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Edition 26

October 2015

## TERRIGAL TROTTERS HALLOWEEN RUN And lots more goodies inside

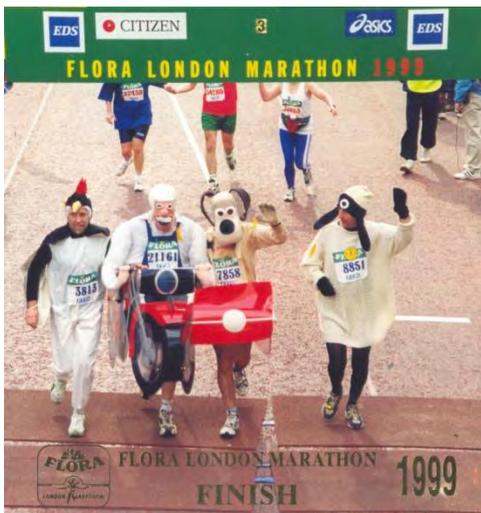


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# Snapped on the Run

Send me your favourite running photo with a paragraph about why it's your favourite to [yondisresults@gmail.com](mailto:yondisresults@gmail.com)



## Riddler's Rave Run

I ran my first race 33years ago this month back in October 1982 and since then I have done more than 400 events of various types and distances. So picking a favourite has been a bit of a task. After much deliberation I have chosen the London Marathon. I was lucky enough to run it six times before moving to Australia. The photos are from the last time I did it when three mates and I dressed up as characters from Wallace and Gromit (can you guess which one is me?).

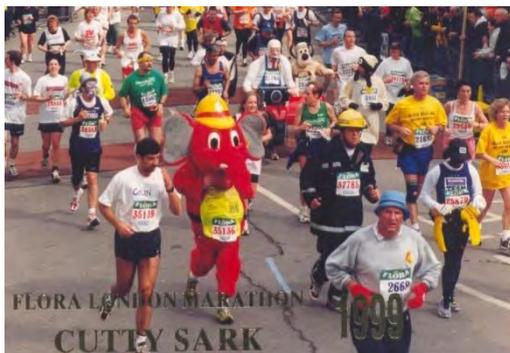


I made the motorcycle out of plastic and aluminium and we somehow managed to carry this thing and run the entire race.



It is a fantastic race, the English love it and everyone knows about it. They will sit in front of the TV to watch for hours. There is even a highlights package in the evening just in case you missed it. It has everything; the course, the crowds, the history, a very special atmosphere and the costumes (of which there are plenty). I would love to run it again one day.

**Riddler #483**



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Some of the clientele of the Surf Cafe, smack bang on Terrigal Beach

Come down and have an early morning birthday celebration ...



... or read the daily newspapers with the 'Table of Knowledge'

... or simply be there for an early morning cuppa.



**Open daily from 6am to 3pm**

## Chicago Half Marathon - 27 September 2015

Half Marathon						
Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos
763	546	Sharon BYRNES	1:46:45	F45 to 49	9	161

## University of Chicago Children's Hospital 5k - 4 October 2015

5km						
Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos
115	546	Sharon BYRNES	0:23:46	F45 to 49	4	26

## Yass Valley Running Festival - 27 September 2015

11km						
Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos
84	8652	Irene REID	1:36:02	F40 to 49	11	48

## World Duathlon Championship 18 October 2015

Cat Pos	Name	Trotter No	Cat	Time
1	Heiko SCHAEFER	502	M75-79	1:19:41



Split Name	Time	Time From Prev Leg	Time From Previous Split	TOD	O Pos	C Pos	G Pos	Dist Done	Pace
Run1	00:23:05	00:23:05	00:23:05	07:58:05	402	1	264	4.8	4:48 min/km
T1	00:25:47	00:02:42	00:02:42	08:00:47	444	2	264		
Cycle-Lap1	00:45:16	00:22:11	00:19:28	08:20:16	402	2	262	9.7	29.9 km/h
Cycle-Lap2	01:04:15	00:41:10	00:18:58	08:39:15	386	2	252	10	31.6 km/h
Cycle	01:05:12	00:42:07	00:00:57	08:40:12	396	2	261	0.3	0.4 km/h
T2	01:06:26	00:01:13	00:01:13	08:41:26	415	2	252		
Run	01:19:41	00:14:28	00:13:14	08:54:41	281	3	198	2.71	5:20 min/km

# Terrigal Trotters Terrific Two-Person Tag-Team Time Trial

**When:** 14 November, 2015    **What:** Flat Time Trial 10km Course

**How:** Individuals register entering their name

## **Registrations need to be in at least a week prior to the event.**

The event is open to existing members who have completed at least one Flat Time Trial in 2015. 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

Runners will be teamed together based on their best TT result in 2015.

The fastest with the slowest, the second fastest with second slowest and so on. The intent is to even the playing field amongst teams, although it won't be exact. Teams will be advertised via the Trotters Email list and Facebook Page in the week prior to the race.

**Rules:** Prizes will be awarded to the 1st place team

**NOTE:** 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.

## **Contact:**

**Adam Couchman at Saturday Trotters**

**OR email: [amcouchman@gmail.com](mailto:amcouchman@gmail.com)**



**2014 winners Joel Small and Troy Kastelan with  
Event coordinator Adam Couchman**

## Penang Ultra - 27 September 2015

By Miyuki Tashima #936

On 26th March 2015, I turned to 56 years old.

On this day I decided to register for my first Ultra marathon race.

Officially, it was a 84.5km race but it was extended to 85.5km just before the race day to avoid the construction site... (Well, 1km wouldn't make any difference anyway).

I have never run more than 50km before in my life, so it was kind of a challenge.

This was also my first fundraising run, so I took this challenge very seriously.

I had to find a time to train regularly. I had 6 months to train. This challenge changed my daily lifestyle... to a better one. I ran very early in the morning, in the afternoon and in the night, actually I ran whenever possibly I could.

Thierry and I went back to Japan in the beginning of July, so we could train in the summer heat. Tokyo is so flat (that's why we call it Kanto Plain ) compared to Central Coast, so I really missed the hills and beautiful trails and national parks.

Then D-Day. September 26, 9:00pm.

The race had 3 categories: 50km, 84.5km and 100km.

There were about 650 participants.

At 8:57 pm we headed out to go around Penang Island, Malaysia.

It is the rainy season in Malaysia and rain and storms could be expected at any time, day or night, we were so fortunate that we didn't have any rain through the night.

The humidity was high but thanks to my training in the heat in Tokyo during July and August, I could care less about the temperature and humidity.

The 84.5km race was divided by 7 check points. Each check point has its own cut off time and everyone has to arrive and leave the check point before the cut off time.

Penang Island is not exactly flat, there are some hills and ups and downs but the course itself is on paved road. Saturday night traffic was heavy in a city and we were escorted by traffic officers and many volunteers, ensuring our safe passage .



After the check point 3, we were finally off the busy streets and then we went through some quiet villages.

It was a full moon and we had a nice view of the town lights from the top of the hill and running through the quietest part of the island around 5 am.

The sun rose at 7 am. I was still running strongly watching the ocean on my left. Unfortunately the sea is not so clean here, but at least it looked refreshing.

We were back to the busy traffic in to the city. The finishing line was looming near. A gentleman on the side of the road cheered me on " You've been running for 12 hours".

I never thought about how long I had run or how much longer I needed to run until this time.

I just wanted to make it to the next cut off, but now I realised .... I was almost there!



I picked up the pace before the finish, I passed few runners and at last, I met the finishing tape. Thank God, I made it. What a relief!

The time keeper came and told me that I finished 4th female overall.

My first Ultra marathon finished with smile. It was a nice run and I enjoyed it very much.

Thank you, Trotters for keeping me motivated.

When I look at you guys, it makes me feel like 85km is just a short distance.

I will continue training and maybe one day, I may be able to follow you guys on the trails. It can be my next challenge.

Last but not least, Thank you to my husband Thierry for your support. I couldn't have done it without you. Let's do another one!



84km				
Pos	Trotter #	Name	Net Time	Gender (Pos)
22	936	Miyuki TASHIMA	13:14:12	Female (4)

## Vaarojen Maraton ("Marathon of Dangers") - 4 October 2015

By Mark Lee #832

With a name like the Marathon of Dangers, who wouldn't be keen to sign up and see what this race was all about? This is the last, and most popular, of the 7 races Trail Tour Finland series. The race is held in the picturesque Koli National Park way out east towards the Russian Border.



The 130km ultra was called off after 100km/hr overnight winds cancelled the midnight start. Driving to the top of the ski resort for the 43km race there were uprooted trees in many places. It was still very cold and I was questioning my choice of shorts and t-shirt, especially after the Finns kept commenting to me that it wasn't summer anymore. The course is a figure 8 that rolls and climbs between the ubiquitous lakes that cover the country. I was thanking my choice of not signing up for the 2 lap 86km event as I shivered on the 5 degree start line. 9am came and I moved towards the front as 400 odd runners seeded themselves for a start that goes immediately to single track. Once the blood started pumping, I warmed up quickly as the first 5km was the easiest of the course.



Then we swung into the forest trails that Finland is better known for, not sure why but it seems the trees here can't really be bothered to put their roots underground. While this makes the tracks pretty, it means that every single footstep is spent watching to make sure you don't consume a dirt sandwich. Roots and rocks everywhere, except where there is muddy bog, or slippery single boardwalk planks.

A nice feature of this race is the lake crossing at 15km. There are a few crewed row boats to get you across to the other side. Perfect to sit down, catch your breath and down a gel. I'd tried to run conservatively to this point and was sitting in about 15<sup>th</sup> position. The middle of the race has the most climbing with plenty of twists and turns and views and wind. I was having a great time though, I'd caught up with the field of walkers that do the same course with a 2 hour head start and they provided an added boost with encouraging shouts of 'semppiä!' as they moved to the side and cheered runners through.



With a high point of 318m, the locals consider this a hilly race! I was fine with the climbing but can't seem to run the fastest line through the technical terrain like some of the speedsters here. More practice needed. I'd run out of water before the 2<sup>nd</sup> drink stop at 30km, but legs felt good for the fast run home. I picked up a place on the road before reaching the bottom of the final climb. What sicko puts a 2km climb at the end of a marathon! Managed to snag one more position heading up the hill and got home in 4:09 for 12<sup>th</sup>. They were offering a flavourless haloumi style cheese at the finish line (I passed) and after sitting down for 5 min and almost freezing, I headed upstairs to strip down with the other competitors and knock back some beers in the large cavernous sauna. Very sociable and a great way to warm up and ease the weary muscles.

We swapped race stories, ate heaps, drank, listened to the band and partied until 11pm when everyone heads outside to cheer the final 86km runner in up the candle-lit hill. Great event and I'll be back next year – I want to bag that sub 4!

43km						
Pos	Trotter #	Name	Net Time	Gender (Pos)	30km Split	40km Split
12	832	Mark LEE	4:09:05	Male (12)	3:10:13	3:52:35

# Central Coast 10K & 1Hr Track Championships

## 6 October 2015

10k MALE				
Pos	Trotter #	Name	Net Time	AG Points
1	660	Charlie BROOKS	0:36:07	743
2	817	Chris FUCHS	0:37:08	731
3	573	Darren MCCLELLAN	0:39:45	731
4	922	Nathanael SHERGOLD	0:41:03	654
5	267	Wayne DALEY	0:41:03	799
6	665	Ian TEMBLETT	0:41:45	747
7	8645	James HUGGINS	0:42:03	678
8	544	Craig GUSTARD	0:44:52	647
9	8607	Mark PETERSON	0:55:30	586



10K FEMALE				
Pos	Trotter #	Name	Net Time	AG Points
1	871	Melissa ROBERTSON	0:40:46	749
2	816	Katie MCCAIG	0:42:04	733
3	671	Skye SADLER	0:47:39	637
4	169	Margaret BEARDSLEE	0:48:29	775
5	8408	Annette NOWLAN	1:03:00	504

1 Hour MALE			
Pos	Trotter #	Name	Distance
1	660	Charlie BROOKS	15,837m
2	573	Darren MCCLELLAN	14,431m
3	8607	Mark PETERSON	10,678m



1 Hour FEMALE			
Pos	Trotter #	Name	Distance
1	816	Katie MCCAIG	13621m
2	369	Margaret BEARDSLEE	11,563m



# YOGA on Terrigal Beach

By Pamela Boesenberg #327

Being a Terrigal Trotter for over 16 years has made a big difference to my physical and psychological wellbeing. Great friends with a generosity of spirit have been my motivation to keep getting up at an ungodly hour each Saturday. One of my son's best mates Cain King from the KING family lineage said to me one visit "Mrs B. Why not join Trotters?" My response was a quizzical "The what?" And thus began my 16 year walk with Terrigal Trotters. My training at waking up (early) to new possibilities had begun.

My husband, three sons and I moved from Sydney's outer western suburbs to beautiful Terrigal in 1983. This meant that I spent weekends in our trusty Holden driving them to various sporting venues. My non-working hours revolved around working out the logistics of how to get to where?! (pre google and mobile GPS days). We all became great adventurers and good at reading Gregory's trusty map directory. Those were very happy days!!

Life is not so hectic now which is in part due to the benefits of practising daily yoga and mindfulness. It has helped me create a better balance in all aspects of my life. Now here's the thing. I am commencing a new adventure, Yoga on Terrigal Beach in November 2015. I will offer classes Monday, Wednesday and Friday's beginning Monday the 9th of November.

If enjoying yoga outdoors is your dream then the opportunity has now arrived. If you would like to have a yoga session please contact me to discuss what times would suit your lifestyle. Numbers are limited to 9 per session so it will be a more personal and intimate experience in nature's great outdoors. I am still working through when the sessions will run so give me a call and help me finalise my timetable.

For more information call 'Pamela' on 0403 242 643 or catch me on Saturday's after the run / walk. See you at Trotters!!

*Photo by Jenny Barker*



# Relay for Life - Mingara - 10/11 October 2015



Trotter #	Name	Laps	Distance
505	Greg BROWN	250	100.0
8610	Bec SMITH	177	70.8
900	Wal BEMBIC	150	60.0
n/a	Colin PATTERSON	128	51.2
248	Les LOWE	101	40.4
258	Adrian SMITH	83	33.2
486	Jo RIDLEY	79	31.6
483	Graham RIDLEY	78	31.2
675	Simone HARVEY	65	26.0
827	Rod TAWYER	64	25.6
8619	Krystie HARRIS	62	24.8
713	Dave FOGG	58	23.2
557	Sabine BYRNE	46	18.4
n/a	Emma BYRNE-BATES	45	18.0
n/a	Fiona THOMPSON	40	16.0
n/a	Johnny LUTHER	36	14.4
n/a	Lenora BYRNE-BATES	31	12.4
413	Brendan BYRNE-BATES	31	12.4
631	Wayne DOHERTY	28	11.2
136	Debbie Bloffwitch	25	10.0
736	Jenny BARKER	25	10.0
671	Skye SADLER	25	10.0
718	Bionda HIENSCH	25	10.0
358	Beverley ANDREWS	20	8.0
8562	John FOGARTY	20	8.0
107	Lynn BROMWICH	20	8.0
658	Mark DUNLOP	19	7.6
293	Alison ANTONY	16	6.4
n/a	Pauline ANTONY	16	6.4
871	Melissa ROBERTSON	13	5.2

286	Steve GRAY	12	4.8
715	Detta UNSWORTH	11	4.4
n/a	Melissa WILSON	11	4.4
1	Kevin ANDREWS	8	3.2
n/a	Olivia LUTHER	3	1.2

<b>Juniors</b>			
n/a	Blake MONLEY	65	26
655	Tristan BYRNE	51	20
8542	Killian BYRNE	50	20
n/a	Ellie MONLEY	41	16
n/a	Spencer ANDREWS	30	12
528	Eric RIDLEY	28	11
n/a	Grace LUTHER	24	10
n/a	Kendrick PROBST-SMITH	20	8
n/a	Cooper MURTAGH	20	8
n/a	Jaspar MURTAGH	15	6
n/a	Olivia HARVEY	15	6
n/a	Ethan DUNLOP	4	2
n/a	Michael HARVEY	4	2



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# RELAY FOR LIFE 2015

## By Team Captain Simone Harvey #675

Mingara's Relay for Life was in fine form, all set for its 15<sup>th</sup> anniversary and to celebrate there was a massive line up of new items throughout the day evening and following morning.

Saturday 10<sup>th</sup> October was a warm day and the day kicked off at 3pm, and was in full swing; the first official lap was for those people who were battling cancer, survivors and carers. An emotional lap that was applauded and cheered; and really hits home why an event like this is so significant.



Thank you to all the trotters who supported this event. There was a large support from many in all aspects of fundraising, set up and pack down. Being that Trotters is the Only team to have supported the full 15 years; we were given priority to set up on the Friday with the added benefit of an extra large space to put our marquee and tents up. Not only did trotters give our rallied support in Relay for Life but played an integral part in organising the newest part to the Relay for Life event, the midnight 5km race. With almost 50 people registered to take part in the midnight race, Relay for Life really needed support and last minute organisation from Margaret at the Runners Shop and our awesome Trotters team stepped up with lap counting experience and not to mention track star performances.



Congratulations to Melissa Robertson for first place female and Mark Dunlop second place male. But these two were not the only track stars...

Congratulations to Greg Brown on his annual tremendous effort of 250 laps. Greg was an early starter and was off and running as soon as the track was available to run on around 4pm. In the early hours of the morning I heard Jo's excited cries from my half tent and sat up to see Greg being congratulated on finishing his 250 laps.



Wal Bembic made his epic return to complete 150 laps again this year (60km). Bec Smith completed an awesome 72km and looked really strong all the way. I understand Bec made a huge effort in fundraising this year and I'll be interested to see at the end of the month who tallies the most.

Fantastic support from the Ridleys who camped out and really helped with all aspects.



We had a large turnout of children this year who really gave it their all, and in a lot of cases out lapped the adults. It's great to see all the families participating and having fun. Hopefully this will be a continuing trend in the years to come.

It was great to see all the familiar faces and thank you to all those who gave me some extra help (Kevin and Beverley Andrews) as I had BIG shoes to fill with Graham Davis off challenging himself at the Ironman in Kona. I think we all realised just how much Graham does to make Relay for Life so seamless each year.

I'm sorry for not putting a personal thank you to each person on here. I do really appreciate each person's efforts to make this event a success every year. This year we raised over our target of \$5000 and final funds can be deposited up until the end of October so a final figure will be known then.



See you all next year... Hopefully with Graham back on board.



### **Club Person of the Month Nominations:**

**Dave Byrnes:** For organising the 2015 GNW100s.

**Greg Love:** For his outstanding efforts in support of the 2015 GNW100s

**Jo Ridley:** For her outstanding efforts in support of the 2015 GNW100s

**Ian Temblett:** For his work since taking over the job of Results Coordinator.

### **Female Athlete of the Month Nominations:**

**Cathy Donnet:** GNW100 Miles, 12 Sep 15, 35:31, 1st ever Trotter female to finish

**Dotti Stockwell:** GNW100 Kilometres, 12 Sep 15, 17:02, 1st F50-59

**Marg Beardslee:** Blackmores Sydney Marathon, 20 Sep 15, 4:10:14, 1st marathon in 13 years

**Simone Harvey:** Blackmores Sydney Half Marathon, 20 Sep 15, 1:51:34, PB

**Denise Maguire:** Mt Portal 17.5km, 27 Sep 15, 1:37:19, 3rd F

**Lynn Bromwich:** Flat 10km Time Trial, 26 Sep 15, 52:29

**Marg Aurisch:** Flat 10km Time Trial, 26 Sep 15, 56:28

### **Male Athlete of the Month Nominations:**

**Kevin Byrne:** GNW100 Miles, 12 Sep 15, 24:45, 4th

**Mark Hope:** GNW100 Miles, 12 Sep 15, 25:06, 5th

**Robert Scoines:** GNW100 Miles, 12 Sep 15, 28:37

**Darren McClellan:** GNW100 Miles, 12 Sep 15, 29:25

**Greg Brown:** GNW100 Miles, 12 Sep 15, 34:54

**James Moran:** GNW100 Kilometres, 12 Sep 15, 18:29

**Bruce Litterick:** GNW100 Kileomtres, 12 Sep 15, 19:08

**Anthony Farrugia:** Foster Half Marathon, 13 Sep 15, 1:13:14, 1st

**Mark Warren:** Blackmores Sydney Half Marathon, 20 Sep 15, 1:13:40, 11th

**Heiko Schaefer:** Blackmores Sydney Half Marathon, 20 Sep 15, 1:47:10, 1st M75+

**Darren McClellan:** Sri Chinmoy Canberra Trail Ultra, 27 Sep 15, 11:18:57, 5th

**Craig Rangott:** Flat 10km Time Trial, 26 Sep 15, 34:34

**Ross Markey:** Flat 10km Time Trial, 26 Sep 15, 41:22

**Michael Miles:** Flat 10km Time Trial, 26 Sep 15, 42:14, praiseworthy comeback effort

**Dave Byrnes:** Flat 10km Time Trial, 26 Sep 15, 42:20

**Steve Hughes:** Flat 10km Time Trial, 26 Sep 15, 47:24

## **Club Person of the Month**

**Dave Byrnes**

For organising the 2015 GNW100s

## **Joint Female Athlete of the Month**

**Cathy Donnet**

GNW100 Miles, 12 Sep 15, 35:31, 1st  
ever Trotter female to finish

And

**Dotti Stockwell**

GNW100 Kilometres, 12 Sep 15, 17:02,  
1st F50-59

## **Joint Male Athlete of the Month**

**Kevin Byrne**

GNW100 Miles, 12 Sep 15, 24:45, 4th

and

**Mark Hope**

GNW100 Miles, 12 Sep 15, 25:06, 5th

## Hounslow Skyrun 23km By Joann Litterick #760

**“BRUTAL, RELENTLESS, SCARED, SHATTERED, WRECKED, SCARED”**

Some of the words I heard as the 68k runners finished the night before.

Many said, “I will never do that again!!” So, to put it mildly, I stepped up to the start of the 23km wondering was I in my right mind? I was nervous and scared. Afraid of what I was about to attempt. Standing at Govett’s Leap I looked down into the valley, across to the waterfall, marvelling at the beauty that is the Grose Valley.

6:15am it’s the race briefing. The race director points out “If you get hurt in the valley the only way out is by helicopter, we will never be able to have this race again if that happens”.

6:30am we are off. Up the road and down into the first section-out and back about 7km. It’s very narrow and rocky we’re not moving fast at all. Single file down to the first of many creek crossings, up the other side we look across to where we started. The front runners are on their way back, they are not slowing down we have to stop frequently to let them pass on the narrow track.

Running is possible now to the turn around and back to Govett’s Leap for the first drink stop.

Across the carpark and back to the track, heading way down again, bearing in mind that where ever there is a down, there is always an up. Up, up, up to the 2<sup>nd</sup> drink stop at the 11km mark.



From here we headed down again into the Grand Canyon. This was spectacular. Running streams, waterfalls, stepping stones and believe it or not ....doors. Three doors that are closed and locked when the track is deemed too dangerous. But not today, the doors are open.

Running under low hanging rock ledges, weaving back and forth across the streams, I felt great. I could see no-one in front of me and no-one behind. I said to myself "This isn't so hard", just as I stepped onto a log crossing the creek. I slipped and my right leg went down in between the log and a boulder. The pain was intense. As I lay there the thought crossing my mind...the helicopter. I didn't want to be the one responsible for the first and last Hounslow Classic. As the pain settled I lifted my leg out. I was grazed and bleeding but was able to bend my knee. Ok 9km to go, I decided to walk. A few runners came by, one suggesting I put my bandage on. Why didn't I think of that? One offered to stay but I said for them to go I would be fine. From here it was very rocky and quite treacherous. Just taking my time I made my way across the landslide on the chain. Starting to jog I ran along the edge of the river, nice and flat and very pretty. I knew I still had to get out of the valley.



2 km to go. I run across the bottom of Bridal Veil Falls and look up the rock face. Knowing the lookout was up there somewhere. How was I going to get up there? The track went up the rock face. Rocky steps, steep metal stairs that clung to the sheer rock face. This was like a warzone. I passed runners slumped on the rocks, leaning on the stairs, and sitting on the ground having a rest. We all knew we just had to keep going there was no other way. Fifty minutes and I was almost there, almost at the top of a 2km climb. I hear

Ciaran Lynch above, I can't see him, but I can hear him calling out "Jo, 200 metres to go". I get to the top and can see the finish line. People I knew and people I didn't cheered me as I limped across the finish line. The medal was placed around my neck and I couldn't stop smiling as I made my way directly to the first aid tent 5 hours and 20 minutes after I started.

Was it hard? YES  
Did I enjoy it? YES  
Would I do it again? YES  
Should you do it? YES



# Hounslow Classic Ultra Sky Marathon 2015

Race report by Bernhard Freisler #941 or better put, impression of a big step in the journey of a novice runner



When I signed up for this race 6 weeks before this event I was not at all confident to finish this monster, to have done it makes me feel extremely happy—a bit like when I came 2<sup>nd</sup> in my first ski race when I was 5 behind my big brother.

**“Crack heads”**, --- I had a not so ideal pre-race night in my little tent. A couple with their 2 toddlers entertained me with extremely “beautiful” language till past midnight **Not to worry**,---I told myself even if I would have had a great sleep what’s coming is still going to be the biggest strain on my body I would ever have endured.

**Race plan**---as per previous paragraph “not to worry” seems to sum it up, stay relaxed, all will be fine, eat and drink to schedule but listen to my body and override schedule if required.

**Grand Canyon**---the most awesome scenery hits you right at the beginning down the Grand Canyon, south facing, heavily vegetated rainforest, steep descent. The heart is pumping more from an adrenalin rush then exhaustion as the narrow trail finds its way over huge boulders, several creek crossings, traversing a vertical cliff face on a 1 foot

wide ledge holding on to the thankfully existing safety cable. At that point I had to stop and look down to take it all in, you could almost grab the tops of 80m tall gum trees that shot out of the canyon floor and see the golden coloured cliffs on the other side of the narrow gorge.

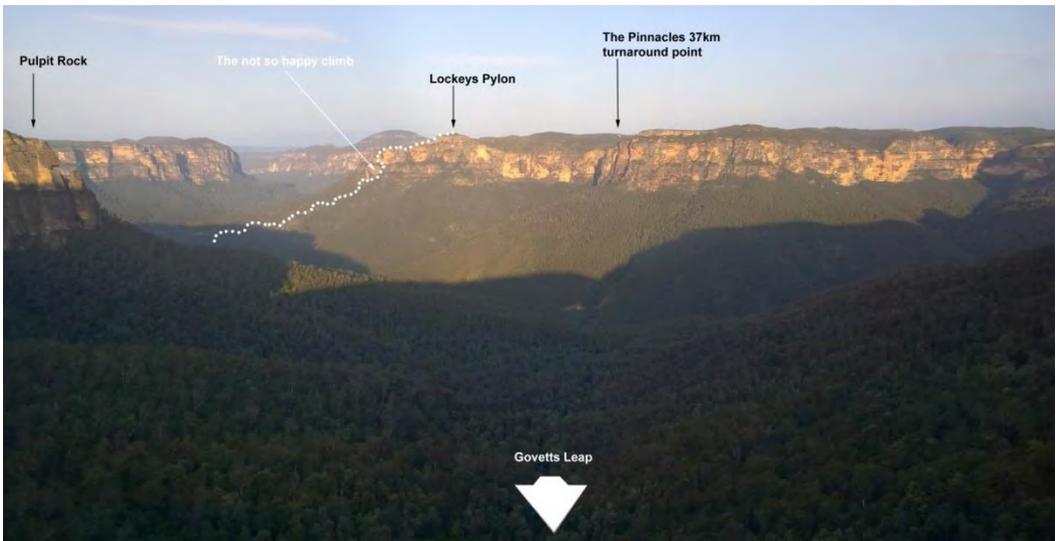
**The climb to Govett's Leap** is pretty much vertical, mostly steps, some really big ones, and metal stairs. Water dripping down is a welcome refreshment as the day starts heating up.

The next section to **Pulpit Rock and Perry's Lookdown** was the easiest from a running point of view, well you could actually run 95% of it. Spectacular views into Grose Valley, undulating single trail and a short section, (the only one) of fire trail and bitumen road.



I'm refreshing myself with lots of orange wedges, that's what the body wanted.....ohh it was sooo good. The volunteers were as excited to help runners as runners were excited to be helped, if only the world could be that way all the time and everywhere. **Thank you.** 25k's done, how hard can it be only 43 to go. I was excited because the next part was going back down into the valley and I love steep technical downhills, the terrain certainly didn't disappoint.

What followed after this fun downhill "holiday excursion" was **brutal**, it was now about 11:30am, for the next 2kms I needed exactly 1hour. Half way up the rocky slop I came across a white faced tall bloke who apparently just had regained consciousness after collapsing, his mates on the phone to the medics. 30+degrees on that north facing, brush covered flank of Du Faur Head and Lockey's Pylon. I knew I had to be a wise man here and take my time, otherwise I wouldn't finish this race, respect the mountain, relax, no panic you've got enough water! (I did foresee this and took extra water on board at the last aid station)



Somewhere between Lockkeys and Pinnacles turnaround I crossed Graham Harrington, we had a quick chat and a short time after Denise Maguire. I was thinking if they hold up this pace they will have run a super race and they did, Herculean effort! Congratulations to both of you and lots of respect.

I spent a long time **at the turnaround point at the Pinnacles** and shared some laughs with fellow destroyed runners, many of whom had already thrown in the towel and were waiting to be picked up. Scotty Hawker who ran this check point clearly didn't expect to have to organise buses to get runners back to Blackheath. --Hounslow chews you up and spits you out!!

With the expected storm to hit I left the safety of the checkpoint and ran into the wilderness on my own, my mind was again filled with happiness, who doesn't like to run in a storm after the heat and who doesn't like running down steep cliffs when its wet and the thunder roars, elemental, plain, pure and unbeatable pleasure!

**Back at Perrys Lookdown** 45k done, I new now I would finish this race no matter what, time didn't matter. I ate and drank and ate some more and off I went. Now most parts of my legs where hurting but not from injury pain but normal muscle fatigue, I told myself that didn't matter and this is what I came here for, to experience---what happens to my brain after 50k's (my, up to this point, longest run). I think for the first time in my life I entered a state of mind when your content when it hurts-----not really sure how to describe it.

At 6pm I took off from the **last check point** at Govetts Leap where I could have pulled out of the race, Judy Murray made sure that I was still fit to run, she was somehow glowing in her first aid vest. Adrian and another volunteer filled my water bottles and fed me hot chips. **Thank you all.**

The climb down Rodriguez Pass to Junction Rock was spectacular. The last sunrays of the day saturated the hues of the golden cliffs on the other side of the valley. I ran with a new mate from Canberra who, as soon as we were about half way down the cliffs, twisted his ankle and was wincing from the pain. I told him to keep running there is nothing you can do. So for the next few hours he followed my steps we stopped at



every creek crossing to have a drink, I was sick of the tapwater and electrolyte drinks and decided to drink creek water for the rest of the run and that tasted soooo good. I didn't really want to eat anything anymore but knew that I should so I forced myself to have one last energy bar.

We saw glow worms in the little tunnel, I admired the round rocks under water far down in the creek that shone like diamonds in the harsh beam of my headlight. But you wouldn't guess what hit us next..... the smell of hot chips in the middle of the bush??!! Yes at the very last aid station and Neates Glen, Charlie Brooks had heated up some chips on the BBQ. Charlie you were such a delight with your endless chatter and motivational enthusiasm. Thanks... see ya! Off we went for the last 4 k's.

**NOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOOO**, here is Charlie Brooks again what is he doing here? I'm now obviously delirious. We managed to miss a turn only to find the trail markers again about 500m down the road and followed them in the wrong direction, back to Neates Glen aid station. Charlie now ran with us to the turn we had missed and we found our way home. **I loved it.**

15hrs and 30mins of pure bliss, best trail run  
98% single trail, 75%difficult terrain, 100%beautiful, 100%demanding.

## Hounslow Skyraces - 10 & 11 October 2015

Ultra Sky Marathon 68km					
Pos	Trotter #	Name	Net Time	Categ (Pos)	Gen (Pos)
27	529	Graham HARRINGTON	11:53:00	14	M (23)
34	799	Denise MAGUIRE	12:29:00	2	F (8)
66	941	Bernhard FREISLER	15:32:00	19	M (50)

Sky Race 23km					
Pos	Trotter #	Name	Net Time	Categ (Pos)	Gen (Pos)
19	734	Michael MILES	2:58:00	14	M (18)
25	660	Charlie BROOKS	3:04:00	17	M (23)
125	838	Ciaran LYNCH	3:58:00	23	M (100)
132	759	Bruce LITTERICK	4:00:00	22	M (106)
247	760	Joann LITTERICK	5:22:00	11	F (75)



## FROM THE OTHER SIDE OF THE TRAIL

By Judy Murray #722



Laid low with a flu bug physically and emotionally, not able to run for a month. I cancelled my Hounslow classic run (23kms) but decided to be a volunteer for the run to enable me to feel a part of the run and the exciting vibe surrounding ultra-trail runs. They requested I help out on the Saturday for the 68 km ultra on the Medical Team, they were aware I am a registered nurse. I reminded them my background was Mental Health and that I could talk someone through a crisis rather than assess sprains etc. Little did I realize how useful my Mental Health nursing background would be.

This run was very demanding on runners and there were numerous DNFs. I listened to many fatigued, sometimes tearful runners telling how they felt out there, others coming back too soon from injuries who now realized they could not go on. I was very happy to listen and suggest they go over the run and look at where they can improve for their next ultra. Supporting a wife whose husband was competing in his 1st ultra (he certainly picked a tough one) while he was being walked out by medical volunteers'. Trying to discuss with a French chap who spoke very little English how he was, as he had been flagged to be monitored, was interesting.

Talking with distressed runners I came to realise that so many, regardless of age or gender, can experience some significant lows when they realize that have become over fatigued by pushing faster on a single trail due to being conscious of runners coming up behind them. There were some runners who realized that they had just not done enough training and others who told me their physio guaranteed he could get him to start line at least. Then there were those with cuts and bruises who insisted on continuing and I could only make sure they had a plan and were aware of what they were returning to.

It was great to see some I had spoken to giving the medical team positive feedback as well as being pleased and accepting of how much of the run they had managed to complete.

Another interesting side is listening to a coach positively supporting and pushing his runners back out there. I told him I thought he was a bit tough!!! As I'm there telling them to listen to their body!!!

Overall I would certainly do this again. I have realized that no matter what age or gender, we can all have those particularly tough days on a run and to be able to listen and give feedback I found to be quite a rewarding experience.

**GIRRAKOOL TO PATONGA (25km) - Sunday, 18 October 2015**

[Thanks to Davo for compiling results and comments]

<b>Place</b>	<b>Runner</b>	<b>Time</b>	<b>Comment</b>
1	Adam Jordan	2:23	Beautiful run!
1	Charlie Brooks	2:23	1st! Beat Adam!
3	Mark Dunlop	2:28	PB for fun!
3	Michael Miles	2:28	
5	Dave Byrnes	2:37	Good weather!
6	Stuart Baverstock	2:40	
7	Tom Robertson	2:44	
8	Ross Markey	2:45	HELP!
9	Andrew Mildren	2:46	
9	Neil Prosser	2:46	
11	Ciaran Lynch	2:54	
12	Katy McCaig	2:55	
12	Melissa Robertson	2:55	
12	Nathanael Shergold	2:55	
15	Bernhard Freisler	2:56	
15	Shayne Hill	2:56	
17	Jean Tiran	2:58	
18	Kevin Dean	3:02	Something about Saints
19	Matthew Roberston	3:05	
20	Damien Meyer	3:06	
21	Jason Freney	3:09	
22	Debbie Haig	3:10	
23	Graham Ridley	3:14	Go The Ridler!
24	Gary Hempstead	3:15	Great time!
25	Greg Brown	3:21	Chicked!
25	Kerry Hope	3:21	
25	Michael Frost	3:21	
25	Tina Baverstock	3:21	Good effort!

29	Craig Gustard	3:45	
30	Jo Litterick	3:51	One minute PB! Best dressed!
31	Greg Tegart	4:05	Bloody beautiful!
31	Jo Ridley	4:05	Thank God for Patonga!
31	Ryan Lanser	4:05	Got lost, big time!
31	Steven Gray	4:05	
35	Oliver Warschkow	4:09	
36	Cathy Donnet	4:10	
36	Dotti Stockwell	4:10	Left car keys at home!
36	Jo McCarthy	4:10	Glad it's over!
39	Allison Allen	4:15	Second attempt. Actual time 5:40, but got lost and returned to GIRRAKOOL by mistake.
39	Debbie Bloffwitch	4:15	Second attempt. Actual time 5:40, but got lost and returned to GIRRAKOOL by mistake.
39	Monica Nicol	4:15	Second attempt. Actual time 5:40, but got lost and returned to GIRRAKOOL by mistake.
42	Bruce Litterick	4:16	Very bad flu!
43	Lisa George	4:27	Started at Mooney
43	Sabine Byrne	4:27	Started at Mooney
45	Judy Murray	4:56	Started at Mooney
46	Peter Hood	?	
47	Detta Unsworth	DNF	04:45. Started at Mooney, lost for some time, finished at Patonga Drive.
48	Tammy Shafer	DNF	04:45. Started at Mooney, lost for some time, finished at Patonga Drive.





Photos courtesy of Jenny Barker, Bruce Litterick, Maree Dean and Judy Murray

## If you volunteer to help with Trotters events then please read this....



Terrigal Trotters have registered as an organisation and as a committee we are keen for as many members of Terrigal Trotters to get a free Working with Children Check as soon as possible, especially if they volunteer over 5 times in a year or for events where children are around (Xmas party, 6@6, Bay to Bay etc.)

### STEP 1: Fill in an online application form

Go to <http://www.newcheck.kids.nsw.gov.au> and fill in the online application form.

### STEP 2: Present proof of your identity

Go to a NSW motor registry like the one at Karalta Road, Erina.

### STEP 3: Receiving your results

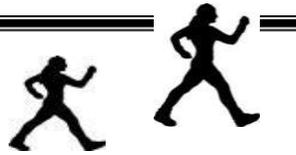
Once you have your number please email it to Jeff Dick or Jenny Barker, who will perform the verification for Trotters ([jsdick2@bigpond.com](mailto:jsdick2@bigpond.com) or [jennyb68uk@yahoo.co.uk](mailto:jennyb68uk@yahoo.co.uk)) along with your **date of birth** (promise we won't tell!!!).

If your work or other volunteering means that you already have a Working with Children number please send that to us so we can add you to our database.

**PLEASE DO IT AS SOON AS POSSIBLE IT'S EASY**



## **WALKER'S CORNER**



### **First Friday Walk**

Our next First Friday Walk will be held on  
**6 November 2015**

We will meet at 9.30 near the gated entrance to the Kincumba Reserve in Bronzewing Drive at Erina. (Driving east on Karalta Road towards Erina Fair, turn right into Bronzewing Drive, just before the entrance to Erina Fair. Follow Bronzewing Drive until you reach the gate.)

We will be walking up into Kincumba Reserve along bush tracks & fire trails. If you have a walking pole it may be handy in some places. The walk will take approximately 2 hours. We will then find a café in the local area for a cuppa. As usual please wear sensible walking shoes & bring your own water & snacks.

For any further information please contact Lynn at [lynnbromwich@outlook.com](mailto:lynnbromwich@outlook.com)

### **Cowan to Brooklyn Bushwalk**

(in conjunction with Trotters Trail Run from Hornsby to Brooklyn)

**Sunday, 15 November 2015**

- Car-pool from Adcock Park, West Gosford, to Brooklyn, leaving at 5:45am.
- Catch 6:37am train from Brooklyn Station
- Bushwalkers get off train at Cowan station and walk 13km back to Brooklyn on The Great North Walk
- Trail runners get off train at Hornsby Station and run on the GNW to Brooklyn (42km), or to Cowan Station (29km) and catch train from there to Brooklyn.

**More details from Lynn Bromwich or Dave Byrnes (0428 880 784)**

**[www.terrigoaltrotters.com.au](http://www.terrigoaltrotters.com.au)**

# Chicago Marathon

## A worthy addition to a runner's bucket list

by Sharon Byrnes # 546

The Chicago Marathon is, without a doubt, a fun event. In such a clean and friendly city of 2.7 million people, the marathon course is designed to pass through many interesting sites, architectural wonders, and a total of 29 neighbourhoods. Spectators line both sides of the streets, often multiple rows deep, for the entirety of the course, cheering and yelling continuous encouragement to the 40,000 runners for a few hours. According to the organisers, there's about 1.7million spectators! Despite aid stations every mile or two, many spectators set up their own "home-made" aid stations, offering interesting alternatives, including beer and oranges. They spare no expense in their charitable offerings.



Having "fun"

Each neighbourhood presented the runners with a unique experience; from the start where we run down the Magnificent Mile (Chicago's main shopping precinct) to passing through Little Italy to be greeted with a live stage performance by a very good Elvis impersonator. This all really made the run quite entertaining.

I had been looking forward to this event the entire year, with my plan to be super fit to give 3 hours a bit of a nudge again, after so many setbacks and injuries since 2009. But, yet again, a variety of issues (both physical and emotional) arose August and September and my training took a major tumble. On the verge of yet another stress fracture and constant pain, I took up yoga in a desperate attempt to fix what I decided must be a biomechanical imbalance. Thankfully, yoga actually started working and after 6 weeks of yoga I ran the Chicago Half Marathon pain free for the first time. But that was just 2 weeks out from the Chicago Marathon. So I was running this marathon now very underdone. I had only done 2 long runs during August and September, coupled with many non-running days. So my hopes of running a decent time had faded and I just wanted to finish with a time that started with a "3".

Marathon Eve I collected my race packet and prepared clothes etc. for race day. For some reason, I decided to have a contingency plan should I not be able to get to the bag check-in on time before the race. So I chose outer wear that I was intending to

discard before my journey home to Australia in December, and I also decided to leave my phone home, taking just my house key, and train and bus ticket, and some cash, all of which I could easily fit in my shorts' pocket. The weather forecast for race day was 26c, very warm for a marathon but for me it meant I didn't really need clothes in a hurry after the race.

Leaving home at 5.30am to get the train, I was a little nervous and reluctant heading out into the dark cool autumnal morning. It wasn't long before there was a small group of us walking to the station, and despite my desire to remain introverted, I was coaxed into conversation with a small group of runners. It's always interesting to hear people's stories of their trials and tribulations during training in the lead up to a marathon. One lady had just lost a baby 4 weeks earlier, and now was just hoping to get half way. She had come all the way from Kansas. Another, also a teacher but from DC, has an Aussie husband from Brisbane and spent a few years teaching music in Melbourne. Chicago was her marathon for the year and her husband was lucky enough to get a start in New York marathon next month. And then there was the lady who squealed with delight at my shoes, excitedly telling me that I was the first person she'd ever seen who was wearing the same running shoes. We were both sporting a pair of HOKAs. We boarded the inbound train and the sudden huge increase in running commuters caused the conductors some anguish as they tried to work out how best to traverse the carriages to validate all our tickets. Then we stopped at the next station and a new batch of runners boarded and I got the feeling the conductors were ready to give up! Arriving in Grant Park saw us merge into a massive crowd of runners shuffling in unison towards the single-file entry points where we were body scanned. All bags that were not the see-through variety provided in our race-pack were not permitted entry. Although I had given myself 70 minutes to get to my corral, I was suddenly thinking I had not allowed enough time.

I totally missed where the bag check-in was and was instead shepherded towards my corral by a constant flow of volunteers. Needing that last minute toilet visit desperately, I took my place in one of the many long lines. Whilst the rate of flow in the loo-queue was painfully slow, the rate of flow from the dozens of men lining up along the adjacent fence for immediate relief was, by comparison, quite high. But unfortunately Paula Radcliffe's idea never seemed to catch on for us females and we were bound by our modesty and society's expectations to wait patiently (and sometimes painfully) for our turn to relieve ourselves.

So after my toilet stop I wasn't surprised that I had only 12minutes left before they closed my corral. I optimistically started to head back to find the bag check-in, but the path was narrow and I was the only runner heading in the wrong direction. So, I succumbed, discarding my outer wear in the donation bin, throwing my see-through

drop bag in the trash, and entering the corral with just 7 minutes to spare. Thank goodness for my contingency plan.

A word of warning for anybody wishing to run Chicago Marathon for a good time (not a "fun" good time, but a "quick" good time) - make sure you get a qualifying time that puts you in corral A. I had a crap time from Sydney marathon and was in corral C. So at 7.30am, when the air horn sounded, none of us even heard the horn in my corral and none of us moved. They had corral "supervisors" at the front of each corral, and when corral B in front of us started to move, they cautiously started to walk us forwards, leading us to the start line. So, even though our start time was the same as corral A, we didn't actually cross the start line until over 6 minutes later. And the running crowd didn't get much less congested than that for the entire race. Thank goodness I wasn't in corral K!

I started off slowly, knowing that I wasn't going for a time and settling for a great experience and nice day out running. Feedback from my ongoing artery problem confirmed this, as when I start a race fast my leg always goes lactic and I have to stop and massage it/thump it until the artery starts pumping enough blood through. But this didn't happen, so I knew I was just in cruisy mode, hovering around 5minute/kms. As usual, there's always a few runners that aren't very mindful of everybody else, doing their little pony dance as they zig-zag diagonally to find gaps, forcing the mass of other runners in their path to shorten their stride so a collision or trip is avoided. But in general, the atmosphere was positive as we started ticking of the miles.

As we approached Lincoln Park, just north of the Loop, I was gaining on the 3.35 pacer and felt strong and comfortable, so I decided to stick with him for as long as I could. He ended up being an entertaining tour guide too, giving the mob around him a "running" commentary of the local sights and attractions as we passed them. He was really fantastic, but I was finding the group a little slow so I started to stretch out a little and I moved comfortably ahead.



**Jam packed the entire way**

At each aid station it was an absolute nightmare with traffic. Despite my efforts, I was continually boxed into a position where a runner would then stop in front of me, or slow down considerably, to get a drink or gel or fruit, stuffing up my stride and forcing me to also slow down or stop until I could find a gap to get around them. Having this happen so often and repeatedly

was really draining, and I knew it would impact on my final time quite significantly. But I kept telling myself that I was just out to enjoy it, so that's what I focussed on. I went through the halfway mark quicker than the half marathon that I'd finished a fortnight earlier. I was quite surprised, and was still feeling really fresh and comfortable. The halfway mark had Bon Jovi blasting through speakers "Wo...oh, you're halfway there, Wo...oh, living on a prayer....." which saw many of us get a little skip in our step as we embarked on the second half of the journey.

Having only completed 2 runs more than 30km this entire year, I knew the last 10km was going to test me, so it was no surprise when I started feeling a little tired. I had felt this at the North Face 50km I did in Ontario in July, and sampled some chewy gel things at the aid station which seemed to help. So I bought some before the race and tucked them into the top of my shorts at the start, only having them fall out not far from the start line when I started running. I thought only for a moment of trying to retrieve them until I saw the 1000's of runners behind me...they weren't going to stop for me! So I was lucky that the later aid stations were actually handing these out, although a different brand. I didn't care, but it did mean I was breaking the golden rule.... NEVER try something new race day! That almost became my demise as, not long after, although feeling energised, I could feel my tummy rumbling and some cramping. With the 3.35 pacer still behind me though, I was keen to keep him there, so there was no option of a toilet stop and seeing the aid stations now stocked with wet sponges I thought I could always do a "De Castella Dab" as a last resort. Thankfully, it didn't come to that, somewhat due to the fact that I'm not a believer in carb loading and my food intake the day before was quite minimal... ribs and vegetables.

As we approached the Pilsen neighbourhood, where just 12 hours earlier I had walked the streets for an Art open day, I kept an eye out for my friend Rosa, who was volunteering at the MS aid station. But even here, the crowds of volunteers made it difficult to actually see anybody. Rosa told me that here, about the 32km mark, they have bus coaches for all the runners who drop out, to take them to the finish. Despite being so close to the finish, I was still experiencing major traffic jams at every aid station. I knew this was slowing me down, but I just managed to get stuck all the time and I knew I just had to patiently find an opportunity to get through a gap and keep moving, accelerating up to a comfortable pace again. We're having fun Sharon. With about 3 mile to go, the 3.35 pacer caught up to me, this time with less running "leeches" attached to his bus. As he slowly made his way past me over the next few hundred metres, he made the comment that they were 40 seconds ahead of schedule. I was starting to feel the effects of my lack of long runs now, but I was so surprised that

I was going okay despite the traffic slow-downs, and my lack of training, I knew I could maintain my current pace to give 3.35 a bit of a nudge.

With about 400metres to the finish, we had a slight rise over a bridge before the final straight to the finish line in Grant Park. Some started sprinting, but I decided I was just going to run at the same pace until the end. I had no idea what my finish time would actually be as I had set my Garmin to start about 2 minutes after the gun, and almost 5 minutes before I crossed the start line. That ended up being a good thing though, as I had no pressure on myself and ran relaxed, enjoying the atmosphere.

I crossed the finish line happy, with a time that was pleasantly surprising, all things considered. The realisation that I had no clothes to change into at the finish started making me feel a little worried though. So I was very relieved, as we walked/staggered/dragged our butts through the finish chute, to be given a commemorative "Chicago Marathon" space blanket, draped over my shoulders by one volunteer and taped together to make a "cape" by another.



Next in line, after the space blanket, was the medal (thankfully smaller than the mammoth one from the half marathon), then the goody bag of food, bananas, and then beer. I love how every race in the US gives you free beer at the finish. I found a good place on the grass to slowly ease myself down and prop my tired body against a tree, sipping my beer and watching the rest of the carnage at the finish line. It was fantastic! I wore my space blanket cape on the train ride home, sparking calls of congratulations by passers-by and one lady even befriending me for our 5 minute walk together through Hyde Park, to learn as much about me as possible, particularly regarding my teacher exchange. I also met the lady again who I had met at the train station that morning, who was hoping to get at least half-way after her terrible loss a month earlier. She made it! And, like me, she really enjoyed the day.

So, despite my finish time of 3h36m being my 3<sup>rd</sup> slowest time out of the 8 road marathons I've ever completed, it will certainly go down in history as my favourite marathon where I had "fun".

Chicago Marathon is worthy of any runner's bucket list. And if you're not a runner, it's a great event to volunteer. The volunteers were given the BEST jackets to wear!

### Chicago Marathon - 11 October 2015

Pos	Trotter #	Name	Net Time	Categ (Pos)	Gender (Pos)
5478	546	Sharon BYRNES	3:36:51	45 to 49 (80)	Female (1200)

## iStadium Runs Newcastle - 11 October 2015

Half Marathon					
Pos	Trotter #	Name	Net Time	Categ (Pos)	Gender (Pos)
3	944	Anthony FARRUGIA	1:16:39	45 to 49 (2)	Male (3)
89	926	Trevor BROOKS	1:42:22	50 to 59 (9)	Male (70)

## Hume & Hovell Ultras - 17 October 2015

100km					
Pos	Trotter #	Name	Net Time	Categ (Pos)	Gender (Pos)
5	573	Darren MCCLELLAN	12:23:49	40 to 49 (4)	Male (5)

## Melbourne Marathon - 18 October 2015

Marathon							
Net Pos	Trotter #	Name	Net Time	Categ	Net Cat Pos	Net Gen Pos	AG Points
39	536	Mark WARREN	2:43:42	M20 to 39	27	35	763
448	638	Joe ROLELLA	3:13:03	M40 to 44	81	402	680
2434	576	Steve GUEST	3:54:44	M50 to 54	177	1992	610

## Fernleigh 15 - 18 October 2015

15Km				
Pos	Trotter #	Name	Net Time	Net Pos
108	654	James MORAN	1:08:25	95
194	607	Jeff DICK	1:14:26	195
374	107	Lynn BROMWICH	1:20:07	292

# 6 @ 6

Name	1-Oct-15		7-Oct-15		14-Oct-15		21-Oct-15		28-Oct-15	
	Time	Laps	Time	Laps	Time	Laps	Time	Laps	Time	Laps
Kevin Byrne	17.29	3	24.24	4			24.07	5		
Stuart Eddy	24.18	5			23.03	5			22.13	5
Charlie Brooks	24.18	5								
Wayne Daley			27.40	5	24.33	5	25.19	5	26.06	5
Adrian Smith	27.37	5	28.20	5					27.24	5
Ian Morgan	28.54	5								
Sabine Byrne			27.15	4	27.58	4	27.09	4		
Craig Gustard	26.36	5								
Cain Gustard	1450	2								
Neil Prosser	20.19	4								
Bernie Pannell			25.13	4			32.51	5	29.22	5
Nakeisha Hempstead	33.07	5	36.30	5	35.08	5			20.51	3
Fiona Gustard	29.13	4								
Lydia McKay	16.57	3	18.47	3			20.05	3	17.44	3
Sybella McKay	17.02	3	18.01	3			18.54	3	17.08	3
Les Lowe	29.54	5	29.38	5	17.54	3	23.54	4		
Charlene Eddy										
Alistir Cooke			23.48	5						
Mark Iveson			25.13	5	25.26	5				
Greg Brown			28.35	5	30.04					
Mark Hope					24.39	5				
Kerry Hope					28.02	5			28.25	5
Daniel Hope							16.55	3		
James Panetta					27.12	5	26.43	5	26.32	5
Michael Frost					27.43	5	26.57	5		

Anna Schultz					33.04	5	32.04	5	31.11	5
Sophie Lane					17.56	3	17.40	3	18.00	3
Trevor Brooks							25.37	5	24.41	5
Matthew Squires							34.00	5		
Mel Wilson							15.02	2		
Leanne Emms							17.54	?	23.51	4
Julian Hanson									23.18	5
Danny Maughan									26.13	5
Ellie Mathot									27.38	5
Michael Smart									37.40	5
Mazyar Danesh									37.40	5
Fei Hu									21.49	3

### Hot Laps 800m

Name	1-Oct-15		7-Oct-15		14-Oct-15		21-Oct-15		28-Oct-15	
	Time	Laps	Time	Laps	Time	Laps	Time	Laps	Time	Laps
Ronan Hope					8.30	2	7:34	2		
Killian Byrne	8.18	2	9.51	2	9.12	2	9.19	2		
Samuel Eddy	11.30	2							?	4
Tristan Byrne	11.14	3			11.19	3	11:11	3		
Isaac Eddy	14.58	3			9.12	2	9.12	2	9.15	1
Spike Murray	21.25	4								
Harry Murray	11.18	3								
Emma Byrne-Bates					19.16	3	12.49	2	20.11	3
Olivia Harvey					11.34	2	11.38	2		
Michael Harvey					13.02	2				
Noah Wellington							12.42	2		
Cohen Wilson							9.42	?		

Wednesday evening at 6pm and only 50 cents to enter

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## Trotters Hilly Time Trial - 24 October 2015

Gen Pos	Pos	Trotter #	Name	Net Time	AG Points
1	1	658	Mark DUNLOP	0:38:58	740
2	2	734	Michael MILES	0:39:53	758
3	3	253	Stuart EDDY	0:40:21	684
4	4	751	Al COOKE	0:41:21	672
5	5	267	Wayne DALEY	0:42:21	774
<b>1</b>	<b>6</b>	<b>871</b>	<b>Melissa ROBERTSON</b>	<b>0:42:35</b>	<b>717</b>
6	7	517	Dave BYRNES	0:42:39	811
7	8	785	Mark HOPE	0:42:57	671
8	9	860	Ross MARKEY	0:43:24	719
9	10	529	Graham HARRINGTON	0:43:31	689
<b>2</b>	<b>11</b>	<b>816</b>	<b>Katy MCCAIG</b>	<b>0:43:32</b>	<b>709</b>
10	12	665	Ian TEMBLETT	0:44:06	707
11	13	8624	Jason BURKE	0:44:11	608
<b>3</b>	<b>14</b>	<b>459</b>	<b>Elissa GRIBBLE</b>	<b>0:44:21</b>	<b>688</b>
<b>4</b>	<b>15</b>	<b>854</b>	<b>Rochelle JILLETT</b>	<b>0:44:22</b>	<b>684</b>
12	16	926	Trevor BROOKS	0:44:36	700
13	17	915	Frank HODGKINSON	0:45:19	661
14	18	8655	Luis FOURIE	0:45:51	624
15	19	598	Gary PICKERING	0:45:52	728
16	20	780	Troy KASTELAN	0:46:02	636
17	21	875	Peter BEATON	0:46:26	616
18	22	88	Greg LOVE	0:46:33	724
19	23	173	Mike RANDELL	0:46:47	714
20	24	934	Ryan LANSER	0:46:58	614
21	25	8	Steve HUGHES	0:47:28	722
22	26	483	Graham RIDLEY	0:47:45	659
23	27	930	Tim BARLING	0:47:55	602
24	28	43	Kevin DEAN	0:48:34	747
25	29	480	Jodie HENDERSON	0:48:38	593

<b>5</b>	<b>30</b>	<b>845</b>	<b>Kerry HOPE</b>	<b>0:48:52</b>	<b>645</b>
26	31	607	Jeff DICK	0:49:19	671
<b>6</b>	<b>32</b>	<b>266</b>	<b>Tara WOOD</b>	<b>0:49:53</b>	<b>612</b>
27	33	352	Graham DAVIS	0:49:59	686
<b>7</b>	<b>34</b>	<b>590</b>	<b>Tina BAVERSTOCK</b>	<b>0:50:24</b>	<b>658</b>
28	35	276	Tom MCNALLY	0:50:43	552
<b>8</b>	<b>36</b>	<b>736</b>	<b>Jenny BARKER</b>	<b>0:50:49</b>	<b>646</b>
29	37	8647	Adam QUINN	0:51:14	609
30	38	910	Daniel PINK	0:51:23	545
31	39	897	John LOVE	0:51:24	602
<b>9</b>	<b>40</b>	<b>107</b>	<b>Lynn BROMWICH</b>	<b>0:52:04</b>	<b>742</b>
32	41	593	Steven GRAY	0:52:48	661
<b>10</b>	<b>42</b>	<b>486</b>	<b>Jo RIDLEY</b>	<b>0:53:52</b>	<b>654</b>
<b>11</b>	<b>43</b>	<b>698</b>	<b>Tammy SHAFER</b>	<b>0:54:00</b>	<b>603</b>
33	44	305	Angus FARNCOMB	0:54:27	564
34	45	810	Lindsey SCHULTZ	0:54:48	511
35	46	862	Adam COUCHMAN	0:54:49	511
<b>12</b>	<b>47</b>	<b>946</b>	<b>Kristy HROMIN</b>	<b>0:55:03</b>	<b>566</b>
<b>13</b>	<b>48</b>	<b>953</b>	<b>Rebecca FRANKEL</b>	<b>0:55:13</b>	<b>615</b>
36	49	903	Jon FOGARTY	0:55:29	624
<b>14</b>	<b>50</b>	<b>510</b>	<b>Jaci TEBB</b>	<b>0:55:36</b>	<b>555</b>
<b>15</b>	<b>51</b>	<b>17</b>	<b>Margaret AURISCH</b>	<b>0:57:07</b>	<b>738</b>
<b>16</b>	<b>52</b>	<b>760</b>	<b>Joanne LITTERICK</b>	<b>0:57:27</b>	<b>621</b>
<b>17</b>	<b>53</b>	<b>952</b>	<b>Kristy HARRIS</b>	<b>0:57:44</b>	<b>No DOB</b>
<b>18</b>	<b>54</b>	<b>8656</b>	<b>Lisa GEORGE</b>	<b>0:57:44</b>	<b>537</b>
37	55	826	Rod TAWYER	0:57:56	548
38	56	759	Bruce LITTERICK	0:58:06	546
39	57	641	Jon STEVENS	0:58:10	638
<b>19</b>	<b>58</b>	<b>586</b>	<b>Donna WHITE</b>	<b>0:59:51</b>	<b>527</b>
40	59	481	Tony COLLINS	1:22:57	433
41	60	494	Mark ROLLINS	1:22:57	392
<b>20</b>	<b>61</b>	<b>949</b>	<b>Marty BILLINGSLEY</b>	<b>1:22:57</b>	<b>No DOB</b>

## October 2015 Milestones



Trotter #951, Paul Murray,  
10 Runs (Judy Murray  
accepting on Pauls behalf)



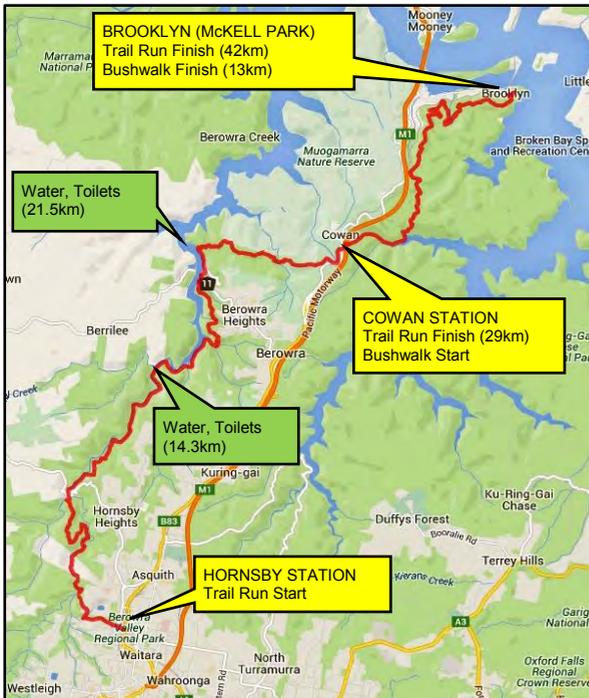
Trotter #677, Rod Northey, 200 Runs



Trotter # 950, Janette Davidson, 10 runs

**HORNSBY TO BROOKLYN/COWAN  
TRAIL RUN (42KM/29KM)  
& COWAN TO BROOKLYN BUSHWALK (13KM)  
SUNDAY, 15 NOVEMBER 2015**

- **CAR-POOL FROM ADCOCK PARK, WEST GOSFORD, TO BROOKLYN, LEAVING AT 5:45AM.**
- **CATCH 6:37AM TRAIN FROM BROOKLYN STATION**
- **BUSHWALKERS GET OFF TRAIN AT COWAN STATION AND WALK 13KM BACK TO BROOKLYN ON GNW**
- **TRAIL RUNNERS GET OFF TRAIN AT HORNSBY STATION AND RUN ON THE GNW TO BROOKLYN (42KM), OR TO COWAN STATION (29KM) AND CATCH TRAIN FROM THERE TO BROOKLYN.**



**MAPS AND DIRECTIONS  
WILL BE PROVIDED  
DRINKS AND SNACKS AT  
THE FINISH  
RUNNERS WOULD BE  
WISE TO CARRY OWN  
DRINKS AND  
EMERGENCY GEAR**

**CONTACT  
DAVE BYRNES ON 0428  
880784 FOR MORE  
DETAILS AND TO  
REGISTER YOUR  
INTEREST.**



## Blackall100 By Greg Brown #505



Further on with my quest to do 12 Ultra Marathons in 12 months has taken me to the beautiful hinterlands of Queensland's sunshine coast.

The race started at 6am with an overcast rain with earlier light showers. The conditions were perfect for a run.

There were just under 100 runners in the 100km race with more starting in the 50km in an hours' time.

The first section of the race was road for about 10 km then down into the bush past a beautiful waterfall. Due to a rock slide this was now an out and back which wasn't that bad as you could see the whole field. It is great to see the leaders and everyone giving each other encouragement.

The race continued all over the place and not knowing the area or even looking at a map prior to the run I had no idea where I was going. Increasing the adventure levels. As a trail run it was well marked and the checkpoints were well stocked and there were plenty of them. This was important as the humidity did increase during the day meaning there was a large demand for fluids

Fortunately the temperature stayed low and after about 3.00pm it started to rain not heavy but just enough to keep you wet and cool. Unfortunately, finding out later, increasing chafing.

The run continued up and down hills some steep some not so steep still slowing you down. I think from all the runs I have been doing over the last 2 months it was taking its toll and at the back end I was slowing taking 50 minutes to do 5km but eventually I finished my 11 Ultra-marathon in approximately 16 hours.

Over all this was a great run very picturesque and testing in places. Even though the markings were limited there was little chance of getting lost. Best of all both the volunteers and the other competitors were cheerful and helpful making it a very enjoyable day.



### Blackall 100 24 October 2015

Pos	Trotter No	Name	Time	Cat	Cat Pos	Gen Pos
43	505	Greg Brown	16:02:25	M50-59	5	32

## Kedumba Half Marathon 25 October 2015

Pos	Trotter #	Name	Time	Cat Pos	Gen	Gen Pos
4	573	Darren McClellan	1:43:41	4	Male	4
30	928	Neil Prosser	1:56:33	28	Male	28
37	529	Graham Harrington	1:59:24	35	Male	35
60	838	Ciaran Lynch	2:07:57	52	Male	52
65	799	Denise Maguire	2:08:50	10	Female	10
114	760	Bruce Litterick	2:24:58	88	Male	88
127	759	Joann Litterick	2:30:52	34	Female	34
142	593	Steven Gray	2:37:54	101	Male	101



## Endorfun Trail Run - Tasman Pensisula 18km - 24 October 2015

Pos	Trotter #	Name	Net Time	Cat (Pos)	Gender (Pos)
3	449	Matt ROBBIE	1:37:03	20 to 39 (2)	Male (2)

## Washpool World Heritage Trails - 18 October 2015

50km					
Pos	Trotter #	Name	Net Time	Gen	Net Gen Pos
15	713	Dave FOGG	6:07:47	M	13
22	176	Jacqueline KING	6:33:00	F	4

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## SUPER 7 PROGRESS SCORES - 31 OCTOBER 2015

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Craig	Rangott	918	817	1
Mark	Warren	536	806	2
Kim	Cook	457	794	3
Wayne	Daley	267	792	4
Dave	Byrnes	517	791	5
Andrew	Land	866	785	6
Heiko	Schaefer	502	780	7
Brendan	Clarke	819	780	8
Ian	Temblett	665	759	9
Kevin	Dean	43	757	10
Charlie	Brooks	660	746	11
Andrew	Mildren	633	744	12
Kirsten	Ambler	909	744	13
Mark	Dunlop	658	742	14
Margaret	Beardslee	169	741	15
Margaret	Aurisch	17	737	16
Melanie	McDonald	837	737	17
Michael	Miles	734	737	18
Melissa	Robertson	871	733	19
Darren	McClellan	573	731	20

First Name	Last Name	Trotter Number	Super 7 Average	Super 7 Rank
Greg	Love	88	730	21
Gary	Pickering	598	728	22
Katy	McCaig	816	727	23
Lynn	Bromwich	107	727	24
Mike	Randell	173	721	25
Ross	Markey	860	720	26
Steve	Hughes	8	717	27
Steve	Guest	576	711	28
Jason	Kirksmith	773	698	29
Trevor	Brooks	926	697	30
Deidre	Moran	639	692	31
Tina	Baverstock	590	692	32
Jeff	Dick	607	692	33
Rochelle	Jillett	854	690	34
Graham	Harrington	529	689	35
Joe	Rolella	638	689	36
Elissa	Gribble	459	684	37
Sonia	White	264	680	38
Ciaran	Lynch	838	676	39
Graham	Davis	352	675	40

## TIME TRIAL AGGREGATE PROGRESS SCORES - 31 OCTOBER 2015

First Name	Last Name	Trotter Number	TT Points	TT Rank
Mark	Dunlop	658	2957	1
Lynn	Bromwich	107	2907	2
Ross	Markey	860	2880	3
Jeff	Dick	607	2774	4
Elissa	Gribble	459	2735	5
Troy	Kastelan	780	2532	6
Peter	Beaton	875	2500	7
Jo	Ridley	486	2499	8
Tammy	Shafer	698	2478	9
Dave	Byrnes	517	2342	10
Wayne	Daley	267	2328	11
Kevin	Dean	43	2271	12
Ian	Temblett	665	2258	13
Greg	Love	88	2222	14
Steve	Guest	576	2174	15
Mike	Randell	173	2164	16
Steve	Hughes	8	2151	17
Rochelle	Jillett	854	2073	18
Graham	Harrington	529	2067	19
Tina	Baverstock	590	2050	20

First Name	Last Name	Trotter Number	TT Points	TT Rank
Adam	Couchman	862	1999	21
Tony	Collins	481	1999	22
Tara	Wood	266	1992	23
Steven	Gray	593	1976	24
Frank	Hodgkinson	915	1970	25
Mark	Hope	785	1952	26
Kerry	Hope	845	1930	27
Jon	Fogarty	903	1873	28
Les	Lowe	248	1866	29
Al	Cooke	751	1771	30
Tom	McNally	276	1674	31
Rod	Tawyer	827	1631	32
Craig	Rangott	918	1628	33
Wayne	Doherty	631	1614	34
Lindsey	Schultz	810	1589	35
Margaret	Aurisch	17	1474	36
Michael	Miles	734	1473	37
Charlie	Brooks	660	1437	38
Katy	McCaig	816	1427	39
Trevor	Brooks	926	1408	40

# Halloween run

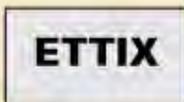




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or Wednesday 6 @ 6!!