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Edition 20

April 2015



**LEST
WE
FORGET**



Trotter's wreath laid on ANZAC Day
by Dave Byrnes and Ian Temblett

Photo: Jenny Barker



Snapped on the Run

Send your favourite running photo for Snapped on the Run with a paragraph about why it's your favourite to yondisresults@gmail.com



Ciarán Lynch #838- "Finish of GNW 100mile 2014.I love this photo showing me finishing at Patonga in just under 32 hours. I don't know how I managed to sprint the last 500m along the beach as I could not run the last 20km. I love seeing Joe Rolella my pacer in the background and also our 2 girls running along with us. Such a happy running shot."



Buffalo Stampede Ultra

By Mellissa Robertson #871

The 75km Buffalo Stampede Ultra started from the very pretty, but freezing cold town of Bright, Vic not too far from the base of Mt Buffalo. Starting with about 3kms of flat running alongside the river before hitting the first hill of Mystic, not one of the biggest, but it was steep, sections of it were runnable, but most of it was just some serious hiking. The Mystic hike was a taste of what was to come and I was taking it very easy. We got to run across the fake grass at the peak which was used by the paragliders as a launch site, then it was some easy downhill followed by some crazy "is this even a path?!" downhill as we left the nice forest road and barreled full speed down the side of the mountain through a gap in the pine forest plantation. I fell down twice, then just stayed down and started sliding down the hill which seemed to work much better, by the time I was at the bottom of Mystic I was filthy, my shorts were covered in dirt, my face, arms, legs and even my new shiny running poles, were no longer new & shiny.

The next climb up Clear Spot is much steeper and just keeps on going. It was a matter of putting the running poles to work and keep moving. Once at the top the view is spectacular overlooking Bright and to all the surrounding mountains. The view continues as the course follows some steep, and not so crazy downhill paths along one of the mountain spurs before it makes a sharp left and drops off the side of the mountain. This time it was down an already logged mountainside consisting of red dirt with trenches worn into it. I slid past a couple of other runners as I gave up on the whole trying to stay on my feet thing. Once at the bottom it's the flattest section of the day as I raced along the road and out of the logging forest towards the town of Buckland.

Mt Buffalo looms in front as the road passes through Buckland before heading back into the bush for a run/walk over the not so steep Keating Ridge. I hit Eurobin Creek Picnic Area to the sound of cow bells as I switched out my supplies. I was 13th female through at that stage but I wasn't yet racing, then it was onto The Big Walk and the long 10km hike to the top of the mountain.



The mountain is spectacular to climb once you hit the granite sections and the switchbacks offer views of the surrounding countryside, by the top of the mountain I'd overtaken Darren McClellan (who was moving well and also sticking to his race plan of conserving plenty for the return journey), run past a guy sitting across the track glassy eyed and eating jelly beans and moved into 10th place. The top of Buffalo is my favourite part of the race, lots of technical sections interspersed with easy running legs, glimpses from the tops of lookouts and the adventurous Chalwell Galleries where you get to do some bouldering between the giant rocks. I came across Mark Lee who'd pulled the pin on the race at the top of Buffalo.



Passing back through the checkpoint at the top of Buffalo I'd moved into 8th place as I caught up to Ryan Roberts and ran down most of The Big Walk with him hitting Eurobin together. Out of Eurobin I stepped up the pace through Buckland and saw one of the other female runners had pulled out putting me into 7th position.

Clear Spot was insane, in sections it was more like climbing up a giant mound of shifting and sliding dirt where I'd dig the poles in just to gain enough traction to pull myself up. My calves were screaming but they weren't cramping which meant I could go on. Getting to the top of

Clear Spot was a huge relief, but the descent down the other side was not going well, my quads were smashed so every heavy footfall was pain. It was as much a relief to reach the bottom of Clear Spot as it was to reach the top. The climb up Mystic was nowhere near as bad as Clear Spot, then it was onto the last 3k's.

That last 3k's was as mentally hard as running along Yarramalong Road, I kept pushing with the 11 hour goal in mind, hitting the Caravan Park right near the end I sprinted through it, then it was into the finishers shoot and across the line in a time of 11:01:05 7th place female and 35th overall.

Overall it was a fantastic race, great volunteers, well-marked course and insane mountains. I'll be coming back next year.... I'm thinking Grand Slam.



Buffalo Stampede 11-12 April 2015 Bright, Victoria Ultra SkyMarathon - 75km

Place	Trotter No	Name	Category	Time
35	871	Melissa Robertson	Female Open	11:01:06
49	573	Darren McClellan	Male Veteran 1	11:28:15

Stampede Sky26er - 26km

Place	Trotter No	Name	Category	Time
29	660	Charlie Brooks	Male Open	4:09:04



McGarrity's run

By Dave Byrnes #517

I'm always on the lookout for new roads and tracks to run, especially if they can be used to create a new training loop. In the last few years, each time I have run the Wambie Whoppers course in training, I have been aware of what looks like a gap between fences near the Holgate Primary School on Wattle Tree Road. More recently, I had gone onto Google Maps and Google Earth and determined that it was probably a right-of-way, though not marked as a footpath on any maps I could find. However, the right opportunity to explore the route didn't arise until earlier this year, when trying to regain some fitness after a long time off, I was running the Wambie Whoppers course from Terrigal and doing it tough. As I went past the School, trying in my fatigued mind to work out the shortest way back to Terrigal, I passed the gap in the fences.



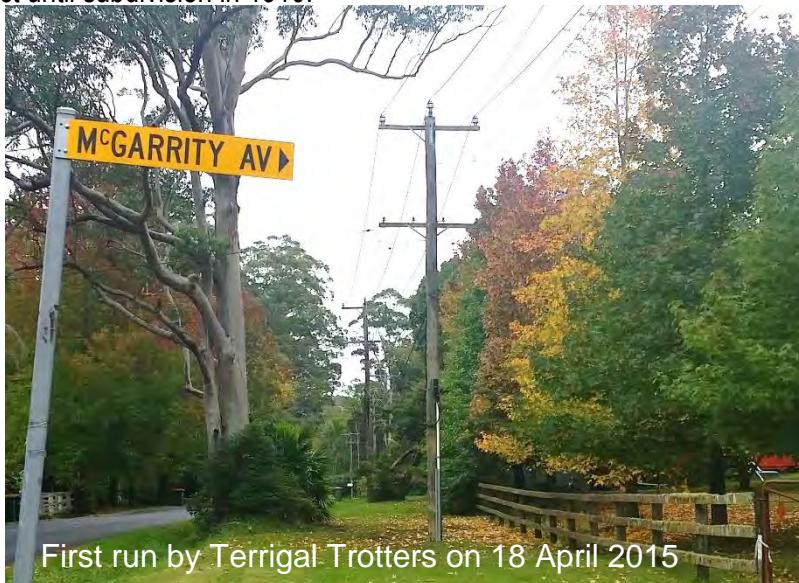
I was sufficiently clear-headed to work out that the right-of-way probably did provide the quickest route and I was pleased to find it was a well-travelled track and took me along McGarrity Avenue for the first time and along Oak Road which I have run rarely.

I still ended up walking the last 3km into Terrigal, but the idea of a new run was born.

Running in the Matcham Valley has always been a favourite of mine and I spent some time on MapMyRun working out the best course to include the new loop.

I couldn't think of a clever name for the new course so settled on McGarrity's Run. It sort of rolls off the tongue, and has the added bonus of creating confusion in Trotters as people try and work out who or what was McGarrity. I couldn't find anything on the web about the name's origins, but Trotters may be interested to know a little bit about the Matcham and Holgate Valleys, courtesy of www.matchamhall.org.

"The earliest English settlers came into our valleys in the 1820's following the Napoleonic Wars in Europe. Willoughby Bean, from Hampshire, was granted 2000 acres in 1825. Stretching from the coast between Terrigal and Wamberal lagoons to Erina Creek, this land lies between the present day Terrigal Drive and the Entrance Rd. Willoughby lost his land following the recession of the late 1820's and it changed hands several times before being sold in the 1840's for the princely sum of 40 pounds! Charles Horatio Nelson Matcham (1805-1844), nephew of Lord Horatio Nelson, was granted 2560 acres on his arrival in the colony in 1828. This is the area we now know as Matcham and it remained intact until subdivision in 1910."



When did your running career begin?

By Kevin Byrne #130

Recently my son, Tristan Byrne (Trotter #655) raced in his school cross country. Beforehand he had asked me for some tips on how to run it, so I gave him the low down. Each Wednesday night Trotters put on 6 @ 6 in Gosford – 6kms at 6pm. It is treated as a race and is a great way to get some speed work into the legs. Sabine & I have been taking our boys Tristan and Killian there on and off for a while now to do a few laps themselves and then kick the soccer ball around the park. The most they do is 2.4kms – 3 x 800m short laps of the course. Tristan's PB is exactly 12 minutes flat. He is desperately keen to get under the 12 minute barrier. He keeps asking me to train him up for it, but I'm of the opinion that one run per week of 2.4kms is more than enough for an 8 year old – along with all the other running around and sports that he does.

There are plenty of years ahead of him if he wants to get into serious running. I think his knees and shins and ankles and hips and muscles and tendons are far too precious and sensitive to be getting into competitive running at this stage. That's for later in life if he's keen. So I try to hold him back as much as I can without discouraging him. I hope he'll become a runner for life, not for just a few short years while he's young and then burn himself out or worse, get injured.

For the school cross country it was 2km (or thereabouts) around the school grounds. After all his 6 @ 6 experiences he thought he should be ranked as favourite going into the event. And at only 2kms he was feeling very confident indeed. A few days before the event he again asked me how he should approach the race. I explained to him what to do and he went to bed that night dreaming of glory. Race day dawned and he woke up early, excited and anxious. I kept telling him not to worry about where he'd come – "just get in there, give it your best shot and have fun" I said. He was certain though that he was going to win.

9.30am came and it was time to leave his classroom with all the other kids and teachers and head down to the school oval where they were greeted to a sea of proud parents and grandparents desperately trying to catch a glimpse of their

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little star. Age group markings were already on their legs and all the kids separated to their designated areas on the school oval. The wait seemed interminable as the non-PE teachers were given instruction by the actual PE teachers – the rulers of the school that day. Eventually the time came for the under 9's to toe the start line.

Tristan remembered to make sure he got to the front of the pack for the start. This involved a bit of jostling in order to maintain position, as all the 8 year old boys were dead keen to be on the front line. When the gun went off signalling the start, it was like the beginning of an Ironman triathlon. All arms and legs flailing everywhere as talented and not so talented runners unleashed themselves at a million miles per hour. Tristan made sure he was there with the front bunch, but NOT leading as we had discussed before. So far his tactics were perfect. The bunch went out hard across the oval to turn left at the bus bay. At this point, after 200m, lots of kids realised that 2kms is a long way to run and decided to walk instead. This dramatically broke up the lead bunch and they were down to five after making the left hand turn. As they left the bus bay and made their way up the hill behind the admin building one kid, being led by the head PE teacher, started to open a gap. This move led to another shifting in the bunch and two more kids dropped away. Tristan was now in 3rd position and was running hard but controlled.

The hill continues all the way up behind the science block to the far end of the school and by the time Tristan got there, 3rd place was now miles back but 1st place had opened a sizeable lead of about 15 metres or so over him. They were well out of sight now from the crowd and the only witnesses were the two athletes themselves and the PE teacher still leading the way. Tristan was breathing hard and thinking, how was he going to close this gap, but then the descent came. All those laps of 6 @ 6 (hundreds of them.... thousands of them.... hundreds of thousands of them....) running down the hill from the Police Station came to fruition. He flew down the hill and by the time they got back to the oval for the last 200m to the finish, the gap was back to about 5 metres. Once back on the oval Tristan lit the afterburners and put in everything he had for the line. 5 agonising metres slowly became 4 which then became 3, but there were only about 50 to go. Would there be enough time to catch and pass him? The PE teacher leading them had pulled out of the way once they

got onto the grass and now the only people in sight were the two warriors themselves, flying for the finish line. Everyone there, teachers, parents, grandparents and the school maintenance groundsmen were screaming and clapping and cheering – “Hooray” they all shouted, “hooray”. This was by far, the greatest finish to the under 9’s cross country in the history of the school. With arms and legs burning, full of lactic acid and breathing through their eyeballs, the two boys lunged for the line.....

Everyone knew the result, including the lad that Tristan beat, but one of the non-PE teachers came running over shouting “congratulations, it was a tie”!

Tristan didn’t complain. He shook hands with his competitor and gratefully accepted his joint first place ribbon, which now proudly hangs on the fridge in the kitchen.

Next term he’s off to represent the school at the Zone cross country – and thus his running career begins.

Am I, as his Father, wearing rose coloured glasses in the retelling of this race? We’ll maybe!

Is Tristan developing that little bug in his body that makes us all get out of bed on a cold, dark winter day to go for a run just because we can? I think he is. Am I proud to be his dad? Bloody oath I am.

Happy running
Kevin Byrne #130



Tristan Byrne Trotter # 655

History of Trotter's Runs

Gerry's Run by Margaret Aurisch #17

Gerry's run was instigated by Geraldine Perry in 1988.

When it was presented to the Trotters on a Saturday morning that there was a new run and that it was set out as a Hash House Harriers run, it was not greeted too kindly as very few Trotters were familiar with Hash runs. Groups were running all over the place in all directions as they had different interpretations of the road markings, however, everyone agreed at the end that it was fun.



The course was set out to incorporate some tough hills such as the climb from Duffys Road to the top of Charles Kay Drive but the purpose of making it a Hash run was to encourage the different levels of running to run together by solving which course to take from the clues of the road markings.

The concept of a Hash run never took off but the run stayed and has proved to be a challenging and popular run.

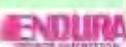
Gerry's run will next be run by Trotters on 16 May 2015

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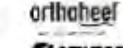


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Run Around the Reservoir Trail Marathon 5 April 2015



Trotter #	Name	Time
483	Graham Ridley	3:48:16
8514	Jack Brooks	3:49:16

Lindfield Rotary Fun Run 10k 19 April 2015

Net Pos	Trotter #	Name	Net Time	Cat	Gen	Net Cat Pos	Net Gen Pos
163	502	Heiko SCHAEFER	0:53:08	70+	Male	1	117

Hill to Harbour 10k 19 April 2015

Pos	Trotter #	Name	Time	Gender	Category	Categ Pos
108	173	Michael Randell	0:46:03	Male	50 - 59	4

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Jabulani Challenge 18 April 2015

45k

Pos	Name	Cat PI	Category	Time
8	Katy McCaig	2	FVET	4:37:38
10	James Moran	8	MVET	4:39:19
13	Jason Freney	11	MVET	4:50:07
54	Trent Playford	32	MVET	5:58:10



22k

166	Judy Murray	12	FMAST	3:51:33
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Club Person of the Month Nominations:

- Oliver Warschkow:** For managing the Somersby to Staples trail run.
- Jeff Dick:** For helping with Saturday morning registrations when Kevin Andrews was unavailable.
- Jenny Barker:** For helping with Saturday morning registrations when Kevin Andrews was unavailable and for promoting running safety on the darker mornings.
- Lynn Bromwich:** For providing a drink stop for the Somersby to Staples trail run.
- Lorraine Lepore:** For providing a drink stop for the Somersby to Staples trail run.
- Charlie Brooks:** For his ongoing help with the Trotters Time Trials and for the photographs he took of members at the Six Foot Track race and the encouragement he provided them.
- Doug Boyd:** For his help with the March Time Trial.
- Jo Litterick:** For her help with the March Time Trial.
- Maree Dean:** For her help with the March Time Trial

Female Athlete of the Month Nominations:

- Melissa Robertson:** Six Foot Track, 14 Mar 15, 4:19:54, 6th female
- Katy McCaig:** Six Foot Track, 14 Mar 15, 4:48:25
- Katy McCaig:** Flat 10km Time Trial, 28 Mar 15, 43:19
- Denise Maguire:** Six Foot Track, 14 Mar 15, 4:51:26
- Denise Maguire:** Flat 10km Time Trial, 28 Mar 15, 46:51
- Denise Maguire:** Lawson 16km, 22 Mar 15, 1:25:28, 2nd female
- Tina Baverstock:** Six Foot Track, 14 Mar 15, 5:10:03
- Joanne McCarthy:** Six Foot Track, 14 Mar 15, 6:03:56
- Suzy Woodbury:** Summer Run, 21 Mar 15, 1:00:54, 3rd female
- Suzy Woodbury:** Flat 10km Time Trial, 28 Mar 15, 45:38
- Melanie McDonald:** Flat 10km Time Trial, 28 Mar 15, 39:00
- Rochelle Jillett:** Flat 10km Time Trial, 28 Mar 15, 42:41
- Amanda Marchant:** Flat 10km Time Trial, 28 Mar 15, 45:13

Tara Warren: Flat 10km Time Trial, 28 Mar 15, 46:19
Elissa Gribble: Flat 10km Time Trial, 28 Mar 15, 48:07
Elise Cashion: Flat 10km Time Trial, 28 Mar 15, 52:41
Lisa Gidley-King: Flat 10km Time Trial, 28 Mar 15, 54:25

Male Athlete of the Month Nominations:

Dave Byrnes: Quivering Quads Trail Half, 8 Mar 15, 2:24:31, 2nd 60+
Mark Lee: Six Foot Track, 14 Mar 15, 3:38:51, 10th male
Stuart Baverstock: Six Foot Track, 14 Mar 15, 4:08:38
Mark Dunlop: Six Foot Track, 14 Mar 15, 4:34:55
Ian Temblett: Six Foot Track, 14 Mar 15, 4:39:34
Jason Kirksmith: Six Foot Track, 14 Mar 15, 4:43:25
Jason Freney: Six Foot Track, 14 Mar 15, 5:00:09
Chris Fuchs: Flat 10km Time Trial, 28 Mar 15, 36:46
Al Cooke: Flat 10km Time Trial, 28 Mar 15, 39:18
Nathanael Shergold: Flat 10km Time Trial, 28 Mar 15, 43:03
Troy Kastelan: Flat 10km Time Trial, 28 Mar 15, 43:31
Trevor Brooks: Flat 10km Time Trial, 28 Mar 15, 44:21
Matt DeVille: Flat 10km Time Trial, 28 Mar 15, 46:13
Steve Hughes: Flat 10km Time Trial, 28 Mar 15, 46:23
Graham Davis: Flat 10km Time Trial, 28 Mar 15, 52:05
Darren McClellan: CBR 100km, 21 Mar 15, 11:03
Oliver Warschkow: CBR 100km, 21 Mar 15, 23:30
Bruce Litterick: CBR 54km, 21 Mar 15, 6:30

Nominate a Trotter for:

- ♦**Club Person of the month**
- ♦**Female Athlete of the month**
- ♦**Male Athlete of the month**

E-Mail

admin@terrigitrotters.com.au

Club Person of the Month

Charlie Brooks

For his ongoing help with the Trotters Time Trials and for the photographs he took of members at the Six Foot Track race and the encouragement he provided to them.

Female Athlete of the Month

Katy McCaig

Six Foot Track, 14 Mar 15, 4:48:25
Flat 10km Time Trial, 28 Mar 15, 43:19

Male Athlete of the Month

Stuart Baverstock

Six Foot Track, 14 Mar 15, 4:08:38

Australian Running Festival 12 April 2015

50k Ultramarathon

#	Trotter #	Name	Net Time	G/PI	Div	D/PI	AG Points
72	838	CIARAN LYNCH	4:37:09	56	M40-49	24	559.5
83	505	GREG BROWN	4:44:39	63	M50-59	6	621.3

Marathon

#	Trotter #	Name	Net Time	G/PI	Div	D/PI	AG Points
183	449	MATT ROBBIE	3:28:50	164	M30-39	66	598.2
212	410	ROBERT SCOINES	3:30:58	188	M50-59	13	698.6
*	838	CIARAN LYNCH	3:46:15	*	M40-49	*	556.5
*	505	GREG BROWN	3:50:00	*	M50-59	*	645.3
658	675	SIMONE HARVEY <i>Debut</i>	4:12:05	145	F30-39	62	539.2
849	862	ADAM COUCHMAN	4:37:20	613	M30-39	197	454.5
901	555	LISA GIDLEY-KING <i>Debut</i>	4:44:51	260	F30-39	98	492.1
909	903	JON FOGARTY <i>Debut</i>	4:46:52	647	M60-69	31	555.8

Half marathon

#	Trotter #	Name	Net Time	G/PI	Div	D/PI	AG Points
128	314	ALLEN PEARSON	1:31:50	117	M40-49	35	716.9

Canberra Marathon

By Lisa Gidley-King #555

A marathon has always been on my wish list and it was after having my last child that I decided it was time to get the running bug. With the assistance of Mel McDonald I had an 18 week program that would enable me to finish the Canberra Marathon. The next 18 weeks flew by way too quickly.



Race day: Simone Harvey and I arrived at the event and we quickly found Adam Couchman. With no water in sight we were hanging for the first water station. At 6:25 with a quick 'good luck' to everyone, we were off.



For the first 20km I tried to stick with a pacer called 'Digger' from Sydney Striders. Digger kept telling us that half way mark isn't until 35kms and as an Accountant I didn't agree with his math's so I set off by myself.

About 5kms out from the finish the 4:45 pacer passed me and I was a little devastated. I really wanted to finish before 4:45 and at one stage I warned the 5:00 pacer not to come anywhere near me when we crossed paths. But with lots of cheering from spectators I picked up and finished the best that I could. So finish I did, with a time of 4:44 and I could not be happier. I had my husband and my son waiting for me – best feeling ever! It was awesome having familiar faces from Trotters

and encouraging words from Adam and Ciaran

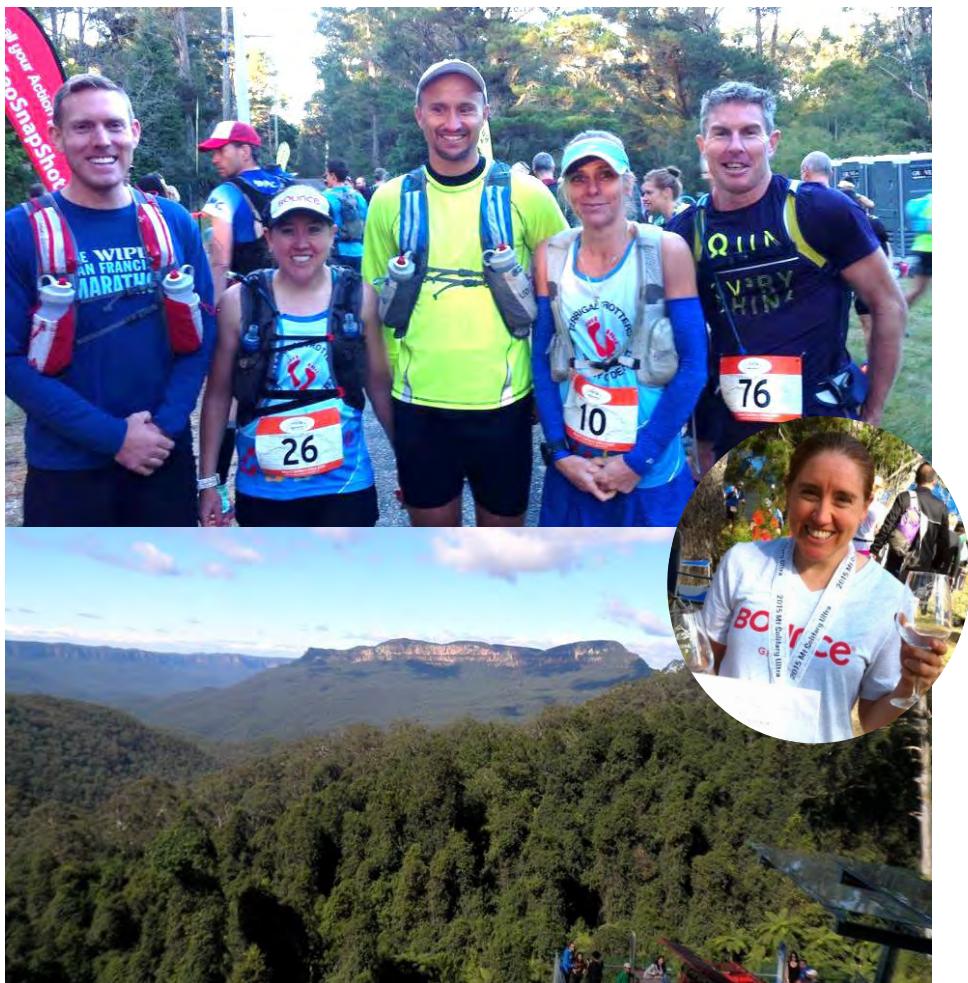
on the course, the thumbs up throughout the race, and also meeting John Fogarty at a drink station made my first marathon experience very enjoyable. Thanks guys!

At no point during the race did I question what I was doing, I thoroughly enjoyed it. Will I do it again – yes of course, next year I will run with Digger and teach him that half of 42.2 is actually 21.1 ☺



Mt Solitary Ultra – 45km 19 April 2015

Place	Trotter #	First Name	Last Name	Gun Time	Gen	Gen Pl
31	871	MELISSA	ROBERTSON	6:08:45	F	3
40	529	GRAHAM	HARRINGTON	6:16:54	M	37
49	799	DENISE	MAGUIRE	6:23:06	F	6
56	785	MARK	HOPE	6:28:05	M	49
110	938	JEAN	TIRAN	7:15:57	M	97
111	774	JASON	KIRKSMITH	7:15:58	M	98
112	713	DAVE	FOGG	7:15:58	M	99





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If you are running on the day you can still help.
People are needed on **Friday from 3.45 to 8pm** and
also **Saturday from 10.45 to 4pm** at the Central Coast
Stadium to give out race packs.
If you are available please see me and you can get a
warm glowing feeling from doing your bit.

ANZAC Day Challenge 100k

25 April 2015

By John Love # 897

Not sure how I first heard about the ANZAC Challenge 100k event but I was immediately interested. It was an event in Sydney that would start at St Ives Showground and consist of three different trail loops with it finishing at Manly dam. I value ANZAC day a great deal and my family and I go to the dawn service each year at The Entrance. It all seemed to tie in nicely, 100 years and 100ks. At the time I was training for the Hobart Marathon so that was my immediate focus. I looked on the net to find a training program to see what I would be in for training wise. I heard from reading and talking to others that if you can do a marathon in around the 4hr mark, then an ultra 100k is doable.



Found a program and all in all it did not look like a massive ramp up other than the Saturday and Sunday runs. This meant no weekend sleep ins. I showed my wife the program to make sure she was OK with the extra training as it may impact things we do as a family. Green light...running out of excuses.... On my 51st birthday I signed up to do the event. No turning back now just had to get Hobart out of the way and then the 100k program would kick in.

The program was 5 days a week running but with an Achilles injury I had to adjust it slightly with no speed running. The next big question was where would I find any trails to do my training? Trotters to the rescue. People always willing to help out and offer advice. Was told about the Trotters Training for ... something long! FB page and joined up. Was then told about the Orchard Run, 31ks of fire trail running with some decent hills and usually people meet out there at 6am on a Sunday. Also the arranged bush runs that are held each year – Yarramalong to Somersby – partnered up with Jo and Detta and they helped me when I ran into an overhanging tree. People willing to run with me give me advice. Awesome and I would like to thank everyone that helped me along. Dave Fogg even volunteered his orientation skill to run part of the second loop in Sydney one Sunday. Thanks.

Close the date of the event, we had the storms....really bad storms.....Got an email only days before the event to inform the entrants that the National Park was closed so the event was now going to be run around the St Ives Showground track that was 646 metres round. This would mean 155 loops to do the full 100k. Straight away it took the gloss off it but I had done all the training so was still keen. Positives were that it would not take as long, the mandatory gear would not need to be carried on your back and the track would be lit up at night. Positives out of negatives. They are always there.



Day of the event and about 200 people turned up. The Commando (Steve) from The Biggest Loser spoke and started us all on our way. I had 4 other guys from my work that had decided to do it as well. Went out nice and conservative as knew it would be a long way. The organisers decided that the direction would get changed every 4 hours. Had my wife as support crew which was handy as I could call on her help when I might need something on the next loop. Kept chugging away for about 30ks or so and then it started to warm up a bit. Got told that it was going to hit about 26 degrees so decided to run the shaded parts and walk the sunny bits. I have my hydration pack on with Tailwind to keep me going so didn't need to rely a whole lot on the supplies provided by the event.

The track was dirt and keeping the gravel out of the shoes was an issue. Had to stop various times to just get rid of that grit or risk an injury. Couldn't risk an injury. Another top tip I was given was to smear my feet with Body Glide and in between the toes.....never done that before but what the hell...

They had one of the RD's calling out peoples laps as they passed over the timing mat which was a bit difficult to get the head around "83" would be replied with "Is that 83ks?" "No, laps"...DAMN....the laps were not going by as fast I would have liked but had to make sure that I did not exhaust myself as it's a test of endurance, not speed. Obviously that did not apply to everyone. To see the faster runners was very inspiring. They just cruised away and of course they were hurting but they were good at hiding

the pain. To get to chat to them was another positive as they passed me, again and again.

When I hit the 100th lap I was very relieved. I would only stop to take the shoes off to apply more Body Glide or empty the grit. There was no time to relax or rest, that was taken care of when I walked part of the track. It was just far enough to make sure that I did not tire too much and be able to keep running part of every lap. At one stage my wife asked if I was OK as I did not look to well and my eyes seemed a little funny. They might have been rolling after going round and round but I didn't notice anything wrong other than this being pretty difficult.



By the time I had 40 laps to go, I knew that there would be no stopping me getting to the end and I could count them down easily and each one was really getting closer to the end goal. The sun had gone down by this time and just when you thought this was getting all too easy, the heavens opened up. Even got a little hail. I was hoping that the lightning would not hit hard and the event would get called off. They could all go home and leave me to my own accord. I was

going to finish!! Luckily the worst of it did no hit St Ives but it did start to get a bit chilly. Still surprising myself with being able to run a long way into the event. The training was really paying off. It's all in the preparation.

With my wife and kids there I asked if they would like to cross the finish line with me. Only a few laps to go, let's get this thing done. I thought of the reason why I decided to do this event and realised that this would be the one ANZAC day that would stick in mind for ever. One lap to go, ditch the backpack and give it all I've got to finish. I get the bell and I am off. Coming down that last bend – I had been around that sucker 155 times that day – and to see my family ready to go with me, was very emotional. We crossed together and I got my medal. I bent over to take it all in. The lady asked if I

was OK? 100ks, I had just completed 100ks in 14hrs and 11mins. It was a lot to take in.....

No blisters, no major issues that would have caused me to pull out at any time. Felt very lucky when I saw some of the issues that other people had experienced. Especially with blisters.

Would I do another? I am not sure as the training is time intensive but I would like to have a crack at one that isn't a 155 lap loop. Will wait and see.

Some things I learnt about Ultra Running:

- It's expensive
- The people at Terrigal Trotters are very supportive to offer their advice and time
- It's a bloody long way
- The training is intensive but if you're going to do any distance, you need to put the time in to get the result out
- Not everyone that enters, and finishers an ultra-event looks like an ultra-runner but everyone that starts has a huge heart and a you've got to dream big
- Body Glide in between the toes works
I now have a good selection of "mandatory gear" if people wish to loan anything
- To call yourself an Ultra Runner is pretty bloody special

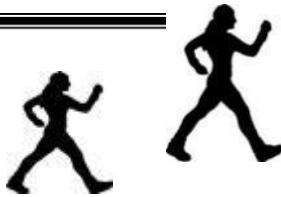


John Love



PLACE	TROTTER #	NAME	LAPS	DISTANCE	TIME
18	130	Kevin Byrne	155	100.13	11:21:23
53	897	John Love	155	100.13	14:11:21

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

We are planning to meet at Bateau Bay Beach, near Rushby and Reserve Dr at 9.30am on 1 May 2015.

Our plan is to walk to Crackneck Lookout.

We may continue to Cromarty Hill if the track and weather are suitable.

Please bring water and a snack to eat along the way and something for lunch afterwards.

As usual we will find a café for a cuppa.

Any further information please contact Lynn at
lynnbromwich@outlook.com

Good Friday–First Friday Walk Harbour Hike

On 3 April 2015 a group of 14 First Friday walkers made the trip down to Sydney to walk the Harbour Hike. It was an overcast day and on arrival at Milson's Point Station everyone threw on their raingear and headed out through the streets of Kirribilli along the harbour's edge.

A short stop for morning tea overlooking the misty harbour then we continued on through Neutral Bay,

Cremorne Point, Mosman to Taronga Zoo Ferry Wharf.



We must have been walking at a blistering pace as one walker's soles were literally falling off her shoes.

We returned to Circular Quay. After a snack in a café in the Rocks we walked back to Milson's Point across the Harbour Bridge. A very enjoyable day.

Yondi #718



The Sweaty Sisterhood OXFAM Fundraiser

26 April 2015

(1st, 2nd and 3rd places were awarded in 13K, 21K and 32K only)

32K

PLACE	TROTTER #	NAME	TIME
1	573	Darren McClellan	2:25:17
2	871	Melissa Robertson	2:30:32
3	571	Trent Playford	2:51:37
4	838	Ciaran Lynch	2:56:17
5	483	Graham Ridley	3:06:51
6	910	Daniel Pink	3:14:38
7	505	Greg Brown	3:19:07

26K

PLACE	TROTTER #	NAME	TIME
	898	Oliver Warschkow	2:58:00

25K

PLACE	TROTTER #	NAME	TIME
	665	Ian Temblett	1:59:26

21K

PLACE	TROTTER #	NAME	TIME
1	660	Charlie Brooks	1:30:57
2	866	Andrew Land	1:33:45
3	536	Mark Warren	1:33:52
4	658	Mark Dunlop	1:34:57
5	8615	Clint Edwardthy	1:37:10
6	267	Wayne Daley	1:41:11
7	638	Joe Rolella	1:41:38

8	709	Jess Mitchell	1:47:38
9	909	Kirsten Ambler	1:47:38
10	-	Jamie Exton	1:49:22
11	924	Johnathon McCaig	1:49:23
12	-	Alex Blanche	1:54:57
13	856	Therese Auton	1:55:57
14	8507	Alyssa Betts	1:55:57
15	813	Graham Laws	1:58:13
16	858	Jackie McRae	1:58:13
17	900	Wal Bembic	2:20:29
18	827	Rod Lawyer	2:24:41
19	675	Simone Harvey	2:32:13
20	248	Les Lowe	2:32:14

16K

PLACE	TROTTER #	NAME	TIME
	457	Kim Cook	1:23:50

13K

PLACE	TROTTER #	NAME	TIME
1	639	Deidre Moran	1:16:35
2	698	Tammy Shafer	1:18:09
3	590	Tina Baverstock	1:21:38
4	600	Kellie Warren	1:24:30
5	620	Alison Allen	1:24:30
6	618	Monica Nicol	1:24:30
7	452	Debbie Wooden	1:29:53
8	903	Jon Fogarty	1:42:38
9	722	Judy Murray	1:45:44
10	586	Donna White	1:45:44
	544	Craig Gustard (~12K)	1:13:32

The Sweaty Sisterhood

OXFAM Fundraiser

The Orchard run

By Bruce Litterick #759

The **Sweaty Sisterhood** comprising of Detta Unsworth (O'Dwyer), Denise Macguire, Joann Litterick and Lisa Gidley-King decided to hold a fundraiser to raise money for OXFAM in the lead up to their 100k OXFAM Trailwalker run.

The fundraiser was a 13k, 21k or 32k run on a local trail The Orchard Run.

The **Sweaty Sisterhood** along with their volunteers were nervous and excited in the lead up to the event. Were there going to be enough runners? Have we thought of everything we need to organise? What will the weather be like?

A very special thank you to Mark Dunlop and many other Trotters, for their advice and assistance in organising the event. We couldn't have done it without everyone's help.

In the week leading up to the event the Central Coast was hit by a severe storm. We were worried this was going to stop our run going ahead. Many concerned runners were asking questions about this. We decided to go out and checkout the course on the Saturday before the run to assess the damage. Steve Gray, Detta, Tammy Shafer and I drove to Palmdale. Apart from many trees being down, which had already been cut in half, conditions were good. It was all systems go for Sunday.



On the day, thanks to our volunteers we were able to have drink stations at all turnarounds 13k, 21k and 32k



We also had Ray Hayward manning the BBQ and Lynn Bromwich to record everyone's finishing times.



The **Sweaty Sisterhood** were thrilled with the turnout of 40 runners tackling the three distances. Some runners even chose to make up their own distances. 1st, 2nd and 3rd prizes getters were awarded fruit (lemon, lime or an orange) straight from the Orchard.



The lime's fate



Runners, volunteers and organisers all had a fun day.

We all now realise how much time and effort goes into holding a running event. It is so much easier to just turn up and run. However after all the packing up was done we also now realise it is enormously satisfying.

The event was a great success and we would like to thank all who donated and helped the **Sweaty Sisterhood** raise a total of \$1225 for OXFAM.





14 June 2015

The planning for the 2015 Bay to Bay Running Festival is well underway!

Register NOW and get an early bird prices and an early start on your training for one of these great events:

Event		Early bird	Entry Fee	Late Entry
NBN Half Marathon	Entrants must be over 16 years	Until 10/5/15 \$66	Between 10/5/15 to 7/6/15 \$77	After 7/6/15 \$99
Sea FM 12k Fun Run	Adult	Until 10/5/15 \$39	Between 10/5/15 to 7/6/15 \$49	After 7/6/15 \$60
Sea FM 12k Fun Run	Child 7-17years		Until 10/6/15 \$20	
Travelling Fit Kids 3k Run	Children 7-12years		\$5	

The 2015 Bay to Bay will finish in the Central Coast Stadium!!!

Entries have opened

<https://www.registernow.com.au/secure/Register.aspx?E=15600>

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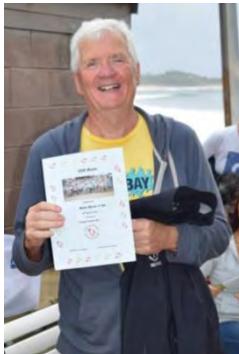
www.terriqaltrotters.com.au

Brooks Hill Out and Back 10k Time Trial 2 May 2015

PLACE	TROTTER#	NAME	TIME	AG POINTS
1	918	CRAIG RANGOTT	0:36:52	764.9
2	817	CHRIS FUCHS	0:38:43	699.1
3	8633	CHRIS DELANEY	0:39:14	708.2
4	658	MARK DUNLOP	0:39:34	723.3
5	637	MATT CHAPMAN	0:40:57	709.8
6	665	IAN TEMBLETT	0:41:14	750.6
7	529	GRAHAM HARRINGTON	0:41:41	718.9
8	8615	CLINT EDWORTHY	0:41:50	649.4
9	816	KATY McCaig	0:42:48	720.8
10	860	ROSS MARKEY	0:43:18	714.8
11	785	MARK HOPE	0:43:22	659.9
12	571	TRENT PLAYFORD	0:43:37	620.6
13	638	JOE ROLELLA	0:43:46	658.8
14	838	CIARAN LYNCH	0:43:53	647.6
15	780	TROY KASTELAN	0:43:59	660.9
16	8625	CHRISTIAN SMITH	0:44:45	600.4
17	909	KIRSTEN AMBLER	0:44:49	703.6
18	846	MATT DE VILLE	0:45:08	654.0
19	88	GREG LOVE	0:46:06	724.2
20	854	ROCHELLE JILLET	0:46:11	657.5
21	8624	JASON BURKE	0:46:06	582.8
22	8627	BERNARD FREISLER	0:46:55	649.0
23	43	KEVIN DEAN	0:47:07	769.7
24	459	ELISSA GRIBBLE	0:47:11	645.7
25	875	PETER BEATON	0:47:24	599.5
26	813	GRAHAM LAWS	0:47:37	644.7

27	799	DENISE MACGUIRE	0:47:43	665.7
28	607	JEFF DICK	0:48:01	689.3
29	8634	MICHELLE DELANEY	0:48:10	643.6
30	8635	JESSIE MULANI	0:48:12	640.0
31	8	STEVE HUGHES	0:48:39	704.7
32	858	JACKIE McRAE	0:49:16	616.0
33	505	GREG BROWN	0:50:28	633.8
34	930	TIM BARLING	0:50:44	564.1
35	590	TINA BAVERSTOCK	0:50:52	652.4
36	8632	GARRY HEMPSTEAD	0:51:06	577.6
37	874	LUCY FRANCICA	0:51:09	593.0
38	871	MELISSA ROBERTSON	0:51:10	595.4
39	258	ADRIAN SMITH	0:51:21	593.0
40	556	CHRIS McINERNEY	0:52:10	657.2
41	883	PAUL MOORE	0:53:11	559.1
42	927	GREG SCOTT	0:53:17	508.0
43	810	LINDSEY SHULTZ	0:53:28	519.6
44	483	GRAHAM RIDLEY	0:54:46	574.3
45	600	KELLIE WARREN	0:55:10	590.0
46	939	ELISE CASHION	0:57:31	548.2
47	936	MIYUKI TASHIMA	0:57:43	643.1
48	620	ALISON ALLEN	0:57:44	558.9
49	621	YOLANDE WALKER	0:57:44	550.2
50	698	TAMMY SHAFER	0:59:00	546.9
51	800	LUKE POWELL	0:59:05	454.4
52	903	JON FOGARTY	0:59:12	584.5
53	248	LES LOWE	0:59:27	547.2
54	827	ROD TAWYER	1:13:55	425.5

April Milestones



Myles Byrne # 106
500 runs



Chris McInerney # 556
400 runs



Kelly King # 525
300 runs



Mark Hope
785
And
Melanie Boursnell
561
100 runs



Elise Cashion
939
And
Miyuki Tashima
#936
10 runs





ABOVE: April Milestone recipients
BELOW: Brooks Hill Time Trial Runners



Photos: Judy Murray



www.terriqaltrotters.com.au

SUPER 7 PROGRESS SCORES - 25 APRIL 2015

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Melanie	McDonald	837	808.1	1
Wayne	Daley	267	806.4	2
Mark	Warren	536	799.9	3
Craig	Rangott	918	799.2	4
Margaret	Beardslee	169	790.8	5
Mark	Lee	832	781.9	6
Kim	Cook	457	773.7	7
Andrew	Mildren	633	771.8	8
Mike	Randell	173	771.5	9
Kevin	Dean	43	769.0	10
Andrew	Land	866	765.6	11
Tina	Baverstock	590	763.6	12
Steve	Field	118	762.7	13
Michael	Miles	734	759.1	14
Jessica	Mitchell	709	754.9	15
Ian	Temblett	665	751.8	16
Heiko	Schaefer	502	751.6	17
Sue	Ingham	165	751.1	18
Kirsten	Ambler	909	749.4	19
Mark	Dunlop	658	744.7	20

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Dave	Byrnes	517	743.6	21
Melissa	Robertson	871	741.9	22
Charlie	Brooks	660	739.1	23
Gary	Pickering	598	736.9	24
Chris	Fuchs	817	728.4	25
Greg	Love	88	725.9	26
Graham	Harrington	529	725.8	27
Margaret	Aurisch	17	719.3	28
Stuart	Eddy	253	717.9	29
Joanne	McCarthy	397	712.8	30
Stuart	Baverstock	643	711.8	31
Matthew	Chapman	637	711.7	32
Neil	Prosser	928	710.8	33
Graham	Ridley	483	708.6	34
Darren	McClellan	573	707.7	35
Jenny	Barker	736	706.4	36
Sally	Hunt	847	705.7	37
Frank	Hodgkinson	915	705.7	38
Rochelle	Jillett	854	705.3	39
Jason	Kirksmith	773	703.2	40

Full results for all competitions on the Terrigal Trotters Website

TIME TRIAL AGGREGATE PROGRESS SCORES - 25 APRIL 2015

First Name	Last Name	Trotter Number	TT Points	TT Rank
Kevin	Dean	43	6860.3	1
Greg	Brown	505	5886.4	2
Mark	Dunlop	658	5871.5	3
Ian	Temblett	665	5837.9	4
Graham	Harrington	529	5724.2	5
Bruce	Litterick	759	5603.8	6
Jeff	Dick	607	5376.2	7
Steven	Gray	593	5374.9	8
Mark	Lee	832	5197.0	9
Denise	Maguire	799	5192.3	10
Wayne	Daley	267	4744.3	11
Graham	Laws	813	4623.0	12
Melanie	McDonald	837	4501.7	13
Jackie	McRae	858	4482.2	14
Graham	Davis	352	4439.1	15
Tammy	Shafer	698	4298.8	16
Ross	Markey	860	4025.1	17
Mark	Hope	785	3964.2	18
Joanne	Litterick	760	3903.2	19
Troy	Kastelan	780	3825.3	20

First Name	Last Name	Trotter Number	TT Points	TT Rank
Mike	Randell	173	3809.9	21
Andrew	Land	866	3789.8	22
Heiko	Schaefer	502	3735.8	23
Jon	Fogarty	903	3717.5	24
Wayne	Doherty	631	3618.9	25
John	Love	897	3600.3	26
Rochelle	Jillett	854	3526.3	27
Graham	Ridley	483	3492.5	28
Martin	Ayres	804	3473.0	29
Steve	Hughes	8	3422.4	30
Al	Cooke	751	3350.9	31
Joe	Rolella	638	3327.0	32
Greg	Tegart	207	3318.2	33
Ciaran	Lynch	838	3314.1	34
Lisa	Sherwood	555	3172.3	35
Kerry	Hope	845	3156.2	36
Adrian	Smith	258	3097.8	37
Tara	Wood	266	3091.6	38
Warwick	Whitmore	886	3082.1	39
Trent	Playford	571	3040.7	40

2014-15 TERRIGAL TROTTERS ULTRA CHAMPS PROGRESS SCORES*

Place	Progress Points (Average)	Trotter Number	First Name	Last Name	Race Date	Race Name	Points
1	936.1	410	Robert	Scoines	13-Sep-14	GNW100 Miles	1107.3
		410	Robert	Scoines	05-Dec-14	Coast to Kosci Ultra	765.0
2	888.2	832	Mark	Lee	13-Sep-14	GNW100 Kilometres	913.9
		832	Mark	Lee	14-Mar-15	Six Foot Track	862.4
3	777.2	573	Darren	McClellan	13-Sep-14	GNW100 Kilometres	828.7
		573	Darren	McClellan	28-Sep-14	Canberra 101km Trail Run	991.4
		573	Darren	McClellan	18-Oct-14	Hume & Hovell 100km	835.5
		573	Darren	McClellan	02-Nov-14	Carcoar 60km	675.7
		573	Darren	McClellan	16-Nov-14	Stromlo 50km	846.6
		573	Darren	McClellan	14-Mar-15	Six Foot Track	682.1
		573	Darren	McClellan	12-Apr-15	Buffalo Stampede 75k	580.4
		816	Katy	McCaig	14-Mar-15	Six Foot Track	727.2
4	741.6	816	Katy	McCaig	18-Apr-15	Jabulani Challenge 45k	756.0
		871	Melissa	Robertson	13-Sep-14	GNW100 Kilometres	941.6
5	733.1	871	Melissa	Robertson	14-Mar-15	Six Foot Track	791.8
		871	Melissa	Robertson	12-Apr-15	Buffalo Stampede 75k	640.6
		871	Melissa	Robertson	19-Apr-15	Mt Solitary 45k	558.3
		505	Greg	Brown	13-Sep-14	GNW100 Miles	885.4
6	714.6	505	Greg	Brown	09-Nov-14	Great Barrier Reef 75km	788.0
		505	Greg	Brown	05-Dec-14	Coast to Kosci Ultra	741.7
		505	Greg	Brown	03-Jan-15	Narrabeen All-Nighter 12hr	558.9
		505	Greg	Brown	14-Mar-15	Six Foot Track	687.1
		505	Greg	Brown	12-Apr-15	Australian Running Fest. 50k	626.6

* Two events must be completed to qualify. These rankings are a guide only and final outcomes may change due to Saturday run attendance requirements.

2014-15 TERRIGAL TROTTERS ULTRA CHAMPS PROGRESS SCORES*

Place	Progress Points (Average)	Trotter Number	First Name	Last Name	Race Date	Race Name	Points
7	704.0	665	Ian	Tembllett	13-Sep-14	GNW100 Kilometres	645.8
		665	Ian	Tembllett	14-Mar-15	Six Foot Track	762.3
8	697.9	130	Kevin	Byrne	13-Sep-14	GNW100 Kilometres	754.3
		130	Kevin	Byrne	25-Apr-15	ANZAC Day Challenge	641.4
9	690.5	785	Mark	Hope	13-Sep-14	GNW100 Miles	874.9
		785	Mark	Hope	14-Mar-15	Six Foot Track	692.9
		785	Mark	Hope	19-Apr-15	Mt Solitary 45k	503.9
10	689.8	773	Jason	Kirksmith	13-Sep-14	GNW100 Miles	943.9
		773	Jason	Kirksmith	14-Mar-15	Six Foot Track	681.9
		773	Jason	Kirksmith	19-Apr-15	Mt Solitary 45k	443.7
11	688.2	527	Jason	Freeney	14-Mar-15	Six Foot Track	676.2
		527	Jason	Freeney	18-Apr-15	Jabulani Challenge 45k	700.3
12	686.6	713	Dave	Fogg	13-Sep-14	GNW100 Miles	891.3
		713	Dave	Fogg	14-Mar-15	Six Foot Track	675.6
		713	Dave	Fogg	19-Apr-15	Mt Solitary 45k	492.8
13	678.1	730	Levi	Martin	13-Sep-14	GNW100 Kilometres	713.8
		730	Levi	Martin	14-Mar-15	Six Foot Track	642.3
14	676.9	799	Denise	Maguire	07-Feb-15	Tarawera 60km	704.8
		799	Denise	Maguire	14-Mar-15	Six Foot Track	752.6
		799	Denise	Maguire	19-Apr-15	Mt Solitary 45k	573.2
15	671.0	838	Ciaran	Lynch	13-Sep-14	GNW100 Miles	856.7
		838	Ciaran	Lynch	14-Mar-15	Six Foot Track	593.2
		838	Ciaran	Lynch	12-Apr-15	Australian Running Fest. 50k	563.2

* Two events must be completed to qualify. These rankings are a guide only and final outcomes may change due to Saturday run attendance requirements.

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Sunday, 24 May 2015



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Sign up at Saturday morning Trotters OR
Contact Dave Byrnes for further details

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



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

Click on the link



at

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If you are looking for photos of Trotters go to
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Go to photo gallery (on left) and click on the link

From November 2013, Trotters Photo Gallery can be found [here](#).

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