bits in my pack and I had to answer lots of questions from them, I loved it. Saturday morning arrives, perfect weather and the countdown begins for wave 4 and I am finally on my way. My grandsons were hanging over the railing at Echo Point to inform family I was coming through and ran across that section with me. My son yelled out

“You’re going great, Mum, I’ve seen runners vomiting already”. Such encouragement!! Then lots & lots of never ending steps, I was amazed how many people I managed to pass on steps, really happy I had done all those hill repeats and steps. I knew the really tough section for me was the

fire trail in the Jamison Valley and I still think they added another hill there, what an incredible slog that section is. I did not falter from my run/walk plan or nutrition plan, my watch alarm went off every 40 min (thanks Charlie) reminding me to have hydration/nutrition. I was ready for negative thoughts but it never happened, I cheered when I got to 30+ kms and checked how I felt as I had never been past this amount of kms on a trail previously and I was amazed, I was OK and still able to move. The camaraderie on the trail was fantastic, such great people all just having a go, I love it. Finally to the Furber Steps, I knew I was nearly home, so many people dropping to the sides, I just determinedly kept going, no way was I going to give in and stop on these last lot of steps and even yelled at a chap who stopped approximately six steps from the top. I counted every lot of steps I climbed on entire trail in blocks of '100' then had a drink and repeated it. This really helped me stay focused & moving (great advice Kim). At the top I thought my legs can't run anymore and I saw that a runner had collapsed at top and was being supported by others to get to finish line. I told him he was close and went around him. The tears started coming then the adrenalin kicked in and I ran over that finish line in the daylight without my headlight on. I surprised myself and a lot of others. My grandson yelled out "Its Grandma" and ran over and hugged me followed by the rest of my family. What a fantastic day. Would I do it again?? Yes, I most certainly I would.



Getting to start and finish line of TNF50 was due to a combined effort of support from friends and family, I could not have done this on my own, thanks everyone.



100km on the back of a short old fat Trotter

By Excellent Cobber



As a free loading Koala that travels the word it is good when Mr Brown invites me to go on another one of his Ultra-marathon runs and spend the day in the bush and maybe catch a glimpse of some relatives.

The day started at 4.00am when Mr Brown's alarm when of and we all went through the normal morning routine. Then we headed to the Start.

At the start there was a bit of confusion when Mr Brown gave me to Mr McClellan to go do something then he couldn't find me till the 1min before the start. Mr McClellan had a sore back and

was not running today so was going to support Mr Brown and I.

I was strapped to Mr Brown back just as the gun went off and we were running. Well, Mr Brown was.

While we were running I was surprised to see other runners that recognised me from my last ultra GNW100 miler that I did in 2012....Back to the race.

The first 4km was on the road and there wasn't much more road after that. Then we went down The Furber Steps. Found out later this isn't the first time I go on these stairs. We have to come up them to the finish line. We turned right and headed out to Narrow Neck and what a view. Narrow Neck is a narrow ridge where you can see for miles in both directions.

At the end of Narrow Neck is a cliff and to get down is Tarros ladder. Not one, but 3 extension ladders fully extended. Now Mr Brown is not a Koala so I hope he can climb OK because it's a long way down. Down into the valley is an undulated road and trail to the next checkpoint.

After the second Checkpoint Mr Brown ran up another steep hill to the Iron Pot ridge. This is a rocky ridge that is narrow with great view. There were aboriginals playing the didgeridoo there. That scared me as they once ate Koalas. The downhill was difficult and very slippery until we got down to Megalong Rd that took us to the next checkpoint.





Arriving at the check point Mr McClellan gave Mr Brown a beer.

I think he drank it but I couldn't see from where I was. I wanted some gum leaves but we were in the middle of a paddock and there were no trees about.

After a short break we were of again onto the 6ft track. There were some trees over hanging and I was able to grab some leaves as we kept going along. We were down in the valley and had to climb out and the way out was Nellies Glenn. This is a climb of rough cut steps that seems to go on forever. Most steps are a lot higher than normal so with a long time lifting you knees high really destroys your legs. I'm glad it was Mr Brown not me. The next check point is at the Aquatic Club in Katoomba. With lots of food and drink for humans but no gum leaves not even some gum leaf tea. Mr Brown was in and out of the check point in less than 5min.

I was expecting an easy ride to the next check point but we ended up going down these steel stairs. They went forever. Mr Brown said they were called the Giant

Stairway. So back down in the jungle we go and it was getting darker and darker. Mr Brown finally put his light on but that didn't help as it only shone forward and I was looking back. We went up and down passing waterfalls and streams. We passed Wentworth Falls and were finally back on the road again and into the next check point. Mr Brown rushed through here because if he got out in 10min he wouldn't have to carry his fleece top.

The last 22km was hard for Mr Brown and me to. It was the possum breeding season and all I could hear was them screaming out. Possums hate koalas and they always scare me. Anyway it was downhill for 8km but Mr Brown was feeling the last 78km and the 3000 steps by now so downhill was not easy for him. Then it was uphill, gentle slopes just too steep for Mr Brown to run fully with some short down hills thrown in. Finally with only 1km to go another set of stairs going straight up. We were back at the Furber Stairs. Once at the top we went along a little path to the finish. The North Face 100km completed in 17hrs 6min 45 sec.

Thank you, Mr Brown, for a great day out.
Good Work



The North Face 50 by John Hepworth # 912

When teaching students, I always encourage them to set their goals high, very high, so that if they happen to not achieve them, then they will probably still do better than they would have if they had set a mediocre goal. I have some big goals. I want to run a 100 mile ultra. I want to stand on top of Kosciusko at the end of C2K. I am sure there are some people in the world that could just step out of their front door and achieve these goals, however, I will need to step on about a million stepping stones to get there. The North Face 50 was one of them.

The event really started for me about 2 weeks out, with a manic few trips to stores such as Kathmandu, Rebel and mountain Gear. A couple of hundred bucks later, I had all of the mandatory gear.

Then came what shall be known as 'The night of momentous stupidity'. On Thursday I did my final pack, in preparation for heading up to Katoomba on the Friday. Greg, had organised some amazing accommodation for the Friday and Saturday night. Over the past 6 months I have been running with Tailwind on some of my longer training runs. What worked for me was Tailwind mixed at half strength in 500ml of water per hour, supplemented with 1 GU every hour. That eating/drinking plan resulted in what felt like the perfect number of calories and, more importantly, the right amount of fluid. So what did I do when packing? Well, the 'momentous stupidity' was the result of one single thought, "If I make the Tailwind mix double strength and drink at half the rate, I will just have to take on 500ml of water at each drink station and I will not have to stop to fill up my pack." Yeah John great idea! Change your long working nutrition plan for a 6-7 hour run so that you do not have to spend 1 minute filling up your pack. When I look back at that decision, all I can do is shake my head and think "You (insert expletive here)."

Friday night expo and accommodation was perfect. Thanks again Greg and Darren and others.

Pre-Race.

My post-race reflection of Six Foot Track a few months earlier had led to a couple of realisations about myself; 1) I am more of an anxious person than I would like to admit. 2) Running fast at the start results in running slow at the end. Leading up to the race and particularly on race morning I really focused on keeping the stress levels down, setting realistic goals (anything sub 7 hours) and keeping up the positive self-talk.

Start to Check point 501

Stairs, stairs, stairs, incredible views, stairs, stairs, beautiful cave, stairs, stairs, you get the picture. Everything was perfect. I was running strong and having the time of my life. Over the next 5km I started to realise that I was becoming dehydrated. 'The night of momentous stupidity' was starting to have its impact. Because the mix of Tailwind was so strong in my bag, not only was it disgustingly sweet every sip I took, it was resulting in me not drinking enough water. On my arrival to 501 I went to the water table and skulled a cup of fluid, woops, it was an Endura mix, not just water. I didn't need any extra calories, I just needed water. I went over to the bladder refill and took my pack off. I needed to dilute this mix so that I could start getting it in to me. My plan to not have to do this process in the first place had failed. I unscrewed my bladder and looked inside. There was still at least 1.5L of my 2L pack. Cue ludicrous decision #2. As a result of my pack still having so much fluid in it, I just screwed the lid back on and kept running. (Dave Byrnes, if you are reading this, I promise I will be less stupid in the GNW 100)

501 to 42km Emergency first aid

The downhill began. It was now that it became apparent my choice of shoes was wrong. This slowed me down in the descent as letting myself run down the descent resulted in me striking my foot too hard on the ground. No problem, I will just take it a little easier (No real time pressure from my goal, all good). Cruised down to the Leura River. Then the unrelenting climb began. Things became very bad very quickly. My ongoing avoidance of drinking my mix that was too rich took an aggressive hold of me. I realised that I was now dehydrated. Within 1km of climbing I started vomiting. Bugger. My pace became something that Cliff Young would have called slow. People were streaming past me. A sign appeared '3km to first aid'. All I had to do was to make it to first aid and get some water in to me. The next 3km can only be described as DARK. I was actually vomiting small amounts every kilometre. The negative talk started, "This is the second ultra that you have been destroyed by John, you don't have these ultras in you", "If you can't do this John, then there is no point in signing up for GNW100", "I'm not going to make these three kms to First aid, they will have to come and get me", "No disrespect to anyone who has been tortured, but this is torture", "When I get to first aid I will withdraw", "I will have to wait for the sweeper to get driven out", "Another hill, I can't do this hill", and so on and so on. Finally, first aid check point. I took on a good 500mls of water. I took my pack off (again) and filled it to the top to finally dilute my mix. I walked out of the CP.

42km to finish

It took about 2km for my body to process the water. My vomiting stopped. Water from my pack tasted plain and refreshing. Problem solved. My legs came back to me and I started running. This is the time of the race that I will keep for me for any ultra that I ever run again. I had been to an extremely low place where not only was I ready to withdraw, but did not think I could proceed and I had come out of the other side. Not only did I feel physically better, I knew now that I was going to finish. People stopped over taking me and I started to catch up to some of those who had passed me. The rate in which the energy was coming back was surprising. I was running freely again. Over this section of the course I took back 28 of the 66 positions I had lost. I was finishing strong. I could do these Ultras. The thought of the impending staircase was the only brain bug left. However, the stairs came and went, passing runners and tourists alike. Comments from runners and tourists spurred on my finish. The top of the stairs came and I was sprinting the last 100m. The North Face 50km was mine.

What have I learnt?

1. I am capable of momentous stupidity.
2. Do not change your nutrition plan on race day, ever.
3. Trail Roc 150s will not cut the mustard for anything over 30kms.
4. I am capable of climbing out of a serious low.
5. I do have ultras in me.

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San Francisco Bay to Breakers by Keith King #12

I saw a notice for the 102nd running of the Bay to Breakers Fun Run in San Francisco for Sunday 18th May 2014 and as I was going to be staying close by how could I resist? The fact that I don't run anymore was beside the point!!! So I signed up, thought about training and decided it was too late for such trivialities!!

The morning of the race I walked to San Antonio Rail Station to catch the train to San Francisco, the train was empty until two stops later when it picked up hundreds of students from Stanford University, all in fancy dress and most already consuming alcohol from beer to tequila, by the time we reached our destination the train was packed and partying.



The walk of about 2km to the start was like an event in itself, hundreds of people making their way with much frivolity. After a long wait standing shoulder to shoulder for the delayed start saw the 70,000 plus competitors on their way. As it was a race I decided I should at least jog the first two kilometres through the streets of downtown San Francisco and then

joined the rest of the walkers for the next 8km. The number and variety of fancy dress was amazing and the majority of spectators were also dressed up. It wasn't long before I started to pass some naked runners, all men at this stage and often just running on their own, starkers??? Not so bad when you are overtaking them as you don't see their bits!!!



The most spectators were on Hayes Hill which is lined from bottom to top with winners and prizes, from there you head towards Golden Gate Park, still a large throng of competitors and spectators, passed the many Eucalyptus trees that grow

everywhere in California, passed the bison paddock with real live bison and heading towards Ocean Beach and the finish. With 2km to go I decided to jog again to the finish, really pushing the boundaries now!!! But to the finish I did get in a time of 2hs 5mins 9secs, the 19,094th person to get there.

So then the 12 km walk back in the opposite direction to the 'slow' people, plenty of time to check out all the costumes but the problem was now the nudes were coming towards me with all their bits on show!!!! Once back on the streets the party was continuing in earnest fuelled I'm sure by the alcohol and maybe other stuff left over from the sixties.



All in all with walking to and from trains etc. and the run and the return walk I figure I did about 30km which made up for the slow time!!!

In comparison to the City to Surf, in Sydney the views are better (you don't see San Francisco Bay at all), Heartbreak Hill is longer and just as steep and Bondi is much more spectacular than the grey sands of Ocean Beach but the party in San Francisco is much, much bigger but an experience I would recommend to all Trotters to do dressed or undressed.



Trotter #	Bib	Place	Name	Location	Div	Time
12	33604	19203	Keith King	Davistown, NSW	M6064	2:05:09

Trotter Talk.....

With Trotter #481
Tony Collins

Occupation:
Dental Surgeon



Why Do You Run? No good
at anything else

How Long Have You Been Running? 37 years

What Is Your Favourite Trotters Run? Muzza's Run

What Is Your Favourite Brand Of Shoe? ASICS

Briefly, What Does Your Current Training Week Look
Like? Very lazy nowadays

In One Word How Would You Describe
Yourself? Persistent

What Is Your Favourite Running
Moment/Achievement? 6x National 48hr Track

www.terrigoaltrotters.com.au

Champion, 5 x Sydney to Melbourne, Record holder - Sydney to Melbourne and Back, 1 x National 6 Day Track Champion, Spartathlon etc.

What Are Your Running Goals For 2014? To keep running despite some injuries

What Would Be Your:

1. **Dream Run** - Whenever the endorphins are flowing, often in day 2, 3 or beyond
2. **Dream Running Destination** - Multi day on a track or a freeway
3. **Dream Person to Run with** - I enjoy the loneliness of the long distance runner – I run alone

Any other comments

I have been extremely fortunate to have raced against world greats such as Yiannis Kouros, Cliff Young, and Bryan Smith. I am blessed also to have had the support of my wife, Jan, who has patiently endured countless days and weeks while I've been away racing. Even many, many training runs which would start on Friday evenings and finish on Sunday afternoons or later.

Hard to describe the sublime feeling of cruising along endlessly, endorphins flowing and the sun rising and setting and rising again, on and on.

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**TROTTERS TRAIL SERIES
 CONGEWAI TO CEDAR BRUSH (33KM)
 Sunday, 4 May 2014**

No.	Runner	Time	Comment
1	Michael Miles	03:13	
2	John Hepworth	03:44	
3	Darren McClellan	03:45	Extra 3km
4	Ian Temblett	03:56	
5	Kim Cook	03:57	
6	Jason Kirksmith	03:58	
7	Matt O'Shea	03:58	
8	Melissa Robertson	04:00	
9	Steve Guest	04:08	
10	Graham Steele	04:09	
11	Graham Ridley	04:09	
12	Denise Maguire	04:11	
13	Ciaran Lynch	04:14	
14	Dave Byrnes	04:30	
15	Dave Fogg	04:34	
16	Fiona Blakeway	04:34	
17	Kevin Dean	04:34	
18	Wayne Evans	04:34	
19	Greg Brown	04:40	
20	Allison Allen	05:10	
21	Kelli Warren	05:10	
22	Mick Thorpe	05:10	
23	Monica Nicol	05:10	
24	Steven Gray	05:23	
25	Bruce Litterick	05:35	Extra 8km
26	Oliver Warschkow	05:46	
27	Debbie Wooden	05:54	Extra 2km
28	Jo Litterick	05:54	Extra 2km
29	Peter Hood	05:54	Extra 7km
30	Billy Bridle	06:00	Extra 8km
31	Greg Tegart	06:08	
32	Jon Fogarty	06:16	
33	Detta O'Dwyer	??	Got totally lost
34	Judy Murray	??	Got totally lost



Trotter

Talk...

With Trotter # 660
Charlie Brooks

Occupation:
Retail - The Runners Shop

Why Do You Run?
To stay fit and to achieve some goals



How Long Have You Been Running? Around 11 years, I started in the Little Athletics, then focused on running for 9 years

What Is Your Favourite Trotters Run? I have to say every Trotters run is good but my favourite Trotters run is Muzzas Run (16.3km), going into the bush half way

What Is Your Favourite Brand Of Shoe? Brooks

Briefly, What Does Your Current Training Week Look Like?
I train about 6 days a week starting with a long run, gym on Monday and Wednesday, Tuesday and Thursday distance or speed and Saturday & Sunday could be a long run or competition

In One Word How Would You Describe Yourself? Motivating Person

www.terrigoaltrotters.com.au

What Is Your Favourite Running Moment/Achievement?

My favourite moments were competing at World Mountain Running Champs 2009 (Italy) and 2011(Albania)

What Are Your Running Goals For 2014?

I have two goals this year the major goal is to win an event at the Stawell Gift Easter long weekend (1600m or 3200m)✓, the other goal is to make the Australian Mountain running team, at Casette di Massa, Italy in September

What Would Be Your :

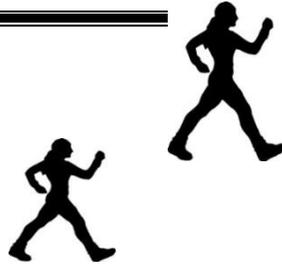
1. **Dream Run** Every run is a dream run, it depends on what happening
2. **Dream Running Destination** I want to run the Boston and New York marathons but that's not until later after focusing on the shorter distances
3. **Dream Person To Run With**
Racing Craig Mottram or any famous runner

Any other comments:

I started Trotters in around 2006 and have done 134 runs, my coach is John Glasson



WALKER'S CORNER



If you have any news, events, reports, photos please submit them
to yondisresults@gmail.com

Wednesday Walking Group

We leave the Terrigal car park at 5:45am
Duration about 1 hour
Everyone is welcome

Wild Endurance 100k 3-4 May 2014

Congratulations to Alison Antony and her team Scotter girls for completing the 100k Wild Endurance walk in 31hours and 44 mins.

www.terrigtrotters.com.au

5 LANDS WALK

The 5 Lands Walk is a cultural, physical, spiritual and fun event brought to life by volunteers from many of the communities of the NSW Central Coast. It's offered to you to enjoy – **free of charge**. In 2014 it's on Saturday, 21 June.

It's five different festivals held around the Surf Clubs of the 5 Lands, and connected by 10kms of walks along beaches, over headlands, through the bush, along footpaths and streets.

It has Aboriginal ceremony and culture, music, food, artworks, gigantic kites, whales, dance, sculptures on the beach, craft workshops and it showcases five different ethnic communities. They are proudly sharing their culture and food with you. (REF: 5 lands walk website <http://5lw.weebly.com/>)

**For registration and full program go to:
<http://5lw.weebly.com/>**

First Friday Walkers

The next First Friday Walk will be heading to Box Head.

We will be meeting at Hardy's Bay at 9:30am, gathering near the corner shop/cafe.

BYO: water, a snack, sunscreen and some money for a cuppa at the cafe afterwards

The walk distance is approximately 8-9 kms & there will be a hilly start!

**For more information contact Lynn Bromwich at
lynnbromwich@outlook.com OR
look for Lynn at Trotters on Saturday mornings**

www.terrignaltrotters.com.au



BAY to BAY
Running Festival
Sunday, 15 June 2014

Volunteers still needed for this year's Bay to Bay.

Even if you are running you may be able to help out on Saturday 14 June 2014 or after the run.

Contact Steve Coote - Bay to Bay Volunteer Co-ordinator if you would like to help out

cootes@westnet.com.au

To all runners and volunteers have a great day
www.terrigoaltrotters.com.au



Collection of race numbers and timing chips

Race numbers and timing chips will be available for collection from the finish area alongside the Gosford Sailing Club on Saturday the 14th of June between 1 and 4pm or from the Woy Woy CWA Hall from 6am on the morning of the race. No race numbers will be posted.

Did you know that everyone who participates in the Bay to Bay 12km or Half Marathon is eligible to win the major participation prize?

This year, the major prize is being kindly donated by Travelworld at Woy Woy. Would you like a \$500 travel voucher? Make sure you are at the presentation after the event to be in the running!!

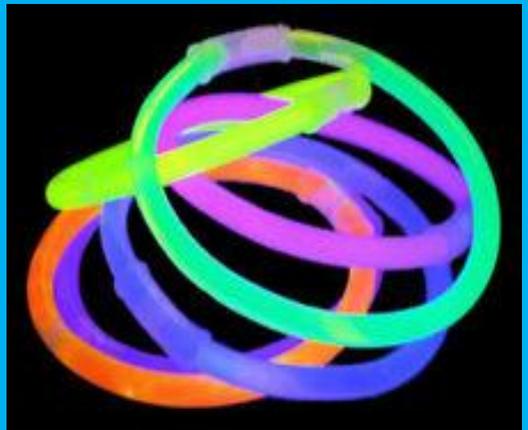
www.terrigoaltrotters.com.au



Glow Stick and Light Run
21 June 2014

**Celebrate the winter solstice with a
brightly lit
Enzo's Edventure Run**

**Prize to be given
to the most
GLOWING & BRIGHT
Trotter**



6 @ 6

6pm every Wednesday 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.



Coast Runners shop has agreed
to help out our little group by
donating a \$30 gift voucher for
every lucky draw night in 2014!!!!
Thanks Margaret Beardslee

**Darren McClellan is still giving
away his 30 min sports massage
vouchers as well**



I'm sure all you runners could use one of these, so
get down to our next lucky draw night held on the
last Wednesday of the month.

Suzy Woodbury #676

www.terrigoaltrotters.com.au

6@6

NAME	7 MAY 14	14 MAY 14	21 MAY 14	28 MAY 14
JULIAN HANSON	22.25	24.14	22.39	
MATT CHAPMAN	22.47			
MATT COLLINS	23.46			
WAYNE DAYLEY	23.52	23.39		24.30
IAN TEMBLETT	23.54		23.41	
MICHAEL RANDELL	24.27	23.49		
DANIEL HOPE	27.01	27.45	11.09(2)	11.10(2)
MARK HOPE	27.51		26.05	20.58(4)
ANTHONY BARRALE	29.00	28.21		
STEVE GRAY	29.03			
SEAN KELLY	29.09			
HEIKO SCHAEFER	29.24			
BEN RICARDO	30.21	30.31		
TIM RICARDO	31.54	31.42		
SABINE BYRNE	33.13	32.24	33.01	32.34
BEK PEARCE	39.00	40.21	37.03	22.45(3)
IAN MORGAN	22.31(4)	28.36	29.24	
BEN O'DEA	18.40(3)	31.26		
ZOE BARRALE	13.35(2)	11.20(2)		
SHANE McKINNON		24.45		
GREG TEGART		29.23		
DETTA O'DWYER		27.37(4)		
CONNOR WIDDOWSON		12.51(2)		17.46(2)
LEIA WIDDOWSON		12.51(2)		17.46(2)
KYLIE BOOTES		16.50(2)		
BERNIE PARNELL				27.00(4)
CHARLIE BROOKS			22.35	
ADRIAN SMITH			28.40	27.40
KERRY HOPE			29.12	28.06
EDEN HALLET			35.37	
CLAIRE HALLET			35.37	
SANDIA SCOTT			36.24	34.12
JOHNATHAN PEARCE			13.03(2)	
OLIVIA LUTHER			17.41(2)	
JACOB HALLET			6.52(1)	
KEVIN BYRNE				22.37
DEBBIE WOODEN				34.00
JACOB MADDEN				13.28(3)

Hot Laps

I am introducing the kids HOT LAP to the 6@6. It is an 800m loop which follows the footpath around the oval. There will be no roads to cross and a lot safer for the kids as I will be able to view most of the loop

Suzy Woodbury # 676

800m	7 MAY 14		14 MAY 14		21 MAY 14		28 MAY 14	
Name	Time	Laps	Time	Laps	Time	Laps	Time	Laps
Tristan Byrne	12.59	3	12.51	3	13.06	3	13.00	3
Talah Pearce	9.54	2	9.14	2	10.00	2		
India Pearce	11.49	2				1		
Ronan Hope	20.58	3			10.23	2	5.12	1
Killian Byrne	5.25	1	4.26	1	5.37	1	4.47	1
Lucia Markey	13.25	3	12.35	3	14.18	2	17.07	3
Isaac Luther	39.28	6			13.03	3	16.50	3
Katei Carter	13.25	3	12.35	3				
Jonnie Luther	39.28	6			13.03	3		
Grace Luther	5.49	1			6.00	1		
Vince Markey	14.55	3	12.14	3	12.01	3	11.45	3
Mirella Markey			11.07	2	14.18	2	11.00	1
Ebony McKinnon			22.14	3				
Micah Ricardo			11.30	2				
Caleb Ricardo	9.54	2	11.25	2				
Josh Ricardo	13.30	3	11.23	2			10.55	2
Tim Ricardo			11.23	2			10.55	2
Gail Hili					6.01	1		
Eliana Bootes			12.35	3	11.05	3	11.00	3
Noah Bootes					9.07	2		
Isabella Naylor					14.18	2	17.07	3
Zoe Naylor							9.25	2

PARENTS

YOU MUST SUPERVISE YOUR CHILDREN AT ALL TIMES!!

YOU MUST RUN WITH YOUR CHILD

IF UNDER THE AGE OF 8yrs



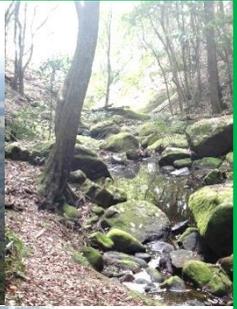
TROTTERS TRAIL SERIES - WAKEFIELD TO CONGEWAI (40K/30K)
Sunday, 25 May 2014

No.	Runner	Time Taken	Comment
1	Graham Steele	04:05	30km - soft option (missed jungle)
2	Mark Hope	04:22	30km - soft option (missed jungle)
3	Michael Frost	05:19	30km
4	Jo Litterick	05:22	30km
5	Rebecca Smith	05:27	30km
6	Wal Bembic	05:27	30km
7	Delta O'Dwyer	05:30	30km
8	Steve Gray	05:30	30km
9	Lynn Bromwich	05:30	30km
10	Michael Miles	04:14	40km
11	John Hepworth	05:06	40km
12	Jason Kirksmith	05:12	40km
13	Matt O'Shea	05:12	40km
14	Ian Temblett	05:14	40km
15	Jean Tiren	05:16	40km
16	Dave Byrnes	06:04	40km
17	Dave Fogg	06:04	40km
18	Sonia White	06:04	40km
19	Bruce Litterick	06:31	40km
20	Graham Fowler	06:53	40km
21	Oliver Warschkow	07:45	40km

Wakefield to Congewai – GNW Trail series

Photos courtesy of Bruce and Jo Litterick, Graham Steele and Dave Byrnes





www.terrigoaltrotters.com.au

DEBUT HALF-MARATHON AND MARATHON AWARD

In an endeavour to encourage Trotters to compete in longer distance races, two (2) new awards were introduced into the club during the 2002-03 race year. 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 competition rules are as follows:

1. Any performance over the year on a certified (and verifiable) Half Marathon or Marathon course is eligible.
2. It must be the competitor's first ever Half-Marathon or Marathon, not simply their first as a member of Trotters.
3. The competitor must not have previously completed an event longer than a Half Marathon to be eligible for the Debut Half Marathon Award, or longer than a Marathon to be eligible for the Debut Marathon Award.
4. Competitors must be over 18 years of age to be eligible for the Debut Marathon award.
5. Competitors must notify the Results Coordinator of their performance and confirm that it is their debut.
6. 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.
7. Where 'gun time' and 'net time' are measured, then the time included is the 'net time'.

If you believe you are eligible for this award please email yondisresults@gmail.com to ensure that I have your result.

Yondi

Flat Time Trial 31 May 2014

Place	Trotter #	Name	Time
1	536	MARK WARREN	0:34:33
2	8588	CRAIG RANGOTT	0:35:36
3	832	MARK LEE	0:36:39
4	730	LEVI MARTIN	0:37:05
5	734	MICHAEL MILES	0:37:16
6	658	MARK DUNLOP	0:38:14
7	819	BRENDAN CLARK	0:38:35
8	709	JESSICA MITCHELL	0:39:12
9	837	MELANIE Mc DONALD	0:39:12
10	911	EZRA KEEBAUGH	0:39:19
11	665	IAN TEMBLETT	0:40:25
12	886	WARWICK WHITMORE	0:40:27
13	838	CIARAN LYNCH	0:40:53
14	908	MATTHEW ROBERTSON	0:41:30
15	751	AL COOKE	0:41:58
16	904	JOHN PIDGEON	0:42:00
17	267	WAYNE DALEY	0:42:29
18	529	GRAHAM STEEL	0:42:31
19	457	KIM COOK	0:42:59
20	860	ROSS MARKEY	0:43:07
21	816	KATY Mc CAIG	0:43:12
22	896	MARTIN HOWES	0:43:21
23	173	MIKE RANDELL	0:43:57
24	899	NATHAN DALTON	0:44:12
25	792	BART RAETHEL	0:44:13
26	780	TROY KASTELAN	0:44:28
27	874	LUCY FRANCICA	0:45:00

28	8494	JOHNATHON Mc CAIG	0:45:07
29	855	SCOTT Mc DONALD	0:45:11
30	774	SAM SIRILO	0:45:39
31	505	GREG BROWN	0:47:25
32	804	MARTIN AYRES	0:47:37
33	822	LUKE MARTIN	0:47:47
34	839	ANDREW ROBERTSON	0:48:27
35	845	KERRY HOPE	0:49:01
36	639	DEIRDRE MORAN	0:49:19
37	502	HEIKO SCHAEFER	0:49:28
38	593	STEVE GRAY	0:49:53
39	366	WAYNE EVANS	0:50:52
40	8559	KOBUS DORFLING	0:51:04
41	546	SHARON BYRNES	0:51:11
42	862	ADAM COUCHMAN	0:51:42
43	1	KEVIN ANDREWS	0:51:44
44	89	MARK ANDREWS	0:52:03
45	8583	ANGELA NICHOLLS	0:52:07
46	808	GRAHAM FOWLER	0:52:19
47	679	KAREN BOYD-SKINNER	0:52:45
48	698	TAMMY SHAFER	0:53:30
49	27	KEN HICKSON	0:53:35
50	515	BARRY BOWDEN	0:55:10
51	557	SABINE BYRNE	0:55:19
52	827	ROD TAWYER	0:56:29
53	612	BILL DIEBERT	0:56:36
54	107	LYNN BROMWICH	0:56:43
55	211	ROB WAIT	0:58:27
56	452	DEBBIE WOODEN	0:58:32

57	631	WAYNE DOHERTY	1:00:54
58	8589	DIMITY DOUGLAS	1:05:23
59	8590	DOUG BOYD	1:05:23
60	892	NICK HOWARD	1:15:22
61	481	TONY COLLINS	1:15:51



Milestone Presentations



Ken Knight #79 900 Runs



Mick (Aztec) Thorpe #83 700 Runs



Neil Dovell #395 500 Runs



Denise Maguire #799 100 Runs



Ian Keene #704 100 Runs



Barry Lovell #782 100 Runs



Ezra Keebaugh #911 10 Runs

Terrigal Trotters Uniforms

Tina Baverstock (Clothing Officer) has just received a huge shipment of Trotters uniforms including singlets, T-shirts and long sleeve running tops.

The clothing is \$25 per item and caps for \$10 each.

We now also have children sizes in the long sleeve and T-shirt.

There is a big contingent of Trotters heading up to South West Rocks next weekend and Trotters have a tradition of winning the biggest team award, so show your colours and wear your Trotters top if you've got one, if you haven't, see Tina!

e-mail: tinaviglione@yahoo.com.au



www.terrigoaltrotters.com.au

Woodford to Glenbrook Classic 2014

Sunday June 29

Oaks Fire Trail, Blue Mountains, NSW

Join the CareFlight Woodford to Glenbrook Classic 2014 and run or ride the Oaks Fire Trail through the beautiful Blue Mountains National Park from the town of Woodford down to the Eureka Clearing near Glenbrook. Covering 25km of undulating bushland, the trail is incredibly scenic and a must for keen mountain bikers and trail runners. Participants are supported the full length of the track by Rural Fire Service crews stationed along the way, providing First Aid and drinks. A CareFlight doctor and St John Ambulance volunteers will also be in support.

Mountain bike riders start from 9am and runners start from 10am.

Exact start times and transport and parking details will be advised closer to the event.

Registration is just \$50 for adults and \$20 for juniors, which only covers the cost of conducting the event. Money raised by entrants through donations and fundraising activities helps to fund the services of CareFlight.

WOODFORD TO GLENBROOK: BUS PICK-UP LOCATIONS AND TIMES

Terrigal Pub - 6:00am

Erina High - 6:10am

East Gosford - 6:15am

West Gosford (Spotlight) – 6:20am

Kariong – 6:30am

Time permitting; there will be a stop on the way for some breakfast/coffee.

After the run we will stop for lunch in the Glenbrook Township.

If you want to reserve a seat on bus, please send SMS to Mark Dunlop with your name & pick-up location to 0466 824 007 e.g. John Smith, Terrigal Pub

If you reserved a seat but no longer require it, please send SMS to above number with your name; your seat can then be offered to another runner.

If you have any questions please send email to admin@terrignaltrotters.com.au or call Mark Dunlop on 0466 824 007

www.terrignaltrotters.com.au