



RESULTS RESULTS RESULTS

Share your achievements E-mail me your results
yondisresults@gmail.com

Edition 15

October 2014

RELAY FOR LIFE 2014



Sri Chinmoy Canberra 101km Trail Run

28 September 2014

By Darren McClellan #573

After running in the GNW100mile and pulling out at the 100km checkpoint (well I left the 100k checkpoint got 5km up the hill then stumbled back) I was so frustrated and annoyed but knew I made the right choice but it left me thinking. What if I was racing the 100km instead of the 100mile? How much faster could I have gone? I mean I held myself back throughout the whole race and even after reaching Yarramalong I still felt OK and believed deep down I was not only going to finish but go close to my 2011 time. So after GNW I felt I needed a 100km race soon and to get some Ultra closure.

I just happen to be heading down to Canberra the same weekend the Sri Chinmoy 101km trail race was on. This is the events 2nd year and the idea is to add an extra km each year to keep with the age of Canberra. So with Canberra turning 101yrs they made it 101km...well 101.7km.



I must say what really stood out was how well marked the course was. Every few meters there was an arrow marked on the ground. We ran on footpaths and there were arrows, we ran through ridges and there were arrows, we ran through stormwater drains and there were arrows, we ran on hard trails, soft trails, concrete paths in the middle of the trails and there were arrows, we ran on thick deep grass and there were arrows and they even knew when we would be really delirious and there were 4 arrows pointing which way to go!

The race is also a relay race with teams of 2-4 runners doing a section each. The sections were also our checkpoints where we could have drop bags etc. They were at 23.7km, 31.9km, 22.5km and 23.5km and each section made its way over the main mountains that Canberra has to offer. There was also a drink stop approximately every 10km throughout the race. The relay runners started 30min after we left.

We started at 6am and the weather was cool but was predicted to get quite warm and it did get warm quite quickly.

The first leg went great with lots of chatting for the first 6km which was through the suburbs of Canberra including running past parliament house. We then made our way up our first climb of the day going up Red hill then soon after that we were going through a stormwater drain that was about 3ft tall and 100m long instead of crossing a busy road. The next summit was up Mt Taylor then down a very steep hill to the first checkpoint. All going well here and I was amazed that no relay runners had caught up yet.

Next leg was around 30km and about 2km in the first of the relay runners came flying past, then another and another and before I know it I'm heading up to another summit then straight down again.

Soon the course changed to ankle deep long grass and it was at this point I heard what I thought was the wings of a magpie about to swoop on me but no it was Martin Dent who was absolutely flying! Within a few minutes he

was long gone never to be seen again! The course then changed to a bike path and over Scrivener Dam then back onto trails and before I know it I've done 56km and reach checkpoint 2. I was greeted here with lots of familiar faces from Sydney and the Blue Mountains. I love how this sport is like one big family!



Off on the next leg and this one has Black Mountain to climb. I'm still feeling pretty good and have also passed quite a few runners by now. The climb up Black Mountain was a mixture of running and hiking. The run down was again steep and jarring but was welcome after the climbing. Then the course went back through the suburbs of Canberra through Lyneham over to Dickson and to the last of the checkpoints. It was here I find out I'm coming equal 3rd as another solo runner was still in the checkpoint. I spent enough time to refill my water bottles and got out of there. 78km done 23km to go!

Now I'm thinking I'm sitting in 3rd and I should take advantage of this and make sure I'm not caught so I make sure I run every hill that I can and even if to the bystanders it may not look like running to me it certainly felt like I was.

Next summit was up Mt Majura. This was an out and back section and I had to hike most of it. On the way down I saw the guy who was in 4th and he was at least 5min behind me and as I ran passed him he gave me a nice high five. I knew if I can just keep running as much of the hills as I can I should hold him off but it was also in the back of my mind he may still catch me.

One last summit to climb and, after what seemed like an endless fire trail, I finally reach the bottom and begin to climb Mount Ainslie. I also saw a sign warning walkers to be aware of unexploded ammunition.....fantastic I thought.....just what I need after 95km of running!

I was actually glad to start this climb as it gave me an excuse to do a little walking. Once up the top I come across the last water stop and told its 5km downhill to the finish. It was here I ran and ran and ran. Got passed the war Memorial then down Anzac Pde and finally into Commonwealth Park. The last km was just fantastic finally reaching the finish line which was up a very steep grassy hill and after 10hr39min I cross a sign saying FINISH!

Place	Trotter #	Name	Cat Place	Time
26	573	Darren McClellan	3	10:39:27



Keep Hydrated with our Great range of Hydration & Energy Products

BEAT THOSE CRAMPS



Cramp Stop Restore Salt Salt Stick Max Magnesium

CHOOSE A PACK TO CARRY ALL
FROM OUR GREAT RANGE!



Nathan
Firecatcher

\$100

Purchase a Nathan pack now to December
Mention this add and receive a
Free Anti Blister Bomber Pack, value \$20



TAILWIND



HOKA ONE ONE

ALL NEW HOKA INSTORE NOW!

Available in
Guys & Gals
Colours



Mafatte Speed



Huaka



Bondi



Clifton



Conquest

www.coastrunnersshop.com.au

Extended Daylight Saving Hours

Mon-Fri 9.30-6pm Sat 9-3

4333 6064

SHOP ONLINE

OR INSTORE

or delivered to the Saturday Run or Wednesday 6 @ 6!!



asics
ALTRA

EBOOKS



NEWCASTLE

Mizuno

HOKA ONE ONE

adidas

g

orthoheel
NEWTON



Trotter Talk...

With Trotter #600
Kelli Warren

Occupation: Mum, traveller, PE teacher

Why do you run? Time out, because I can, to relax and catch up with friends and of course the coffee!

How long have you been running? Since having to pass fitness tests every semester at Uni - a long time ago now!

What is your favourite Trotters run? Waterslide

What is your favourite brand of shoe? Asics

Briefly, what does your current training week look like?

Tuesday run, Thursday track session, Saturday Trotters run, long run Sunday if training for an event, an occasional run Monday

In one word how would you describe yourself?

Determined

What is your favourite running moment/

achievement? Crossing the line in the recent North Face 50. After conquering cancer and at one time not being able to walk to the mail box I felt many wonderful emotions as I crossed that line knowing I had won in so many different ways! I had never run a marathon but with thanks to Judy I took on this challenge with friends. I loved all the training runs especially the bush tracks.



What are your running goals for 2014? Mostly achieved this year with great pride- North Face 50, Woodford to Glenbrook, maybe first road marathon???

What would be your:

1. Dream run: Any run with friends and injury free

2. Dream running destinations: Anywhere in the world with a beautiful ocean to swim in at the finish - Cinque Terre, Greek Islands, Cook Islands just for starters!

3. Dream person to run with: Friends - both old and new.

Central Coast 10km/1hr Championships 7 October 2014

10 Kilometres

PLACE	NAME	TROTTER #	10K TIME	AG POINTS
1	MICHAEL MILES	734	0:36:08	829.3
2	JULIAN HANSON		0:36:50	
3	MARK DUNLOP	658	0:37:26	764.5
4	MELANIE McDONALD	837	0:38:30	809.5
5	EZRA KEEBAUGH	911	0:38:36	706.8
6	WAYNE DALEY	267	0:39:44	818.8
7	MELISSA ROBERTSON	871	0:41:05	741.6
8	MIKE RANDELL	173	0:42:22	781.3
9	GRAHAM RIDLEY	483	0:42:33	733.3
10	MARK BYFIELD		0:42:57	
11	ALYSSA BETTS	8507	0:43:02	704.9
12	CIARAN LYNCH	838	0:43:14	657.3
13	KATY McCAIG	816	0:43:53	700.3
14	JASON FREENEY	527	0:44:25	664.5
15	NIKKI KELLY		0:45:33	
16	GREG SCOTT		0:46:12	
17	MARK PETERSON		0:52:52	

PLACE	NAME	TROTTER #	1 HOUR DISTANCE (KM)
1	CHARLIE BROOKS	660	16.162
2	DARREN McCLELLAN	573	15.120
3	SUZY WOODBURY	676	12.956
4	GRAHAM LAWS	813	13.298
5	SALLY HUNT	847	11.670



Club Person of the Month Nominations:

Joann Litterick: For the assistance provided to GNW100s runners at Checkpoint 2, while waiting for Bruce Litterick to arrive.

Graham Fowler: For the assistance provided to GNW100s runners at Checkpoint 2, while waiting for Bruce Litterick to arrive.

Dave Byrnes: For the successful organisation of the 2014 GNW100s.

Greg Love: For his outstanding volunteering efforts over the whole of the GNW100s weekend.

Jo Ridley: For her outstanding volunteering efforts over the whole of the GNW100s weekend.

Kim Cook: For acting as Returning Officer at the Annual General Meeting.

Simone Harvey: For volunteering to be the photographer for the Club's annual photo.

Female Athlete of the Month Nominations:

Melissa Robertson: GNW100 Kilometres, 13 Sep 14, 12:16:00, 1st Female and Course Record

Jacqueline King: GNW100 Kilometres, 13 Sep 14, 20:08:00

Melissa Robertson: Bumble Hill Burn, 14 Sep 14, 30:10, 1st Female

Sharon Byrnes: Sydney Marathon, 21 Sep 14, 3:41:40

Kelli Warren: Sydney Marathon, 21 Sep 14, 3:48:45

Melanie McDonald: Sydney Half Marathon, 21 Sep 14, 1:23:13, 10th Female, 1st F35-39

Melissa Robertson: Flat 10km Time Trial, 27 Sep 14, 39:53

Rochelle Jillet: Flat 10km Time Trial, 27 Sep 14, 43:22

Denise Maguire: Mt Portal 17km, 28 Sep 14, 1:41:24, 4th

Male Athlete of the Month Nominations:

Rob Scoines: GNW100 Miles, 13 Sep 14, 28:20

Jason Kirksmith: GNW100 Miles, 13 Sep 14, 28:56

Mark Hope: GNW100 Miles, 13 Sep 14, 31:33

Ciaran Lynch: GNW100 Miles, 13 Sep 14, 31:59

David Fogg: GNW100 Miles, 13 Sep 14, 34:01

Greg Brown: GNW100 Miles, 13 Sep 14, 35:22

Mark Lee: GNW100 Kilometres, 13 Sep 14, 11:23, 1st Overall

Kevin Byrne: GNW100 Kilometres, 13 Sep 14, 14:01

John Hepworth: GNW100 Kilometres, 13 Sep 14, 14:14

Graham Steele: GNW100 Kilometres, 13 Sep 14, 15:29

Ian Temblett: GNW100 Kilometres, 13 Sep 14, 18:08

Bruce Litterick: GNW100 Kilometres, 13 Sep 14, 19:23

Steve Gray: GNW100 Kilometres, 13 Sep 14, 20:56

Martin Ayres: Bumble Hill Burn, 14 Sep 14, 32:15

Adam Couchman: Sydney Marathon, 21 Sep 14, 4:48:14

Heiko Schaefer: Sydney Half Marathon, 21 Sep 14, 1:53:45, 1st M75+

Jon Fogarty: Sydney Half Marathon, 21 Sep 14, 1:54:42, PB

Carl Barker: Sydney 9km Bridge Run, 21 Sep 14, 36:43, 4th M50-59

Craig Rangott: Flat 10km Time Trial, 27 Sep 14, 35:06

Al Cook: Flat 10km Time Trial, 27 Sep 14, 39:33

Wayne Daley: Flat 10km Time Trial, 27 Sep 14, 40:38

Bruce Litterick: Flat 10km Time Trial, 27 Sep 14, 48:04, PB

Darren McLellan: Canberra 101km Trail Run, 28 Sep 14, 10:39:27, 3rd Overall

JOINT CLUB PERSONS OF THE MONTH

Greg Love

For his outstanding volunteering efforts over the whole of the
GNW100s weekend

Jo Ridley

For her outstanding volunteering efforts over the whole of the
GNW100s weekend

FEMALE ATHLETE OF THE MONTH

Melissa Robertson

GNW100 Kilometres, 13 Sep 14, 12:16:00, 1st Female and Course Record
Bumble Hill Burn, 14 Sep 14, 30:10, 1st Female
Flat 10km Time Trial, 27 Sep 14, 39:53
Western Sydney Marathon, 4 Oct 14, 3:08:17, 2nd Female, 1st F30-39

MALE ATHLETE OF THE MONTH

Mark Lee

GNW100 Kilometres, 13 Sep 14, 11:23, 1st Overall

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

www.terrigoaltrotters.com.au



RELAY FOR LIFE 2014



Thanks to Mark Dunlop for the great Relay for Life photos
www.terrigoaltrotters.com.au

Relay for Life 11/12 October 2014

Name	Laps	Kms
Greg Brown	250	100
Wal Bembic	175	70
Graham Davis	108	43.2
Lynn Bromwich	107	42.8
Mark Davis	106	42.4
Graham Ridley	77	30.8
Rod Tawyer	63	25.2
Les Lowe	56	22.4
Graham Laws	55	22
John Love	50	20
Jo Litterick	44	19.6
Simone Harvey	49	19.6
Jon Fogarty	47	18.8
Wayne Evans	43	17.2
Bruce Litterick	35	15
Gary Pickering	35	14
Malinta Tait	35	14
Ian Temblett	35	14
Melissa Robertson	35	14
Tom McNally	30	12
Rod Northey	30	12
Bionda Hiensch	28	11.2
Lisa Jones	26	10.4
Adam the "Couch" man	26	10.4
Mike Thorpe	25	10
Beverly Andrews	25	10

Name	Laps	Kms
Kevin Andrews	25	10
Mark Dunlop	25	10
Sharyn Smith	25	10
Lorraine Lepore	25	10
Lenora Byrne-Bates	25	10
Dot Stockwell	20	8
Gavin Fryer	20	8
Jenny Barker	20	8
Matt Collins	18	7.2
Katy McCaig	16	6.4
Detta O'Dwyer	16	6.4
Denis Robertson	15	6
Kelly King	14	5.6
Steve Coote	11	4.4
Brendan Byrne-Bates	7	2.8
Mel McDonald	5	2
<u>The Kids</u>		
Abbie Andrews	30	12
Darcy Bembic	20	8
Ethan Dunlop	18	7.2
Tristan Byrne	17	6.8
Sophie Andrews	14	6.4
Killian Bryne	15	6
Emma Byrne-Bates	12	4.8
Kaleb McDonald	10	4
Ebony McDonald	5	2

Total Laps 2023 Total Km 813

Thank you to the lap counters for keeping count

RELAY for LIFE 2014

On a very warm afternoon Mingara's 14th Relay was officially opened at 3pm, and 100's of people who are either battling cancer, survived cancer or carers, walked the first lap, to applause and cheers from all the teams camped around the track. Seeing so many people affected by cancer in our community makes you realise why this event is so important.

The Trotters' family' rallied the last week, and we ended up with a very large team again which was fantastic, especially as we are the ONLY team to have been represented at all of the previous relays.

Once again we had the benefit of setting up the Friday afternoon, as one of a few teams who get early access, which is given to Relay veterans like Trotters or have raised large sums of money. Thank you to those who assisted on Friday afternoon setting up in our usual position.

We had our lap counters set up early ready for everyone's laps to be counted, with Dave Fogg leading the way with his new simpler method which worked really well, and he was helped by many, including Mike Gero, Wayne Evans, Kevin Andrews, Graham Ridley. At some stages there were multiple runners/ walkers going around the track which made the counting quite difficult at times

Some of the early starters in the heat were Greg Brown, Wal Bembic, Mark Davis who all had their goals, varying from 100km to a marathon.

Greg Brown managed to complete his 250 laps around 4.30 am on Sunday morning, and I was honoured to run the last few laps with him. He did a lot of this run on his own, as this year there were not too many night runners, so well done Greg. He must have been keen to finish, because his last 200m were done in an all out sprint, with me hanging on.



Mark and I ran together for some of the evening, however being younger and quicker he completed his marathon in the same time took me to complete 25km.

Not sure what happened with Wal Bembic, but he told me his aim was 100 laps, to which I said well another 5 gives you a marathon. I know he was running for a special little girl, and whether this motivated him, but he ticked off

100, 105, 120, 150 , and he finally stopped at 175 laps or 70km, tremendous effort when his longest runs are around 15km.

Hopefully, Lynn Bromwich is not trying to start a trend, but Lynn ran laps to suit her Trotter number 107, great effort, but if you are Trotter no 900 (Wal B) could be tough, but Trotter no 1 (Kevin A) easy.

There were a lot of Trotters children/ grand children who all ran laps, and they made sure that there laps were counted. It was great to see them all there having fun.

This year it was decided that there would be no running during the Candlelight ceremony and “quiet” lap, so a big thankyou from me and the organisers for walking these laps. It gave people time to reflect or remember why they were there, and as always a very emotional time for many.

There were a lot of runners who ran for an hour or two and achieved distances from 5 to 20km, all of whom helping make this a great club event. Hopefully you will all return next year.

We had the BBQ fired up by Kevin Byrne, on Saturday evening so he was kept pretty busy, and there was a seemingly endless supply of tea, fruit and lollies etc for people to enjoy, and for those who stayed overnight counting or running, keeping them awake.

We had some new members arrive early Sunday morning for breakfast, and run some laps including Dot Stockwell and Kelly King, who both rode up. Don't think Kelly was looking forward to the hills going home though.

I had the pleasure of their company and Wayne Evans when I completed another 18km, taking my total up to 108 laps, which surpassed my initial goal of 21km.





There were a few Relay first timers with us, so hopefully they enjoyed the event and will return.

If anyone has any ideas for next year regarding having a "teams challenge" please talk to me.

It is hard to mention everybody that came or who assisted in setting up/ taking down etc, so thankyou to all.

We have kept a record of all the laps run and walked by Trotters.

Thankyou all for supporting this event,

Graham (TT 352)



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 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

Ride to Conquer Cancer

By Colin Price Trotter #399

Firstly, I would like to thank all who donated to the Chris O'Brien Lifehouse, Ride to Conquer Cancer event which was held on 11 and 12 October 2014.

The ride started in Olympic Park and we (more than 900 riders) travelled 100 km out to Windsor on the Saturday where our gear had been delivered and a tent was awaiting. This was a very well organized event with several drink stops and a lunch break along the way as well as support crews. Directions were excellent with a sign on just about every corner.



After a free beer, a chat, great dinner and entertainment we headed off to our tents, mine was the blue one, as we had an early start the next morning between 6.30 and 7am. Breaky choices were sausages, omelette, baked beans (not a good choice), hash browns, toast, fruit and juice. Oh, and of course coffee (this queue was longer than the toilet queue, of which there were many, along with hot showers).

The route was slightly different on the return so we covered 114 km with the same great support along the way and a rowdy reception as we finished at Olympic Park. Riders came in all sorts and on a variety of bikes with some taking under 4 hours to cover the 100 km and the last person to arrive Saturday night took 10 hours.

This was a great event, emotional and rewarding, but the short term pain (in my butt) is nothing compared with the journey Cancer patients have to endure along with their families (and friends). Thank you for your support.

What did we achieve?

The Ride raised \$3.6 Million for Chris O'Brien Lifehouse, Thanks to You!

Thanks to your courage and passion, collectively we raised \$3.6 million for Chris O'Brien Lifehouse. Over the past 3 years of the Ride, that is almost \$13.4 million - and that is making an incredible impact. In 2013 alone the Ride funded much needed equipment for Chris O'Brien Lifehouse, including:

- * 37 state of the art chemotherapy chairs
- * 105 beds for the inpatient rooms
- * 10 ICU (intensive care unit) beds
- * 186 infusion pumps for giving chemotherapy
- * 58 Diagnostic sets for monitoring patients vital signs
- * 22 wheel chairs

All of this equipment allows Lifehouse to continue combining all facets of clinical care - medical, and radiation oncology, research, wellness and support services, as well as post-treatment support.



Western Sydney Marathon 4 October 2014



Pos	Name	Time	Categ (Pos)	Gender (Pos)
11	Melissa ROBERTSON	3:08:17	30-39 (1)	Female (2)
40	Denise MAGUIRE	3:51:58	40-49 (3)	Female (11)

2014 Australian Duathlon Championships Age Group sprint distance Duathlon

Pos	Trotter No	Name	Time	Cat	Cat Pos	Gen Pos	Run 1 (5k)	Cycle (20k)	Run 2 (2.5k)
181	502	Heiko Schaefer	1:21:41	M75-79	1	130	25:03	39:39	13.57

Heiko Schaefer:- "An age category win and qualification for World Champs

2014 Hume & Hovell 50/100 Ultra

Pos	Trotter No	Name	Cat	Race Time	Cat Pos	Gen Pos
6	573	Darren McClellan	M40-49	12:28:55	4	5

Darren McClellan:- "You know when you fall and dislocate your shoulder and badly cork your leg 1.8km into a 100km race it's going to be a tough day. Still a finish but OUCH!"

Melbourne Running Festival 12 October 2014

Marathon

Pos	Trotter #	Name	Net time	Cat	Net Cat Pos	Net Gen Pos	AG Points
4469	89	Mark ANDREWS	4:28:39	M20-39	1808	3306	465
5099	898	Oliver WARSCHKOW	4:43:30	M45-49	491	3683	470.8

Half Marathon

Pos	Trotter #	Name	Net time	Categ	Net Cat Pos	Net Gen Pos	AG Points
2741	621	Yolande WALKER	1:51:20	F40-44	134	764	619
4326	513	Liza WHITFIELD	1:59:09	F45-49	125	1512	547.5
6732	882	Lesa PRENDERGAST	2:12:11	F50-54	127	2959	547.3

10k

Pos	Trotter #	Name	Net time	Categ	Net Cat Pos	Net Gen Pos	AG Points
3587	580	Dina BATT	1:01:30	F50-54	71	1669	580.2





TROTTER'S RUNS AND THEIR HISTORY

Tegart's Revenge

By Greg Tegart #207

I had been running with the Terrigal Trotters since the early nineties.

Every Saturday morning I would head down to Terrigal to run one of the gazetted runs from the list of runs Trotters had on their books.

After running with the Trotters for a number of years I thought I would like to map out a run from Terrigal and name it. At that time I thought you hadn't made it in Trotters unless you had a run named after you.

It took a number of years before I decided to put together a run as I thought all the routes had been taken. It wasn't until around 2008 that I proposed two Trotters runs to the committee of the day.

The first one was out to Copa via Avoca then return via Cullens Rd through Kincumber and back to Terrigal via Scenic Hwy. This run was refused due to the dangerous windy Cullens Rd.

The second run course was out along Terrigal Dr right into Willoughby Rd Left onto Central Coast Hwy follow the Hwy through to Karalta Rd cut through to Windemere Dr then through to Kings Ave through Duffys oval then back to Terrigal via Terrigal Dr.

I didn't have a name for this run at that time. This run was also refused due to being too boring.

The committee advised me that there was a run that they would approve, that they would put my name on. They called this run Tegart's Captain Cook run.

I advised the committee that I wouldn't want my name put on that run as it wasn't something that I had mapped out.

The Captain Cook run stayed with my name on it for a while until I insisted that my name was removed from it, because people would come up to me and ask me where the run goes as it was hard to follow and I would advise them that I didn't know as it wasn't something that I had mapped out. They used to say "But it's your run" I would advise them that it was Davo's run not mine.

Finally my name was removed from the run title.

I joined the committee for the 2008-2009 term in which time I resubmitted the second run course under the name of Tegart's Revenge, it was passed unanimously.

TROTTER'S RUNS AND THEIR HISTORY

Kev's Kapers

Kev's Kapers was derived by Kevin Andrews –Trotter #1. This run was put together after many Tuesday, Thursday and Sunday runs where we didn't want to get too far from the car park yet still cover a fair bit of ground. As usual, it encompasses a few uphill and of course, some downhill. The run is about 11km in length but can be made shorter with sections deleted so people could turn back early.



It starts up Kurrawyba St and on to Scenic Hwy then into Table Top. It then takes you down a right-of-way to Surfrider and continues along to Tramway Rd. After crossing Tramway it heads down the staircase to Avoca Pde near the Nth Avoca Surf Club and then to the steep and winding Coast Road.

After completing Coast Rd, you then head along Scenic Hwy again to Hillcrest Rd. Heading down Hillcrest to Quarang Rd and then up to Campbell Pde and Barnhill Rd, runners are then presented with another uphill in Barnhill Rd up to Scenic Hwy. Following on from this, runners are then treated to the best downhill section of Scenic Hwy with panoramic views to Cromarty Hill and Norah Head finishing with the compulsory lap of The Haven and a quick trip up the Skillion before heading home.

Regulars and visitors often complain about the number of hills that dominate many of Trotters' Saturday runs, but always feel comfortable in the fact that they have 'run' every hill.

By Kevin Andrews #1

RUN SYDNEY

**2 November 2014
Sydney Olympic Park**

Half Marathon | 10km | 3 km

Visit www.runsydney.com to enter

Central Coast Half Marathon and 10k

**30 November 2014
Memorial Park, The Entrance, NSW**

Half Marathon | 10km

Visit www.centralcoasthalfmarathon.com to enter

Points will be calculated from the results of the 10km and Half Marathon for both events to count towards the Terrigal Trotters Super 7 competition

Trotter Talk...

With Trotter #590 Tina Baverstock



Occupation Mum and Registered nurse

Why do you run? It makes me feel happy and I like to challenge myself and ultimately I want to participate in a fun run with Ollie.

How long have I been running? 25 years

Favourite Trotter run Kincumber Mountain

What is your favourite brand of shoe? Nike Air

Pegasus trail and On for road running

In one word how would you describe yourself? Resilient

What is your favourite running moment? Always, the descent into Jenolan Caves at the end of the 6 Ft track.

Briefly, describe your current training week

Mon-gym (TRX or plyometric session), Tue-either 14km or effort set with training buddy, Wed-Spin + 30 min strength, Thurs-10km and yoga, Sat-around 20 km at moment + spin!

When you hit a tough spot in a race what do you think about to get you through?

I think how grateful I am that I have the good fortune to run, I have my health and it's better to have a go as you may never get this opportunity again and if that doesn't work the words "toughen up Princess" makes me laugh as I reflect on the occasion the phrase was created. Basically makes me laugh and distracts me.

Running goals for 2015? Sub 5hr 6 Ft track (PB is 5.01), run a PB for 10 km, PB in half marathon, GNW 100km if I remain injury free.

What would be your:

Dream run: - Spending 3 months in Northern Italian region of Piedmont and compete in trails running in the Alps

Dream run destination: - Northern Italy

Dream person to run with: - Train with Matt Fitzgerald author of "Run Less, Run Faster" as this is the philosophy I have adopted and it works for me.

Additional comment Running for me is to be the best I can be and making some great friends and memories on the journey.

GIRRAKOOL TO PATONGA (25km) Sunday, 19 October 2014

No.	Runner	Run Time*
1	Michael Miles	02: 22
2	Mark Dunlop	02: 36
3	Graham Steele	02: 48
4	Ross Markey	02: 53
5	Melissa Robertson	02: 56
6	Graham Ridley	02: 57
7	Ciaran Lynch	03: 05
8	Jean Tiran	03: 05
9	Joseph Rolella	03: 07
10	Matthew Robertson	03: 07
11	Stuart Baverstock	03: 12
12	Paula Gaudry	03: 13
13	Bruce Litterick	03: 15
14	Matthew Collins	03: 15
15	Ian Temblett	03: 16
16	Wayne Daley	03: 16
17	Trent Playford	03: 30
18	Greg Brown	03: 33
19	Kevin Dean	03: 35
20	Sonia Romeyn	03: 35
21	Wayne Evans	03: 35
22	Daniel Pink	03: 37
23	Graham Laws	03: 37
24	Wal Bembic	03: 43
25	Cathy Donnet	03: 45
26	Dot Stockwell	03: 45
27	Peter Hood	03: 45
28	Sonia White	03: 45



29	Steven Gray	03: 45
30	Jo Litterick	03: 47
31	Graham Davis	03: 52
32	Jennifer North	03: 54
33	Sharon Byrnes	03: 54
34	Allison Allen	04: 15
35	Monica Nicol	04: 15
36	Detta O'Dwyer	04: 35
37	Lynn Bromwich	04: 45
38	Kerry White	04: 47
39	Oliver Warschkow	04: 48
40	Greg Tegart	05: 40
41	Samantha Tegart	05: 40
23	Jon Fogarty	DNF: Patonga Drive (injured)
53	Judy Murray (from Staples Lookout)	02: 50
6	Cheryl Senogles	Walking
8	Darren Senogles	Walking
12	Graeme Harivel	Walking
28	Lynne Pinsent	Walking
29	Marg Harivel	Walking
41	Russell Pinsent	Walking



GNW UnWrapped

By Graham Steele # 529



Dave Byrnes organises a series of runs of about 30k's average during the year along the Great North Walk track from Wakefield to Patonga. Having tried the first run in 2013 from Yarramalong to Somersby, I became hooked. From the arriving early (No Sunday sleep in!), meeting other keen runners, the bus trip and the group photo before starting. Amazing day out, each and every one of them. As the year goes on the trips become longer, so more time to get lost, more time to sleep on the bus on the way home, and more high jinx. I seem to remember the bum bombing pics of one Joe Rolella and the competition that stemmed from there.

Seriously though, if you can run 15k, then consider having a bash at a GNW run. The scenery is stunning, from the valleys to the peaks. Somersby to Sparks Lookout is tops.

Personally some highlights have been the Dave Fogg tree, the Girrorakool to Patonga final descent and slowly climbing skyward toward the clouds from Freemans Waterhole to the antenna. The view to Newy is spectacular.

I have learnt to descend to the valleys quickly thanks to the nimble Trotter Denise Maguire (Trotter #799). The benefits of partaking in the GNW runs are immense. Getting to know more Trotters has been awesome, together with the bug that one may catch of the desire to enter the GNW100's. The fitness gained from completing these runs is amazing. The enjoyment of the day and the interaction with other addicts is brilliant.



I met Denise (1st run) whom I have so much to thank for, as somehow I had been convinced to enter the 2014 GNW 100k. Vowed to finish no matter what.....bottle of champagne to share thereafter to mark the achievement, so no option!

The GNW section runs are so well organised, they always provide entertainment due to some of the participants, namely Detta O'Dywer, The Littericks and Deidre, a few that spring to mind at point of typing and chances are these runs are bound to get better due to the enthusiasm of the participants.



Case in point, Graham Laws before the Night Run wanting to watch the first game of the Bledisloe Cup, contended with the forecast of rain, heavy RAIN.....pondered the odds of turning up for the night run from Yarramalong to Somersby, goes somewhat like this. Beer, cosy lounge, game of rugby where the All Blacks teach the Wallabies a thing or three.....or a run in the mud and rain? To my surprise, Graham Laws chose the run, the awesome escapade of the wet and rampant rollercoaster of trail running. First Bledisloe game 12 all.



So now to the actual GNW 100k, Sep 13 2014. Perfect day, top of 21 degrees, no rain and partly cloudy. As the day approached, the excitement level remained low with the focus on getting to the start line with all required equipment and body rested. The buzz at the start was brilliant, so many Trotter faces gleaming from the dark all adding to the thrill of having made it to the start line.

Did GNW go to plan for me? NO WAY! Feeling great until CP1, then at about 35k, a small tear occurs in the calf muscle. Now the thought of how I was going to finish another 70k feeling this much pain was concerting to say the least. I had told myself "Entered once, complete once" which played over and over in my mind, together with the classic mantra of "keep moving forward". Cliff Young's shuffle also encouraged. Getting to CP2 was a massive achievement for me with the constant pain and I knew that if I got there, then another 52k of additional hurt should be fine.

Steeping up and down rocks hurt badly, I have never had to deal with pain like this before. All in all, it's so worth the days training and the smiling faces that greet you at the finish. Come on Trotters, get out there and discover Trail Running soon.



**The next Trotters Trail Run
Yarramalong To Somersby (28KM)
Sunday, 8 February 2015**



TROTTERS TRAIL SERIES WRAP-UP FOR 2014

By Dave Byrnes #517

The Girrakool to Patonga run on Sunday, 19 October, marked the last of the Trotters Trail Series for 2014. With 49 participants, it neatly book-ended the series of seven runs which started last February with 48 people running from Yarramalong to Somersby.

By almost any measure it was a successful series, yielding the usual lost runners, variable weather, good-natured banter and enjoyable camaraderie. Nothing quite beats lounging around with friends in

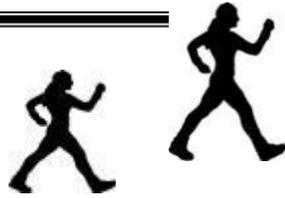
the sun at the end of a long and challenging trail run through the gorgeous Australian bush, while waiting for the last runners to finish. Adventures and misadventures are retold, runners teased – Bruce's tantrums, Peter's navigation, Judy's photography, Detta's chattiness, Jo's fluorescence, Oliver's attention to detail, Greg's fast starts, Darren's fast come-backs, Matt's ankles, and so on – and future runs planned. Graham Steele has often generously provided a few ales to aid the post-run rehydration and analysis.

For me personally, it has not only been rewarding to see my club-mates enjoying themselves, but gratifying to see the number of new people joining the fun and others using the runs as preparation for the GNW100s in September.

In all, we had 102 different runners participate in at least one of the trail runs, while Detta O'Dwyer and Steve Gray were the only members to manage all seven (runners-up were Graham Steele, Oliver Warschkow and Bruce and Jo Litterick with six runs). I have some ideas for other trail runs to add to the mix in 2015, if we can find room on the calendar.



WALKER'S CORNER



Wednesday Walking Group

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

First Friday Walkers

The next First Friday Walk will be something different!

We are planning to go to Sydney to see

Sculptures by The Sea.

*We will travel to Bondi Junction by train/bus.
Our walk will take us from there to Coogee looking at the
sculptures. This will be an all day outing.*

*If you are interested in coming along please meet at
Gosford Railway Station, upstairs near the ticket office at
7.45 on Friday 7th November.*

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

www.terrigtrotters.com.au

The Bloody Long Walk By Yondi #718

19 October 2014

The weather gods smiled on us with a stunning day for our Bloody Long Walk 35k from Palm Beach to North Head Sanctuary. After tackling the logistics of getting to Palm Beach by public transport by 7ish on a Sunday morning Trotter # 719 Narelle Stylianou and I set out for a Bloody Long walk. We were reminded by race organisers that “This is not a race, it is a challenge” as we left the start precinct.

The event is held in Sydney, Melbourne and Brisbane to raise money for Mitochondrial disease (Mitochondrial disease (mito) is a debilitating genetic disorder that robs the body’s cells of energy, causing multiple organ dysfunction or failure and potentially death. For more info visit: www.amdf.org.au/).



From Palm beach we headed south through Whale Beach, Newport beach, Narrabeen, Collaroy, Dee Why, Curl Curl, Manly and more beachside suburbs. The Great Aussie beach crawl.





The terrain varied between road/footpath, grassy golf course, beach, bush tracks and plenty of hills. Of course there were plenty of opportunities to take in the breathtaking scenery along the way. There were 7 checkpoints manned by friendly and helpful volunteers offering water, pieces of fruit and answers to our questions "Where are we?" and "Where do we go now?" Maps were downloadable from the event website but we still managed some navigational errors and a few navigational near misses thanks to locals on the walk pointing us in the right direction.



All the beaches were packed and it was great to see people out everywhere enjoying the lovely day. Nearing the end at Shelley Beach south of Manly there was even a wedding. A true Aussie beach scene with bag pipes playing in the background was a strange mixture. The end of the walk

traversed the entire North Head Sanctuary with the finishing arch framing a fantastic view of Sydney and the harbour. It took us a leisurely 7 hours and 40 minutes to complete the walk.

Great company, great volunteers, great views, great weather all made for a great Bloody Long Walk.



7 Bridges Walk 26 October 2014 By Yondi #718

Another Sunday, another glorious and warm day. Trotter No 107 Lynn Bromwich and I headed to Sydney to do the 7 Bridges walk.

Wow, aren't we lucky to be able to walk the 27 km around this beautiful harbour. This is a great walk with all the best sights of Sydney on show as well as some hidden gems. The 7 Bridges walk crosses the Harbour Bridge, Pyrmont, ANZAC, Gladesville, Iron Cove and the lesser known Tarban and Fig Tree bridges. In Lane Cove there is the opportunity to head off road and get out of the sun on some bush tracks. A great family day out and for those that don't want to do the full distance there are regular free buses to take you back to your start point.

Fiona Gustard and her team, Team Faye, also took to the pavement raising money for the Cancer Council, with thoughts of her Mum foremost in her mind.

“Pyrmont Bridge and we saw the attached sign near the end. Thanks Mum. Thank you to everyone who kindly donated. Team Faye ended up fundraising \$767.50. Awesome effort.”



Photos Courtesy of Fiona Gustard

Fernleigh 15 19 October 2014

NET PL	TROTTER No	NAME	TIME	GEN	CAT	CAT PL
39	90	Barry Willis	0:57:38	M	55+	3
44	837	Melanie McDonald	0:58:25	F	35-44	2
118	909	Kirsten Ambler	1:04:26	F	35-44	6
146	654	James Moran	1:05:42	M	35-44	41
219	804	Martin Ayres	1:09:24	M	55+	16
272	847	Sally Hunt	1:12:12	F	45-54	9

The Great Ocean Walk 100km - 18 October 2014

Place	Time	Speed	Trotter #	Name	Gen	Gen PI
30	14:38:00	6.83	598	Gary Pickering	M	22

Keep up-to-date with what's happening in the Trotters community or find someone to run with on a particular day by joining

 [Terrigal Trotters](#) 

Add your name to the TROTTERS email list (members only)

 [TROTTERS Email List](#)

Click on these icons on the Terrigal Trotters website homepage

Brooks Hill Out and Back Time Trial 25 October 2014

Place	Trotter #	Name	Time	AG Points
1	8568	ANTHONY FARRUGIA	0:35:53	791.9
2	660	CHARLIE BROOKS	0:36:52	728.8
3	817	CHRIS FUCHS	0:36:57	730.3
4	658	MARK DUNLOP	0:39:15	729.1
5	911	EZRA KEEBAUGH	0:40:38	671.5
6	637	MATT CHAPMAN	0:40:46	707.3
7	832	MARK LEE	0:41:33	664.3
8	529	GRAHAM STEELE	0:41:48	711.3
9	915	FRANK HODGKINSON	0:42:08	705.7
10	267	WAYNE DALEY	0:42:32	764.9
11	871	MELISSA ROBERTSON	0:42:40	714.1
12	886	WARWICK WHITMORE	0:42:50	626.8
13	173	MIKE RANDELL	0:42:58	770.4
14	638	JOE ROLELLA	0:43:08	668.5
15	854	ROCHELLE JILLET	0:43:09	703.4
16	483	GRAHAM RIDLEY	0:43:18	720.6
17	838	CIARAN LYNCH	0:43:20	655.8
18	860	ROSS MARKEY	0:43:45	707.4
19	8594	NEIL PROSSER	0:44:15	705.1
20	8600	JEAN TIRAN	0:44:31	610.3
21	816	KATY McCAIG	0:44:32	690.1
22	8601	DAVID FOREMAN	0:44:59	617.6
23	576	STEVE GUEST	0:45:01	693.1
24	571	TRENT PLAYFORD	0:45:31	594.7
25	676	SUZY WOODBURY	0:45:44	677.8
26	922	NATHANIEL SHERGOLD	0:46:38	575.8
27	780	TROY KASTELAN	0:46:46	621.5

28	43	KEVIN DEAN	0:46:55	765.2
29	8598	RYAN LANSER	0:46:56	609.7
30	8595	AMANDA MARCHANT	0:47:06	644.4
31	804	MARTIN AYRES	0:47:31	702.6
32	890	SHANE KNIGHT	0:47:34	580.2
33	8602	BRENTON OLZOMER	0:47:35	564.3
34	258	ADRIAN SMITH	0:47:50	636.6
35	858	JACKIE McRAE	0:48:45	622.2
36	505	GREG BROWN	0:48:48	655.4
37	799	DENISE MAGUIRE	0:49:10	641.4
38	8603	GREG SCOTT	0:49:33	544.6
39	877	MICHAEL SMITH	0:49:42	584.8
40	8604	TREVOR BROOKS	0:49:45	622.1
41	607	JEFF DICK	0:49:49	658.4
42	910	DANIEL PINK	0:49:58	556
43	791	JAMES WRIGHT	0:50:24	585.6
44	875	PETER BEATON	0:50:52	558.7
45	8596	PETER O'MALLEY	0:51:02	569.6
46	8	STEVE HUGHES	0:51:13	663.5
47	698	TAMMY SHAFER	0:51:24	627.8
48	759	BRUCE LITTERICK	0:51:28	611.1
49	593	STEVEN GRAY	0:51:37	670.3
50	8599	ANDREW SMITH	0:51:41	562.4
51	266	TARA WARREN	0:51:54	587
52	502	HEIKO SCHAEFER	0:53:01	743.8
53	891	GAV FRYER	0:53:05	564.5
54	897	JOHN LOVE	0:53:11	577.2
55	869	JOEL SMALL	0:53:12	512.8
56	548	DAVE HOPKINS	0:53:15	616

57	8605	MITCHELL PONT	0:53:27	503.6
58	8606	TIM BARLING	0:53:34	534.2
59	352	GRAHAM DAVIS	0:53:39	633.4
60	8607	MARK PETERSON	0:54:07	595.9
61	760	JO LITTERICK	0:54:20	648.5
62	862	ADAM COUCHMAN	0:54:50	506.7
63	903	JON FOGARTY	0:55:24	618.8
64	675	SIMONE HARVEY	0:55:46	545.1
65	621	YOLANDE WALKER	0:55:49	569.1
66	618	MONICA NICOL	0:55:49	594.5
67	620	ALLISON ALLEN	0:55:53	577.4
68	900	WAL BEMBIC	0:58:13	531.6
69	248	LES LOWE	0:58:26	556.8
70	8608	KAYLA SCHUSTER	0:59:00	514.1
71	827	ROD TAWYER	0:59:33	528.1
72	8554	ADAM RUMPLER	1:00:23	449.9
73	555	LISA GIDLEY-KING	1:00:56	506.3
74	631	WAYNE DOHERTY	1:04:48	502.1



OCTOBER 2014 MILESTONES



Donna White #586- 300runs Pam Boesenberg #327- 500runs Debbie Barnes #755 -100runs



Nathaniel Shergold #922 -10 runs





Terrigal Trotters Uniforms

Adam Couchman is the clothing officer. He will be selling the 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.

Club Polo Shirt - \$30

Embroidered logo.

Ladies' and men's styles available.



Club Cap - \$10



E-mail: amcouchman@gmail.com

Mikayla McRae and Eddie Davis sporting their new Terrigal Trotters Singlets



Ultra Championships Progress Scores

Place	Progress Points (Average)	Trotter Number	First Name	Last Name	Race Date	Race Name
-------	---------------------------	----------------	------------	-----------	-----------	-----------

PROGRESS SCORES (QUALIFIED = completed two or more events)

1	885.2	573	Darren	McClellan	13-Sep-14	GNW100 Km
					28-Sep-14	Canberra 101km Trail Run
					18-Oct-14	Hume & Hovell 100km
2	618.3	912	John	Hepworth	22-Aug-14	OXFAM Sydney Trailwalker
					13-Sep-14	GNW100 Km
3	597.6	759	Bruce	Litterick	22-Aug-14	OXFAM Sydney Trailwalker
					13-Sep-14	GNW100 Km
4	596.7	593	Steven	Gray	20-Jul-14	Hunter Valley Ultra
					13-Sep-14	GNW100 Km

PROGRESS SCORES (UNQUALIFIED)

	1107.3	410	Robert	Scoines	13-Sep-14	GNW100 Miles
	943.9	773	Jason	Kirksmith	13-Sep-14	GNW100 Miles
	941.6	871	Melissa	Robertson	13-Sep-14	GNW100 Km
	913.9	832	Mark	Lee	13-Sep-14	GNW100 Km
	891.3	713	Dave	Fogg	13-Sep-14	GNW100 Miles
	885.4	505	Greg	Brown	13-Sep-14	GNW100 Miles
	874.9	785	Mark	Hope	13-Sep-14	GNW100 Miles
	856.7	838	Ciaran	Lynch	13-Sep-14	GNW100 Miles
	829.6	598	Gary	Pickering	18-Oct-14	The GOW100km
	754.3	130	Kevin	Byrne	13-Sep-14	GNW100 Km
	727.4	529	Graham	Steele	13-Sep-14	GNW100 Km
	713.8	730	Levi	Martin	13-Sep-14	GNW100 Km
	657.0	739	Matthew	O'Shea	13-Sep-14	GNW100 Km
	645.8	665	Ian	Temblett	13-Sep-14	GNW100 Km
	643.8	544	Craig	Gustard	13-Sep-14	GNW100 Km
	619.9	176	Jacqui	King	13-Sep-14	GNW100 Km
	471.2	8590	Doug	Boyd	20-Jul-14	Hunter Valley Ultra
	0.0	378	Michael	Frost	13-Sep-14	GNW100 Km

White Ribbon Ultramarathon

By Kirrily Dear

Let's be clear about one thing from the start. I firmly blame the Terrigal Trotters for what I am about to put my body through. Let's face it, if it wasn't for the Great North Walk 100's and all the fun and torture they represent, I'm fairly sure I wouldn't have become addicted to ultra running. And now that addiction has led to this.



On the 14th November 2014 I will be setting out from Walgett in north-west NSW (up near Bourke) and running 860km over 12 days finishing in Forbes on 25th November, White Ribbon Day and International Day for the Elimination of Violence Against Women.

I am doing the run to raise awareness of the extent of violence against women in our community and to get people thinking about the steps they can take to help bring an end to the violence. Recent high profile cases have helped kick start a public conversation about violence against women, and in particular domestic violence. However the problem in our community is far more pervasive than most people realise. For instance:

- At least one Australian woman every week is killed by a current or former intimate partner and is the leading contributor to death, disability and ill-health in Australian women aged 15-44
- In the 12 months to December 2013, 28,291 domestic violence related assaults were reported in NSW alone and we know domestic violence is substantially under-reported
- 60% of women report experiencing violence in the workplace.

I don't have a background with domestic violence, I'm not a social worker, I'm not police. I am just an everyday person who got fed up. About 18 months ago I became aware of the continuous reports in the news about women being murdered, raped and abused in our communities. Women with their lives ahead of them and children who were forced to bear witness and often became victims as well. I reached a point where I was compelled to do something. Inaction was no longer an option.

www.terrigoaltrotters.com.au

I'm fortunate. I am physically, mentally and emotionally a strong person. I am surrounded by men and women who support me to thrive and achieve. I have the greatest of family and friends. I believe in giving back and making our community a better place for others. I approached White Ribbon (www.whiteribbon.org.au) and discussed how I could use my running to help their cause of engaging men in preventing violence against women. We discussed the struggle experienced to get the broader community involved in domestic violence prevention. Running is a great unifier. We have all experienced the collegial friendship of the running community. So the White Ribbon Ultramarathon was born. We are going to use running as a way of uniting people and getting all areas of our community talking together about steps we can all take to stop the violence.



The White Ribbon Ultramarathon will be passing through some of the areas of NSW most seriously affected by domestic violence. In remote areas, such as Walgett Local Government Area (LGA), domestic assault rates can be up to 11 times those in metropolitan areas with 2930 assaults per 100,000 reported in 2010, compared to 305 in Gosford LGA or 212 in Leichhardt LGA. A lot of people, men in particular, talk about feeling uncomfortable and ashamed when they first become aware of the problem. When I first learned of the extent of the problem I felt overwhelmed. It seemed to be the unconquerable mountain. But then I started to meet the people out at the coalface who have dedicated their lives

to getting a better outcome for their community. The Police, Domestic Violence committees, schools, religious leaders, government and companies who are working to educate, prevent violence and support victims to safety. Those stories are inspiring and to me clearly signal the wave of change that is moving through our community.

It is those stories we will be sharing and highlighting as the White Ribbon Ultramarathon progresses. These communities have recognised they have a problem and are working together to create change. Strong leadership and determination.

The stark truth is that most of us, me included initially, would prefer to make violence against women someone else's problem to solve. It's confronting and a difficult reality to face. Violence is a culturally derived problem.

Governments don't create culture, people do, and if we want the violence to stop then we are the ones who have to make the changes.

As many of you know fitness is only a small part of succeeding in an ultramarathon. It's your willpower and mental strength that truly empower. You have to believe in the possibility of getting to the end. Where your mind leads, your body follows.

People say we can never stop violence against women.

They're wrong. The violence will stop when we have enough collective willpower to make it happen.

How can you support the White Ribbon Ultramarathon? Visit our website www.whiteribbonultra.com from there you can:

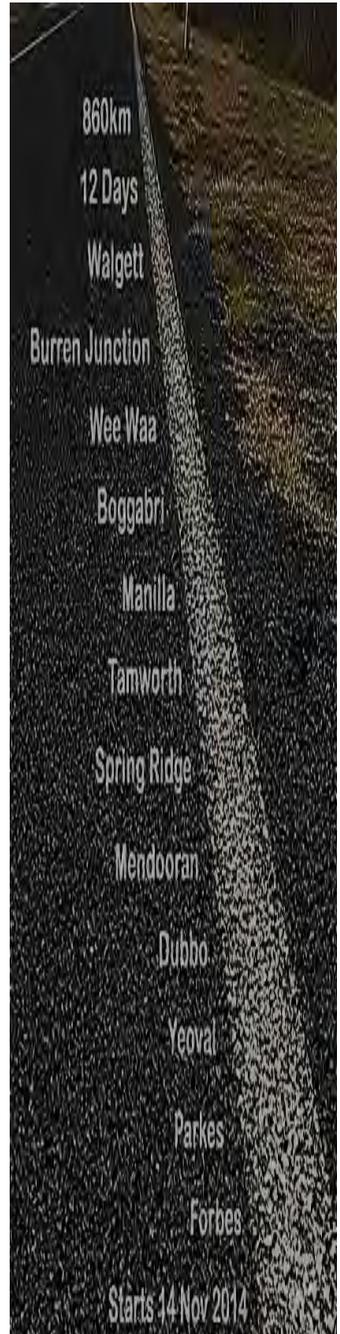
- Make a donation to White Ribbon Australia so they can continue their education and awareness programs
- Join us on Facebook (/whiteribbonrun), Instagram (@whiteribbonultra) and Twitter (@whiteribbonultra)
- Buy a pair of our White Ribbon Ultramarathon shoelaces and show you're taking steps to make the violence stop
- Participate in our Step-A-Thon and set your own challenge for November 2014.

Statistic sources:

White Ribbon Australia

Trends and patterns in domestic violence assaults: 2001 to 2010, BOSCAR VicHealth, 2012, Preventing violence against women in the workplace: An evidence review.

Victorian Health Promotion Foundation 2004, Melbourne, Australia.



Last chance, don't miss out!!

Come on Trotters this week is your last chance to register for the

Terrigal Trotters Terrific Two-Person Tag-Team Time Trial



15 November 2014
Flat Time Trial 10km Course



You will need to register for this event by 8 November 2014
The event is open to existing members who have completed at
least one Flat Time Trial in 2014.

Register Now:

See Adam Couchman at Trotters on Saturday morning
Send Adam a Facebook message
Text Adam on 0466 152 532
Email Adam at amcouchman@gmail.com

- Runners will be teamed together based on their best TT result in 2014. The fastest with the slowest, the second fastest with second slowest and so on.
- Teams will be advertised via the Trotters Email list and Facebook Page in the week prior.
- On the day teams will decide who will be Runner A and who will be Runner B. Runner A will run the first three kilometres. At the changeover point they will tag Runner B who will run the next five kilometres. Runner B then tags Runner A at the

next changeover point who will complete the final two kilometres.

- The two changeover points (the 3km mark and the 8km mark) are very close together.
- Changeover Point One (3km) will be on the corner of Ocean View Drive and Wairakei Road.
- Changeover Point Two (8km) will be on Wairakei Road near the playground (between Winston St and Ocean View Driver).
- All “Runner B” people need to make their own way to the changeover point in plenty of time for their leg of the race. It is up to you how you make it there and back.
- The winning team is the first one over the line! Rules: Prizes will be awarded to 1st place only
- This isn't the Olympics, nor doesn't it count to Super 7s or Time Trial Aggregate. Have fun!!

Teams are set by the race organisers based upon Flat Time Trial results. If a runner doesn't turn up on the day then a “late” team may be formed on the day (where possible). However, “late” teams will be ineligible for any prizes. Whilst there will be course marshals, tagging, distance and general fairness will be based on an honesty system.



www.terrigoaltrotters.com.au

TIME TRIAL AGGREGATE PROGRESS SCORES - 25 OCTOBER 2014

First Name	Last Name	Trotter Number	TT Points	TT Rank
Mike	Randell	173	3092.2	1
Kevin	Dean	43	3002.3	2
Mark	Lee	832	2981.9	3
Ross	Markey	860	2683.5	4
Greg	Brown	505	2598.1	5
Bruce	Litterick	759	2481.7	6
Wayne	Daley	267	2323.8	7
Dave	Byrnes	517	2230.8	8
Melanie	McDonald	837	2203.9	9
Mark	Dunlop	658	2203.6	10
Charlie	Brooks	660	2187.0	11
Graham	Steele	529	2161.9	12
Graham	Ridley	483	2113.8	13
Martin	Ayres	804	2105.6	14
Ian	Temblett	665	2100.6	15
Ezra	Keebaugh	911	2036.7	16
Joanne	Litterick	760	1997.5	17
Steven	Gray	593	1949.2	18
Denise	Maguire	799	1938.1	19
Jon	Fogarty	903	1914.5	20

First Name	Last Name	Trotter Number	TT Points	TT Rank
Tammy	Shafer	698	1895.2	21
Jeff	Dick	607	1893.2	22
Troy	Kastelan	780	1863.5	23
Graham	Davis	352	1843.9	24
Monica	Nicol	618	1778.5	25
James	Wright	791	1735.0	26
Allison	Allen	620	1729.6	27
Greg	Tegart	207	1715.1	28
Les	Lowe	248	1704.8	29
Wal	Bembic	900	1618.9	30
Lisa	Sherwood	555	1541.5	31
Andrew	Land	866	1503.1	32
Kirsten	Ambler	909	1498.8	33
Melissa	Robertson	871	1476.4	34
Chris	Fuchs	817	1453.5	35
Sally	Hunt	847	1430.8	36
Matthew	Chapman	637	1424.9	37
Frank	Hodgkinso	915	1411.3	38
Rochelle	Jillett	854	1402.8	39
Suzy	Woodbury	676	1345.8	40

SUPER 7 PROGRESS SCORES - 25 OCTOBER 2014

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Craig	Rangott	918	801.1	1
Mark	Warren	536	799.9	2
Wayne	Daley	267	788.0	3
Mike	Randell	173	780.5	4
Margaret	Beardslee	169	778.2	5
Melanie	McDonald	837	774.7	6
Kim	Cook	457	773.7	7
Andrew	Land	866	768.9	8
Mark	Lee	832	755.5	9
Jessica	Mitchell	709	754.9	10
Kevin	Dean	43	750.6	11
Kirsten	Ambler	909	749.4	12
Margaret	Aurisch	17	748.1	13
Mark	Dunlop	658	743.9	14
Dave	Byrnes	517	743.6	15
Charlie	Brooks	660	741.7	16
Melissa	Robertson	871	739.3	17
Michael	Miles	734	736.8	18
Darren	McClellan	573	733.1	19
Heiko	Schaefer	502	731.8	20

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Gary	Pickering	598	726.9	21
Chris	Fuchs	817	726.7	22
Graham	Steele	529	720.6	23
Sally	Hunt	847	715.4	24
Ian	Temblett	665	712.5	25
Matthew	Chapman	637	712.5	26
Graham	Ridley	483	706.7	27
Stuart	Eddy	253	706.4	28
Jenny	Barker	736	706.4	29
Frank	Hodgkinso	915	705.7	30
Martin	Ayres	804	704.4	31
Rochelle	Jillett	854	701.4	32
Sonia	White	264	700.3	33
Stuart	Baverstock	643	699.6	34
Al	Cooke	751	697.9	35
Dot	Stockwell	302	692.2	36
Ezra	Keebaugh	911	689.8	37
Mark	Hope	785	689.3	38
Levi	Martin	730	688.6	39
Steve	Guest	576	687.5	40

Kedumba Half Marathon 26 October 2014

Kedumba Half Marathon 26 October 2014

Long Course 21k

Place	Trotter No	Gun Time	Gender Place	Sex	First Name	Last Name
51	838	2:06:52	44	Male	CIARAN	LYNCH
83	799	2:15:39	17	Female	DENISE	MAGUIRE
103	759	2:29:52	82	Male	BRUCE	LITTERICK
105	760	2:31:15	23	Female	JOANN	LITTERICK
114	593	2:41:09	88	Male	STEVEN	GRAY
138	722	3:19:43	37	Female	JUDY	MURRAY

Short Course 10k

Place	Trotter No	Gun Time	Gender Place	Sex	First Name	Last Name
7	715	1:24:17	2	Female	DETTA	UNSWORTH





Photos courtesy of Grahame Steele, Joann and Bruce Litterick and Judy Murray

2014/15 AQUATHON SUMMER SERIES BACK BY POPULAR DEMAND



Last years Aquathon was so much fun, that it is back again. Mark Dunlop will be defending his title as series victor. So dig out the old 80s tri-suits, elastic laces and Ironman Swim caps. Or, just bring your swimmers, goggles and running shoes.

This is a social / training event and there will be no times taken and no cost to participate. It doesn't matter how fast or slow you are or what your swim stroke you use. It's all about having fun, enjoying the nice summer weather and utilising the beautiful location that we live in. However, you do need to be a competent swimmer.

Details:

- Start at Trotters Tree at 6pm.
- Run 4km (2x 2k laps). The run course is same as last year: run uphill out of Terrigal, right onto Oceanview Drive, right into Pacific Street, across the grass at the back of The Clan, run around Trotters Tree. That's one lap. Repeat.
- Ocean swim approx. 300m around "Goldie".
- Finish at bottom of steps.

Staying true to tradition, most participants and supporters then visit their choice of restaurant, café, or fish & chips shop and we all have dinner together after on the grass / beachfront. Last year it turned into a nice family event with kids coming along too.

Dates:

- Thursday 20th November 2014
- Thursday 18th December 2014
- Thursday 15th January 2015
- Thursday 19th February 2015

Note, as this is a fun event, there is flexibility to do the run only, the swim only, do the Aquathon as part of a team, or bring your son / daughter, grandkids etc and run and swim with them.

Mel McDonald #837



Central Coast Summer Orienteering Series 2014/15



Feel like a change to your running routine or need to cross train?

Looking for something a little different?

Get 45 minutes of intense training! Walkers welcome.

Central Coast Orienteers hold a series of events over the summer months in your local suburbs.

Our local maps will take you along streets, through parks and onto bush tracks.

You can go out as an individual or as a family.

A list of events is below and you can contact Colin Price Trotter # 399 for more information.

Central Coast Summer Orienteering Series 2014/15

Date	Event/Map	Start/Finish	Organiser(s)
16 Nov 2014	#1 Toowoan Bay	Saltwater Creek Reserve/Rotary Park, Tuggerah Parade, Long Jetty	Nick Dent & Hillary Wood
23 Nov 2014	#2 Chittaway Bay	Bluebell Park, Lakedge Ave, Berkeley Vale	Edwina & Brendan Byrne (0410 630 560)
30 Nov 2014	#3 Ettalong	The Esplanade (end of Beach St), Ettalong	Luke Wilmott (0410 012 571)
7 Dec 2014	#4 Davistown	Waterfront reserve near south end of Pine Ave	David Bowerman (02 4369 3827)
14 Dec 2014	#5 Terrigal West	Duffy's Reserve, Terrigal (enter from Duffy's Rd)	Robyn Pallas & Colin Price
	Christmas Break		
11 Jan 2015	#6 Woy Woy	Lions Park, Woy Woy	Andrew Appleby
18 Jan 2015	#7 Norah Head		Justin Stafford
25 Jan 2015	#8 Kariong	Kariong Sport and Rec. Area, Mitchell Drive, Kariong	Julia & Paul Prudhoe (0481 272 917)
1 Feb 2015	#9 Pretty Beach	Turo Reserve, Pretty Beach Rd.	Tim & Bryony Cox
8 Feb 2015	#10 Lake Haven		Brenton Race

Contact Colin on 0415 210 339 or 43 845 003 for more info
Or go to <http://www.ccorienteering.org/events>

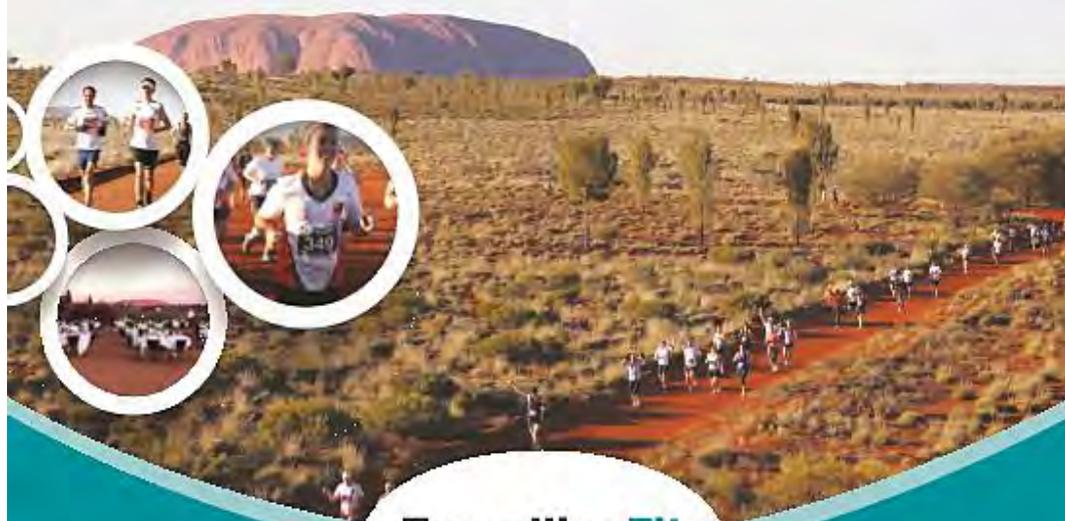
Experience Australia



Join in Australia's premier international adventure marathon.

Located in the very heart of Australia, this truly unique event will have the majestic Uluru (Ayers Rock) and Kata Tjuta (the Olgas) as its backdrop and will give runners the opportunity to experience the Australian Outback as its earliest inhabitants did, on foot.

With packages to suit all tastes and budgets and more choice of accommodation - the Australian Outback Marathon (including the Half Marathon, 11km and 6km events) is a must for all adventurers who have wanted to explore the stunning landscapes of Australia's beautiful heartland.



TravellingFit
Run the World.

Specialising in taking runners of all abilities around the world.

P. 1300 728 296 | www.travellingfit.com | sales@travellingfit.com

FLIGHTS

ACCOMMODATION

TRANSFERS

INSURANCE

TOURS

24 HOUR CUSTOMER CARE