



# TERRIGAL TROTTERS NEWSLETTER OCTOBER/NOVEMBER 2011

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Hi Folks,

Well it's been a long time in the making, but at last the newsletter has made a triumphant return or at least a return, you can decide its level of triumphantness. However, before you get your teeth into this mammoth issue I think we should all say a massive thankyou to Chris Hatcher for all his hard work over the years. I'm not sure how long he was at the helm, but me and Mrs Ridler joined Trotters in 2003 and he was doing it then. In fact he is such a legend that it now takes three of us to do the work of one. So the new editors are: Mark Dunlop and Jo Ridley, with very little help from me.

Remember the newsletter is only as good as the stuff you send us to put in it. So get writing those race reports and, bits and pieces. We want to hear from you.

Ridler



## **OFFICE BEARERS FOR 2011-2012**

|                          |   |
|--------------------------|---|
| <b>PRESIDENT</b>         | <b>Dave Byrnes</b>  |
| <b>VICE-PRESIDENT</b>    | <b>Mark Andrews</b>   |
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| <br>                     |   |
| <b>CLOTHING</b>          | <b>Tina Baverstok</b>   |
| <br>                     |   |
| <b>REGISTRAR</b>         | <b>Kevin Andrews</b>  |
| <br>                     |   |
| <b>RESULTS TABULATOR</b> | <b>Graham Ridley</b>  |
| <br>                     |   |
| <b>WEBMASTER</b>         | <b>Dave Byrnes</b>  |
| <br>                     |   |
| <b>NEWSLETTER</b>        | <b>Jo &amp; Graham Ridley</b><br><b>Mark Dunlop</b>   |
| <br>                     |   |
| <b>AUDITOR</b>           | <b>Jennifer Harwood</b><br><b>Harwood Chartered Accountants</b>   |
| <br>                     |   |
| <b>PUBLIC OFFICER</b>    | <b>Kevin Andrews</b>  |
| <br>                     |   |
| <b>LIFE MEMBERS</b>      | <b>Kevin Andrews</b><br><b>Leon Harradine</b><br><b>Keith King</b><br><b>Marg Aurisch</b><br><b>Col Wood</b><br><b>Steve Cannon</b><br><b>Jenny Harwood</b> |

# **PRESIDENTS REPORT**

**23<sup>RD</sup> NOVEMBER 2011**



**I don't know how long the GIRRAKOOL TO PATONGA Run has been going, but it remains one of the most popular Trotters' events and this year's was no exception, with more than 50 runners making their way to Patonga on a beautiful Sunday morning.**

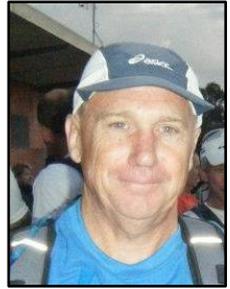
**A new dimension to the event has been the emergence of runners starting from further north along the Great North Walk as part of their training for the GNW100s. Trotters have always loved to run the trails of the Central Coast, but it's gratifying to see how many have successfully embraced and enjoyed the growing sport of trail ultra-running. It seems that every year we have Trotters make their debut in the GNW100s, while others keep returning and improving.**

**It is not a trivial endeavour, as the statistics show – about 50% of 100 Milers fail to finish (60% of debut 100 Milers). Our club-mates, with a 100% finish rate in the 100 Miles, have shown that with careful preparation, a good race-plan, and great self-discipline, the goal can be achieved.**

**They are an inspiration to all of us and I'm sure I will see more Trotters who have enjoyed the challenge of GIRRAKOOL TO PATONGA, stepping up to the longer events.**

**Dave Byrnes**

## **GNW 100's – Greg Brown**



Four marathons in one week end would never be an easy feat but to run them over some of the toughest bushlands on the east coast of Australia, back to back is impossible to imagine. The achievement still hasn't sunk in yet but the pain has. This all could not have been done without the efforts of Dave Byrnes and the Trotter volunteer's. The support and encouragement from them is unbelievable with most of them having no sleep from 2.00am Saturday morning to the finish on Sunday night. For this I'm saying Thank you.

To describe the GNW 100 in a few words would be Blood, Sweet, Tears and Blisters. In my case this race was a goal I think a lot of people including myself at times could not believe was achievable.

After registration, weigh in, blood test and race briefing we started at 6.00am and headed down the road for an adventure I will never forget. The first 16km in the first leg is an easy going run. Then the work begins with the first of 5 mountains and several large hills to climb. This mountain stopped me last year and I was determined to push through this year, not letting it stand in my way. I felt good when I beat it.

On arrival at check point 1, I was greeted by the big group of supporters that grew throughout the race. After refuelling I was off for what could be the easiest leg of the run if it wasn't for the heat. This year wasn't as bad as others but running along that dirt road with no shade in temperatures still in their 30s is not pleasant.

Check point 2 after a well-deserved lunch and rest, (and more blood and weigh in's) I was off to tackle one the most brutal sections of the race. That climb to the communication tower seemed to take forever and drained so much energy as in my case the mid-afternoon sun and heat was still out in force. There was a bit of a descent into the valley followed by the steepest climb of the race, with what seemed an unsurmountable climb up a road which surely no car could climb.

Fortunately there is an unmanned drink stop at the top to replenish lost fluids.

Arriving shortly after night fall at checkpoint 3, this was my pit-stop for dinner, with a plate of spaghetti bolognaise that even though was stone cold and had been prepared the night before, really hit the spot. The medical staffs were tremendous, treating runners that were not in a good state. I was then off into the night. It was slow out of the basin as the trail is rough and I had a full stomach still to settle. At the top of the climb I came across a runner who lost her way and missed the third check point. It had taken me an hour to get to that point from the check point and I felt for her then just minutes later another runner returning who suffered the same fate. After that climb the rest was reasonably straight forward. The last 11km of this leg is on the road and it was mostly flat but it does your head in as it seems to take forever.

I arrived at check point 4 to finish the 103kms in a PB knocking over an hour of what I had done 2 years previously. I felt great (I think it was the adrenalin) with only a bit of chafing that was worrying me. Weighing in, more blood, fuel up and then off into the night with Bruce my first pacer to keep me company. This is another hard section so I decided to take it a bit easy in the beginning until I got to the top of Bumble hill. Unfortunately fatigue had hit me and I felt that I was falling asleep on my feet. The last 5.5km of this leg is not kind even when you are fresh let alone after running 125km. During this climb I decided to pull out and call it quits.

I jogged into checkpoint 5 and informed them I would not continue. I can't repeat what they said and called me but after a 20 minute break I was on the road with Kevin Andrew as my pacer. I still don't know how they talked me around as I was dead on my feet. Mooney is mainly downhill and only 17KM. Kevin is very motivating and with his boot firmly planted up my butt, I pushed on.

I had no pacer planned for the last section so Kevin said he would. This is an incredible effort to be one minute sitting on a desk recording entrants then changing his clothes and running 40km unprepared. The

last section there are no mountains but it's up and down all the way on very rocky trails. The soles of your feet feel like they have been panel beaten with a hammer. Kevin's boot seemed to get deeper and deeper as fatigue set in and I started to slow. We arrived at the unmanned drink station at 2.55pm to find out that the cut off would be 3.00pm so a quick drink and splash of water and out of there in 2 minutes. Even though we only had a short distance to go the km seemed to be longer and longer as we approached the 6.00pm cut off. I was in pain and exhausted but as Kevin said it wasn't life threatening. Pushing on to the finish the feeling cannot be expressed, you can only feel it for yourself. Yes I made it before the cut off. One great big thanks to Kevin. I definitely couldn't have done it without him.

This is a great adventure it is more than a race, it's a life changing experience so I must send a big thanks to Dave Byrnes, all the Trotters and other volunteers for making it all possible.

Thanks

Greg Brown Race number lucky 13



# TROTTERS AT THE GNW 100's

## 100 Mile Finishers



Levi Martin 22:44  
3<sup>rd</sup> Overall



Gary Pickering 27:57  
1<sup>st</sup> 50-59  
9<sup>th</sup> Overall



Darren McClellan 24:28  
5<sup>th</sup> Overall, Debut



Steve Guest 28:23  
12<sup>th</sup> Overall



Darrel Robins 24:44  
1<sup>st</sup> 40-49  
6<sup>th</sup> Overall



Greg Brown 35:34

Not Pictured – Rob Scoines, 3<sup>rd</sup> 50-59, 32:53

## 100 Kilometre Finishers



Sharon Byrnes 15:13  
1<sup>st</sup> 40-49  
5<sup>th</sup> Overall



Matt O'Shea 16:02

Not Pictured - Adam Kranz, 19.06 Debut



# CHRISTMAS PARTY

Sat 17<sup>th</sup> Dec after the Trotters Run (approx 8.30am onwards)  
At the Haven

**Breakfast Provided**

Bring the Kids along for some Christmas Party Games, and to meet Santa & his trustee helper. Please provide a gift for each child for Santa's sack maximum of \$10.

What do you call people who are afraid of Santa? Claustrophobic  
Why does Santa have 3 gardens? So he can tell the elves to Ho Ho Ho  
What do you get if you cross a snowman with a vampire? FrostBite  
What do snowmen eat for breakfast? Snowflakes



**Join in the Christmas spirit for the regular Saturday morning Trotters' run to the Pony Club on 24 December 2011 by dressing appropriately.**

**Use your imagination!**

**Santa Hat, Rudolph Nose or Jingle Bells!**

## **SUNDAY RUN FOR FUN 10k SYDNEY**

### **Trotter #1 – Kevin Andrews**



Sunday's 10km run was planned as a training run following from a Saturday 80km ride in preparation for Port Macquarie. Sunday dawned a clear spring morning that was slowly getting warmer by the minute. Graham Davis, Wayne Doherty and I met our 'coach' Mike Gero (complete with 'new' Panama hat) at West Gosford for the journey south. A wrong turn on the journey proved fruitful as we turned directly into the best parking station near the start. At first parking spaces everywhere, but then it started – a continuous stream of competitors pouring in. 10 minutes later and the carpark was full.

We wandered down to the start area for the customary 1 hour wait. We met Barry Willis and his 'coach' and discussed race tactics. Barry was on his own with this race - he couldn't maintain our pace.

8.30 and the gun sounded. Graham took off chasing his son, Mark and I followed behind struggling with the pace. It seemed like 2 minutes 30 sec per Km but probably closer to 2 min 50 sec. Two Ks came up and I was shot – Graham in 8 min 30 and me in 8 min 40. New territory for me for a long time.

Now the temp was about 25 deg and rising. Graham was pulling away as was his son. Wayne's race was about to start as he was in the second group. It's been a long time since I've pinned on a race number and the brain was telling me to stop hurting myself. 3 ks and 13min 18 sec and I just wanted to stop and walk – maybe I can wait for Wayne and run with him? I grabbed a cup of water to throw over my burning head and one for the throat.

I didn't see the 4 km sign but maintained the pace. Then I spotted Graham up ahead and thought maybe I could hang on to him. It was about 30 deg now and I went past Graham at about 6 km and couldn't

manage a word - I was too focussed on not stopping and no chit-chat – just running.

I missed the 7 km mark and the tennis courts – Wayne tells me they were there – and pushed on through 8 km in 36 minutes. Two ks to go, I'm boiling and Graham was breathing down my neck. As usual, the final 2 ks seemed to take forever. The run into the stadium was good to see, as was the smiling face of the 'coach' Mike and plenty of much-needed cool water. Graham came in just behind me and he looked as bad as I felt – very hot, washed out and very tired. It was now about 45 degrees in the shade.

Graham did have a smile on his face as he had just whooped his son in a footrace. He has got bragging rights 'til next race. Wayne came in a bit later and looked every bit as stuffed - it was hotter for him. We didn't see Barry until we were leaving but he was disappointed. Apparently 1<sup>st</sup> in his age group and 36 minutes 50 sec wasn't good enough when you're aiming for 35 minutes

I'd tell you about lunch at Turrumurra, the Ferrari's and the lady with the two children, but that's another story.

Still chasing the sub-45 minutes for 10 ks, but I've 6 weeks to go!!!!!!!!!!!!

Kevin Andrews

Barry Willis - 1st in age group - 36 min 46 sec  
Kevin Andrews 30th in age group 46 min 32 sec  
Graham Davis 38th in age group 47 min 8 sec  
Wayne Doherty 195th in age group 62 min 56 sec

What do you call a women with one Leg? Eileen  
What do you call her brother? Raylene  
What do you call her mother? Marlene  
& What do you call her sister who has two legs? Nolene



## 2011 Relay for Life Report

We had 40 Trotters at the Relay for Life and had someone on the track at all times throughout the afternoon, night and morning.

The following results were achieved:

**Darren McClellan – 225 laps – 90kms.** This feat was achieved in two stints as Darren became sick with stomach cramps during the night. As he wasn't sick in the morning, we ruled out pregnancy. When on the track, he completed this distance doing continuous 1 minute 50 second laps with the occasional 1 min 40 bursts and then the customary 2 min laps. For those not used to the track, this equates to a slowest pace of about 5 minute Ks. Including drink and toilet breaks, he went through the 1<sup>st</sup> marathon in approx 3 hrs 40 min.

**Graham Davis – 106 laps – a marathon.** Graham completed the marathon in a couple of stints throughout the night. He also raised about \$1500 on his own.

**Ian Temblett – 110 laps – a marathon and a bit.** Ian also completed the marathon in a couple of stints throughout the night. He was doing it at about 4 min 30 sec per K with a total of about 3 hrs 10 min for the marathon.

**Ivy Krishnan – 106 laps – a marathon.** Ivy completed the marathon over the two days with stints of running and walking.

**Lenore Byrnes-Bates – 83 laps.**

**Graham Fowler – 71 laps.**

**Danny Moore – 62 laps.**

**Denise Maguire – 60 laps.**

**Les Lowe - 52 laps.**

**Mark Tuxford – 50 runs.**

Additionally, the other Trotters who attended at our tent (in order of attendance) was Bev Andrews, Marg Robson, Keith King, Dale Wood, Wayne Doherty, Robyn Pallas, Sandy Hickson, Kevin Byrne (and Tristan), Col Price, Kelly King, Cath Toby, Ken Hickson, Jeannette Dillon, Graham Ridley, Jo Ridley, Suzy Woodbury, Lisa Whitfield, Phoebe Whitfield, Rob Wait, Kevin Andrews, Steve Gray, Mark Tuxford, Mike Thorpe,

Lyn Bromwich, Col Wood, Deb Wood, Gwenda King, Allison Allen, Tina Baverstock, and Steve Cannon. Thanks must also go to Mike Gero for his continued assistance with Trotters events.

The balance of the Trotters completed laps ranging from 2 – 50. The reason for the '2' was that some did not indicate to the recorder (me) that they had completed laps. We recorded a total of 1464 laps with a distance of 585.6 kilometres.

It was great to see Pauline and Allison Antony sharing our site next to the track – I think the Trotters must have had the largest site. Pauline and Allison ran and walked throughout the night and it was fitting to have the inside two lanes named the **'Muzza Lanes'** in honour of Murray.

*Kev Andrews*



***Graham Davis powering towards a total of total of 106 laps, marathon equivalent of 42.2km***

***Graham is also the Terrigal Trotters Club Person of the Month for October for all his efforts in organizing the Trotters Relay for Life Team.***

***Last, but by no means least, Graham has been awarded the Oona Devlin-Mahoney Memorial Award for being the highest individual Trotters fundraiser for the Cancer Councils Relay for Life Appeal.***

***Congratulations Graham!***

# The 11th Inaugural Running of the "Round the Bay" Classic Monday, 2 January 2012



The 'Round the Bay' classic will be held on Sunday 2 January 11, 37.1 easy kilometres around Brisbane Water, start 5.00am at Gosford Waterfront and finish in the same place with breakfast supplied.

The only thing it will cost you is your energy. So start training, this is by far the premier running event on the Coast.

Our world champion will be there, Wayne Daley holds the record for running every 'Round the Bay' since its inception.

More information see and speak to Keith King.

A map of the course is available on our website.

*THIS EVENT IS ONLY OPEN TO MEMBERS OF TERRIGAL  
TROTTERS*

## THE GREAT NORTH WALK – DAVE BYRNES INTERVIEW

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To most of us, Dave Byrnes is the unassuming race director of Australia's toughest 100 miler, the Great North Walk 100s. Quiet and polite Dave works meticulously hard to ensure that this monster of a race runs smoothly each year. But there's a lot more to Dave than meets the eye. In his day, an elite marathon runner with a PB that most Aussies would give their right arm for, and that's before you even look at some of the treks and adventures that Dave has undergone – it's fair to say that he really is a true modern-day explorer and someone who we at Ultra168 really look up to and aspire to.

We caught up with Dave ahead of this year's race to find out a little more about the man behind the race, his adventures and to also explain just how much work goes into organising a race like GNW.

**We know that you're a very accomplished runner, cyclist, bushwalker and all round adventurer. Can you let us know your running background and how this has moved into such great adventures over the decades both here and overseas?**

I began running regularly at school in London in the 1960s, where my father had been posted for three years. My main motivation was to escape the full-back position on the school rugby team where I was regularly pummelled, but I think I also hoped to emulate the feats of my Australian heroes such as Ron Clarke who was sweeping all before him in Europe at the time. I never showed much ability (PB mile of 5:10 at school...a fair way behind Ron's junior world record of 4:06!) but I enjoyed running, especially in nearby Richmond Park

*Dave on the Appalachian Trail in 1986*



I continued running on my return to live in Melbourne and, although I was a journeyman at best, was fortunate to have running friends who set very high standards. At Monash University, I found the athletics team could have fielded an Australian standard representative team and I never threatened for a place on the intervarsity teams. Lacking sufficient speed, I decided I was destined to be a marathon runner, which seemed to be confirmed with a 2:44 in my first marathon (Victorian Championships) at the age of 19.

During my 20s, which included stints in the Army (National Service) and Europe, I continued to train with quality athletes and was gradually sucked along to some success. Although self-coached, I was a disciple of Arthur Lydiard and experimented with higher and higher training volumes. This approach seemed to suit me and I produced my PB marathon (2:19) at age 29 off a build-up that averaged more than 240km per week, rarely run at slower than 4 minutes per kilometre pace. My PB track 10km (31:17) came at a time when I was experimenting with up to 300km a week and I ran my PB 5000m (14:26) and PB 3000m Steeplechase (9:10) off 200km per week. Perhaps not surprisingly, these years were also characterised by frequent and often serious injuries and I had four major leg surgeries plus other chronic problems.

By age 35, it was difficult to maintain my competitive standards and my priorities began to switch to other things, starting with an 18-month sabbatical in the US and Canada. My wife at the time, Barb (a 2:46 marathon runner), and I toured in a small camper van for a year travelling between National Parks, doing lots of hiking and trail-running, and competing in obscure and not-so-obscure races from Alaska to Florida. I followed it with a four-month solo hike along the length of the 3,800km Appalachian Trail up the US east coast which remains one of the most memorable and rewarding experiences of my life.

Soon after our return to Melbourne, I found work which took us overseas again and there followed sixteen years living in the UK and US, with extended stints in Frankfurt and Hong Kong, and four million air-miles. During this whole time I was pretty religious about starting my day with 10+km

regardless of how early I had to get up, how little sleep I had, or how jet lagged I was, and tried to run further on weekends. I can remember my favourite regular morning runs in many cities in the world.

I became interested in ultra-running, but still spent a lot of time injured, and didn't manage to participate in too many ultras and never with much success. Highlights were probably London to Brighton and a couple of JFK 50 Milers. Circumstances conspired to make it feasible (if parsimonious) and desirable (two increasingly Americanised teenage children) for me to retire in 2003 and we returned to Australia, deciding to live on the NSW Central Coast because of its climate and outdoor recreation opportunities. Since that time I've continued to run as much as possible, have become involved with Terrigal Trotters and have tried to have one "adventure" (cycling or hiking) each year.

**From a running / outdoors perspective what accomplishment are you most proud of?**

Like many runners, I'm most proud of my marathon PB – 2:19:06 – which was run in the 1979 Victorian Championships. It was Rob De Castella's first marathon and, at 10 miles reached in 52 minutes (very close to my PB at that distance), he and I were the only ones in a leading bunch of seven who had never run sub-2:20. Soon after, I decided that discretion was the better part of valour and backed off the pace a little, letting the bunch get away. Rob apparently put the hammer down at half-way, coming home with a negative split and finishing with 2:14+. I maintained a steady pace and spent the second half gradually reeling in the others one by one to finish second.

**Tell us a little more about the Via Alpina 2012 you have planned and I'm afraid to ask, what else is on your list?**

For next year's "adventure" I'm travelling to Europe in May and setting out from Monte Carlo to hike 2,000km along the Via Alpina walking trail in an arc through the European Alps via France, Switzerland, Germany, Austria, Slovenia and Italy to Trieste on the Adriatic. If all goes to plan it will take 11

weeks and I'll finish in time to go to London to join three old (in every sense of the word!) running friends at the Olympics. I can't wait!

I have many other "adventures" on my list so will have no trouble maintaining my one per year average so long as the body and budget hold together. Insanely, I still harbour an ambition to have another go at the solo unsupported round Australia cycling record after three failed attempts, though I'm not sure my ageing body will let me.

**How did the idea of the GNW100s come about, what were the challenges in obtaining approvals and how did you come to be the race director?**

When I retired and returned to Australia to live, it was always my intention to get more involved in the running scene than had been possible during my recent working career. I studied for some coaching qualifications, joined the Terrigal Trotters committee and began thinking about organising an ultra race in Australia. There were plenty of 100 Mile trail races in the US and I thought it should be possible to come up with a good one in Australia.

While exploring my new home on the Central Coast by foot and mountain bike I became familiar with sections of The Great North Walk and slowly the idea of organising an ultra race along it evolved. There was an air of incredulity at the Trotters Committee meeting when I first suggested the idea but, to their great credit, I received almost unanimous support. I knew that there would be a lot of work necessary to get it off the ground and that I was the only person in Trotters with the time and motivation to do it, but that was fine by me and I've been ever grateful for the generous support I've received from the Club and its members since that time. And I've been surprised and pleased by the number of Trotters who have taken up trail ultras and run in the event over the years.

Getting the necessary approvals for the first event was both time-consuming and frustrating. It required explaining the concept to sceptical people at four councils, three police districts, National Parks, Forests NSW and the Road Traffic Authority, producing voluminous documentation and meeting their

varying requirements as well as negotiating the use of facilities for all of the Checkpoints. This seemed a lot of work for just 13 entries in the first year! We've been fortunate in having no serious problems with the event in the six years to date and now the authorities are familiar with the event and me, things go quite smoothly.

**7 years ago people were saying it couldn't or shouldn't be done, what was your vision for the GNW100s which are now known around the world as the toughest trail races in Australia?**



*Dave Byrnes congratulates Andrew Hewat on topping the Honour Roll with 6 consecutive race finishes*

I wanted the GNW100s to be a real challenge involving a significant degree of self-sufficiency and providing great personal satisfaction. I enjoy enticing new people into the sport I love and was looking for something that would attract those keen to explore their mental and physical boundaries. In my own running

and adventures, I've come to love and appreciate the multi-dimensional journey that takes you from A to B and, at the same time, through the full gamut of human emotions and physical experiences, and I wanted a race that gave competitors that journey. Great and varied scenery along with the camaraderie ultras provide would be the icing on the cake.

**Where do you see the race progressing over the next 5 or even 10 years?**

When we sent the 13 runners on their way for the first GNW100s, we did not know whether it was even possible for someone to cover the whole 175km course inside the cut-off times we had established. To our knowledge, nobody had ever done it before in one go, so we were quite relieved when

Dave Waugh appeared on the beach at Patonga. Since that time we've been gratified with the growth of the event and the favourable feedback we've received.

I think we would like to match demand by increasing the numbers of entrants accepted in the future, but the physical constraints of some of the Checkpoints and the risks of volunteer burn-out are real and significant. The Terrigal Trotters Committee has reviewed and renewed its commitment every three or so years and this process of review will continue in the future. I think we are quite keen to keep it relatively "low key" but will consider limited appropriate sponsorship. I'm not sure that I personally want to keep putting in the amount of work necessary on an indefinite basis and will probably consider my position when we have completed ten years.

**You're well-known for being a meticulous Race Director, what are some of the behind the scenes challenges people may not appreciate when it comes**

**to staging a point to point 100 mile trail race?**



*GNW100 2010 Race Start - A full race of 100 people embark on 100 individual journeys*

I don't think I could run this event if I was not retired and I do admire Race Directors such as Andy Hewat who also have real jobs. The number of approvals and amount of documentation necessary to satisfy the authorities has been mentioned earlier. Lining up Checkpoint locations and purchasing,

hiring and borrowing equipment is also a significant task. The responsibility for the facilities we use at Teralba and Yarramalong has changed in the last few years adding further complications. There was also a rumour Congewai School was going to close a couple of years ago, and I'm always thinking about what our options are for alternative Checkpoints. Additionally there is the processing of entries and withdrawals, maintaining the website and the signing up of volunteers. October and November tend to be pretty full-time on GNW work these days.

**How many volunteers / people are involved with staging the race?**

This year we have roughly 130, many of whom give up the whole, or large parts of, their weekends. We are very lucky at Terrigal Trotters to have so many committed members, families and friends.

**Do you take pride in the DNF rate at the GNW100s? If it becomes easier or more people complete will you look to make it harder?**



*Gordi Kirkbank-Ellis "The Running mad Kiwi" openly showing how much a finish at the GNW means to the competitors*

For reasons explained above, I want the race to take people to their limits physically and mentally. We all know that, when we are operating at our limits, weak points are exposed and the risk of failure is ever-present. Consequently, I feel that a significant proportion of the field incurring DNFs shows that the race is meeting my goals. It also makes completion that much sweeter for those who do finish. I expect that times will come down

and completion rates will rise as more people run and the trail becomes more familiar. However, I haven't thought about making it tougher. Maybe when Grant Campbell finishes we'll have a re-think.

**We hang on every word of your detailed reports of your adventures but one thing we're all keen to see is for you to have a crack at the GNW100s. Is this on the horizon?**

I was considering running the 100 Miles after I turned 60 (which would be this year), but the standard set for 60+ year-old finishers by Bill Thompson has become too intimidating! That aside, painful experience at GOW last year has persuaded me that a chronic back problem (which dates from a stress fracture one month after my PB marathon 30 years ago) seems unable to cope with the hours of running necessary to complete the GNW100s. However, never say never.

**How many gold GNW100s medals did you purchase all those years ago? And how long do you think they will last?**

I think I originally ordered ten gold medals. However, eighteen months ago, when reordering gold, silver and bronze medals (they come from South Africa) for the 2010 and 2011 GNWs, the manufacturer made a mistake and made them all gold! They told me to keep them so I think we now have enough gold medals in stock to see us into the next century.



*Gold (Sub 24), Silver (Sub 30) and Bronze (Sub 36) Only 2 Gold medals have been handed out in the history of the race*

**What are the three keys to success at the GNW100s for runners who are attempting their first 100 mile race? What do you see as the key things the top runners do well?**

I think the keys to success are pretty much the same for both novices and experts (and for life!).

- Careful preparation in terms of both training (on the course if possible) and logistics (good and tested gear, nutrition plans and hydration plans).
- Good self-management during the race in terms of pace, navigation and scheduled stops. Don't get carried away early, pay attention to where you are on the course at all times, and don't dally too long in Checkpoints.
- Know that good times follow bad. You are bound to have some down times during the event, mentally and physically, and perseverance is needed to negotiate these bad patches.



*Andrew Vize, 2011 GNW 100 Mile winner in a record time of 22 hours & 2 minutes.*



# RIDLER'S RESULTS

## YOU CAN RUN

### BUT YOU CAN'T HIDE



#### Blackmores Sydney Running Festival - 18 September 2011

| Overall Place         | Name               | Net Time | Category | Category Place |
|-----------------------|--------------------|----------|----------|----------------|
| <b>9km Bridge Run</b> |                    |          |          |                |
| 188                   | MICHAEL RANDELL    | 0:37:23  | M50-59   | 10             |
| 2,818                 | JAYE BLOWFWITCH    | 0:49:15  | F20-29   | 287            |
| <b>Half-Marathon</b>  |                    |          |          |                |
| 294                   | LEANNE BARRON      | 1:32:16  | F35-39   | 11             |
| 300                   | SUZY WOODBURY      | 1:32:26  | F35-39   | 13             |
| 429                   | DANNY MOORE        | 1:35:16  | M50-54   | 12             |
| 1457                  | MATT TOBY          | 1:46:13  | M50-54   | 49             |
| 1,558                 | GREG WOODBURY      | 1:46:59  | M40-44   | 155            |
| 1,639                 | MICHAEL BULLEN     | 1:47:38  | M25-29   | 245            |
| 2,259                 | HEIKO SCHAEFER     | 1:57:34  | M70-74   | 1              |
| 2,269                 | JENNY BARKER       | 1:52:06  | F40-44   | 59             |
| 2,780                 | JOHN SCHULZE       | 1:55:33  | M60-64   | 17             |
| 2,948                 | KAREN BOYD-SKINNER | 1:56:24  | F40-44   | 95             |
| 3,779                 | DONNA WHITE        | 2:01:40  | F35-39   | 252            |
| 4,206                 | JESSICA TOBY       | 2:04:26  | F18-24   | 159            |
| 4,419                 | CATHY TOBY         | 2:05:58  | F45-49   | 117            |
| 5,678                 | SHELAYNE MATHIEU   | 2:16:31  | F40-44   | 282            |
| 5,682                 | TANIA THOMPSON     | 2:16:31  | F45-49   | 181            |
| 5,683                 | DEBBIE BLOWFWITCH  | 2:16:31  | F50-54   | 89             |
| <b>Marathon</b>       |                    |          |          |                |
| 34                    | LEVI MARTIN        | 2:57:15  | M30-34   | 12             |
| 36                    | ADAM JORDAN        | 2:57:49  | M35-39   | 6              |
| 153                   | BARRY WILLIS       | 3:16:39  | M55-59   | 3              |
| 415                   | BARTON RAETHEL     | 3:35:05  | M25-29   | 56             |
| 565                   | ADAM KRANZ         | 3:41:51  | M25-29   | 73             |

## Bumble Hill Burn (6.2km) - 11 September 2011

| Place | Trotter Number | Name             | Time    |
|-------|----------------|------------------|---------|
| 2     | 734            | MICHAEL MILES    | 0:27:55 |
| 7     | 690            | THOMAS ROBERTSON | 0:30:07 |
| 8     | 676            | SUZY WOODBURY    | 0:30:22 |
| 12    | 517            | DAVE BYRNES      | 0:32:29 |
| 21    | 804            | MARTIN AYRES     | 0:36:11 |
| 42    | 166            | DENNIS FISHER    | 0:43:13 |
| 63    |                | SINDY JENKINS    | 1:00:56 |

### Cooranbong Fun Run 17th september 2011

10km FEMALE (30 - 40 years) - 3RD Maria Timmers 00:50:45.07  
 10km FEMALE (41 - 50 years)- 4TH Tammy Shafer 00:52:06.60  
 10km FEMALE (41 - 50 years)- 5TH Sabine Byrne 00:52:40.13  
 10km FEMALE (51 - 60 years)- 1ST Sandy Hickson 01:10:01.98  
 10km MALE (41 - 50 years)- 3RD Michael Myles 00:38:54.25  
 10km MALE (41 - 50 years)- 6TH Steven Guest 00:41:05.93  
 10km MALE (51 - 60 years)- 1ST Wayne Daley 00:39:54.75  
 10km MALE (51 - 60 years)- 5TH Greg Brown 00:47:40.12  
 10km MALE (51 - 60 years) - 6TH Kim Cook 00:48:16.39  
 10km MALE (61 and over) - 2ND Ken Hickson 00:50:11.67

Overall positions not available. Age group positions only

### CENTRAL COAST 10,000M/ONE HOUR TRACK CHAMPS - 6 September 2011

#### Women 10,000 m:

| Pos. | Trotter Number | Name               | Time    |
|------|----------------|--------------------|---------|
| 1    | 676            | Suzy Woodbury      | 40:28.6 |
| 2    | 546            | Sharon Byrnes      | 42:40.8 |
| 3    | 169            | Margaret Beardslee | 47:50.2 |

#### Women One Hour

| Pos. | Trotter Number | Name               | Dist.   |
|------|----------------|--------------------|---------|
| 1    | 169            | Margaret Beardslee | 12851 m |

#### Men 10,000 m

| Pos. | Name              | Time    |
|------|-------------------|---------|
| 5    | 665 Jan Templett  | 37:39.0 |
| 7    | 690 Tom Robertson | 40:08.8 |
| 8    | 267 Wayne Daley   | 40:17.1 |
| 10   | Granam Laws       | 41:43.4 |
| 11   | 650 James Moran   | 43:01.0 |
| 12   | 730 Michael Miles | 43:49.9 |

#### Men One Hour

| Pos. | Name              | Dist.   |
|------|-------------------|---------|
| 3    | 690 Tom Robertson | 14649 m |
| 4    | Granam Laws       | 14043 m |
| 5    | 368 Col Barnett   | 13388 m |
| 6    | 650 James Moran   | 13262 m |

**Lake Macquarie Running Festival - 28 August 2011**

| <b>Overall Position</b> | <b>Name</b>      | <b>Time</b> | <b>Age Category</b> | <b>Category Position</b> | <b>Gender</b> | <b>Gender Position</b> |
|-------------------------|------------------|-------------|---------------------|--------------------------|---------------|------------------------|
| <b>Half Marathon</b>    |                  |             |                     |                          |               |                        |
| 16                      | Barry WILLIS     | 1:23:11     | 55-59               | 1                        | Male          | 15                     |
| 21                      | Ian TEMBLETT     | 1:24:33     | 45-49               | 2                        | Male          | 20                     |
| 33                      | Thomas ROBERTSON | 1:26:46     | 20-24               | 2                        | Male          | 32                     |
| 52                      | Troy KASTELAN    | 1:31:22     | 40-44               | 13                       | Male          | 49                     |
| 91                      | James MORAN      | 1:36:37     | 40-44               | 21                       | Male          | 83                     |
| 93                      | James WRIGHT     | 1:36:40     | 40-44               | 22                       | Male          | 85                     |
| 137                     | Deirdre MORAN    | 1:42:14     | 40-44               | 3                        | Female        | 13                     |
| 179                     | Denis ROBERTSON  | 1:47:05     | 60-64               | 3                        | Male          | 153                    |
| 188                     | Greg BROWN       | 1:47:50     | 50-54               | 10                       | Male          | 159                    |
| 231                     | David BOOTH      | 1:54:03     | 50-54               | 15                       | Male          | 190                    |
| <b>10.5 Kilometre</b>   |                  |             |                     |                          |               |                        |
| 3                       | Dominic FERRY    | 0:35:32     | Open                | 3                        | Male          | 3                      |
| 22                      | Wayne DALEY      | 0:43:01     | 50-54               | 2                        | Male          | 19                     |
| 32                      | Suzy WOODBURY    | 0:44:00     | 35-39               | 1                        | Female        | 5                      |
| 35                      | Tara WOOD        | 0:44:36     | 30-34               | 1                        | Female        | 6                      |
| 591                     | Delta O'DWYER    | 1:02:25     | 45-49               | 20                       | Female        | 235                    |

**Mudgee Marathon 21 August 2011**

,Steve Guest: 3:38:07. 8th in age group

**Maitland fun run 9th Oct 10km fun run**

Charlie Brooks 36.42 2nd Male

Suzy Woodbury 42.00, 1st Female

Tammy Shaffer 50.21. 1st 40-49 Female

**5km fun run**

Mike Randell 21.56. 1st 50-59

**Sydney Striders 10km Homebush**

Heiko Schaefer 0.49.46 M70-74 1st

**Fitzroy Falls Marathon 8/10/2011**

Dot Stockwell 4:20:03

Steven Gray 4:44:58

Heiko Schaefer 4:53:15

**Carcoar Cup Marathon, Sunday 6<sup>th</sup> November (hot conditions)**

Bruce Renwick, 13<sup>th</sup> place overall, 1<sup>st</sup> M60+

## **Six @ Six**

### **Sept 14 th**

Julian Hanson 21.56 PB, Wayne Daley 24.48, Ian Morgan 28.16, Nicholas Spooner 28.23, Trent Miller 28.50, Steven Gray 29.06, Suzy Woodbury (14.55 - 3 laps ) Mark McKay (16 - 3 laps)

### **Sep 22nd**

Fletcher Mckay 24.29, Darryl Carson 24.37, Joe Rolella 25.26, Wayne Daley 27.43, Ben Ricardo 27.51, 1ST FEMALE - Deirdre Moran 28.04, Steven Gray 29.16, Alex Bojanic 31.30, Mark & Sybella Mckay (3 laps - 22.50), Mathew Everton (2laps - 16.23).

### **Sep 28th**

MICHEAL MILES 23.02, IAN MORGAN 23.02.

### **6 @6 results Oct 5**

Darren McLellan 22.47, Darryl Carson 23.54, Sabine Byrne 30.24, Greg Tegart 31.01.

### **6 @6 results Oct 12th**

Darryl Carson 23.47 PB, Wayne Daley 25.23, James Moran 25.35, Claire Hallett 27.33, Sabine Byrne (24.13 4 laps), Alex Bojanic (24.55 4 laps)

### **6 @6 results Oct 19th**

Julian Hanson 23.32, Darryl Carson 24.01, Wayne Daley 26.16, Joe Rolella 27.09, Ben Ricardo 28.09, Greg Tegart 31.21.

### **6 @6 results Oct 26th**

hi everyone here are the 6 @ 6 results for 26/10/11, Darryl Carson 23.38 PB, Alex Garnham 25.03, Matthew Evert 26.44, Micheal Bullen 27.02, Steve Gray 28.48, Graham Davis 29.02, Greg Tegart 30.01, Wayne Daley (19.07 4 laps), Alex Bojanic (24.55 4 laps),

### **6 @ 6 results for 2/11/11**

Alex Garnham 23.36, Darryl Carson 23.39, Wayne Daley 23.52, Claire Hallett 27.12, Ben Ricardo 27.46, Tim Ricardo 28.57, Suzy Woodbury (14.39 3 laps)

### **6 @6 9/11/11.**

Wayne Daley 26.32, Micheal Bullen 28.02

6 @ 6 results for 16/11/11. Julian Hanson 23.45, Suzy Woodbury 24.45, Greg Tegart 33.02. Kim Tegart 2laps.

**6 @6** every wednesday night 6pm opposite gosford leagues club. times are recorded and drinks available. 50cents to enter. beginner to advanced runners welcome. its always on rain, hail or shine.

**GNW100 MILES RESULTS**

| Overall Place | Race Number | Last Name | First Name | Event | Category | Gender Place | Category Place | Time  |
|---------------|-------------|-----------|------------|-------|----------|--------------|----------------|-------|
| 3             | 77          | MARTIN    | Levi       | 100M  | M18-39   | 3            | 3              | 22:44 |
| 5             | 79          | McCLELLAN | Darren     | 100M  | M18-39   | 5            | 5              | 24:28 |
| 6             | 104         | ROBINS    | Darrel     | 100M  | M40-49   | 6            | 1              | 24:44 |
| 11            | 99          | PICKERING | Gary       | 100M  | M50-59   | 9            | 1              | 27:57 |
| 14            | 47          | GUEST     | Steven     | 100M  | M40-49   | 12           | 3              | 28:23 |
| 29            | 105         | SCOINES   | Robert     | 100M  | M50-59   | 27           | 3              | 32:53 |
| 41            | 13          | BROWN     | Greg       | 100M  | M50-59   | 36           | 6              | 35:34 |

**GNW100 KILOMETRES RESULTS**

| Overall Place | Race Number | Last Name | First Name | Event | Category | Gender Place | Category Place | Time  |
|---------------|-------------|-----------|------------|-------|----------|--------------|----------------|-------|
| 5             | 15          | BYRNES    | Sharon     | 100K  | F40-49   | 2            | 1              | 15:13 |
| 11            | 93          | O'SHEA    | Matthew    | 100K  | M18-39   | 8            | 4              | 16:02 |
| 18            | 67          | KRANZ     | Adam       | 100K  | M18-39   | 14           | 8              | 19:06 |

**NEW YORK MARATHON – 6<sup>TH</sup> NOVEMBER 2011**

|                    |         |
|--------------------|---------|
| Stewart Baverstock | 3:10:16 |
| Kim Cook           | 3:24:22 |
| Allison Allen      | 3:39:08 |
| Monica Nicol       | 3:43:28 |
| Tina Baverstock    | 3:45:56 |
| Yolande Walker     | 3:56:41 |
| Leigh French       | 3:57:54 |
| Vanessa Smith      | 4:04:42 |
| Deborah Bloffwitch | 4:28:39 |
| Jaye Bloffwitch    | 4:28:39 |
| Dina Batt          | 4:50:57 |
| Debbie Wooden      | 6:41:40 |

**TELL ME YOUR RESULTS**

I want to help celebrate your achievements. Go to 'Tell Us Your Results' on the Trotters website or Email [grahamjoridley@gmail.com](mailto:grahamjoridley@gmail.com) or see me on Saturday morning

**PLEASE SEE TROTTERS WEBSITE FOR ALL RESULTS BOTH RECENT AND ARCHIVED.**

# **TERRIGAL TROTTERS**

## **2011-12 Terrigal Trotters Calendar**

**Saturday/Sunday, 12/13 November 2011**

**THE GREAT NORTH WALK 100s**

100 Mile and 100 Kilometre races along The Great North Walk from Teralba to Patonga organized by Terrigal Trotters. Trotters are asked to help out during this event.

**Saturday, 17 December 2011**

**TROTTERS CHRISTMAS PARTY**

8:30am (after Trotters Run). At the Haven. Trotters will provide food and drink and Santa will arrive at 9:30am.

**Monday, 2 January 2012**

**THE 10TH INAUGURAL "ROUND THE BAY CLASSIC"**

Trotters' 38km run around Brisbane Water starting at 5:00am at the Lions Park on the Gosford Waterfront (between the Pool and Sailing Club). Followed by a BBQ.

**Sunday, 22 January 2012 (tbc)**

**WAMBIE WHOPPERS 21km**

In memory of Muzza, 6:00am from Wambie Whoppers.

**Thursday, 26 January 2011 (tbc)**

**AUSTRALIA DAY WATERFRONT PICNIC/BBQ**

Fun and games on the Davistown waterfront starting at 11:30am. All Trotters and their families are welcome.

**Saturday, 10 March 2012**

**SIX FOOT TRACK MARATHON**

45.0km mountain trail run, starts 8am Saturday from Katoomba to Jenolan Caves. Trotters' members often book joint accommodation for this event.

**Wednesday, 25 April 2012**

**ANZAC DAY RUN**

6:30am at Mark Andrews'. Preceded by one minute's silence. Followed by breakfast – BBQ available and health food supplied. Families and walkers welcome.

**Sunday, 20 May 2012**

**SYDNEY MORNING HERALD HALF MARATHON**

21.1km. Starts 7:30am from Lower Fort St, The Rocks, Sydney.

Trotters is organizing a bus to this event.

**Sunday, 17 June 2012**

**BAY TO BAY 12KM FUN RUN**

A 12km Fun Run from Woy Woy to Gosford organized by Terrigal

Trotters. Trotters are needed to help organize this event.

**Sunday, 24 June 2012**

**WOODFORD TO GLENBROOK**

A 25km trail run and mountain bike ride along The Oaks fire-trail from Woodford to Glenbrook in the Blue Mountains. Trotters is organizing a bus to this event.

**Sunday, 12 August 2012**

**SUN-HERALD CITY TO SURF**

14km. Starts from Hyde Park at the intersection of Park and College Sts in Sydney's CBD. Trotters is organizing a bus to this event.

**Saturday, 1 September 2012**

**"TROTTER OF THE YEAR" NIGHT**

Terrigal Surf Club. Come along for an enjoyable night and to recognize our Trotters of the Year.

**Monday, 3 September 2012**

**TERRIGAL TROTTERS ANNUAL GENERAL MEETING**

7:30pm at Terrigal Surf Club. Please come along to hear the annual reports and elect office-bearers for 2011-12.

**A man had front row tickets behind home plate at the World Series, when another guy comes down and asks if anyone is sitting in the seat next to him. "Nope", he replied, "that seat is empty".**

**"Whoah! That's crazy!", said the guy. "Who in their right mind would have a seat like this for the World Series, the biggest day in all of baseball, and not even bother show up?"**

**Sadly, the man says, "Well... the seat actually belongs to me. I was supposed to come here with my wife, but she passed away. This is the first World Series we've missed since we got married in 1964."**

**"Oh, I'm so sorry to hear that. What a shame. But couldn't you find someone else - a friend or relative or even a neighbor to take the seat?"**

**"Nah," the man replies as he shakes his head, "they're all at the funeral."**

# RUNS FOR THE MONTH

- 3-Dec-11      Dave's Damn Run (15.3km)
- 10-Dec-11     Marg's Meander (11.0km)
- 17-Dec-11     Fragrant Garden Dingo Run
- 24-Dec-11     Pony Club (14.1km) Santa Run - costume compulsory  
(Ho Ho Ho) !!!!!!!!!!!!!!!
- 31-Dec-11     Charles Kay Hill 10km Time Trial
- 2-Jan-12       Round the Bay (31.7km) see below
- 7-Jan-12       Kincumber Mountain (14.7km)
- 14-Jan-12     McGuigan's Run (10.5km)
- 21-Jan-12     Muzza's Run (16.3km)
- 22-Jan-12     Wambie Whoppers (21km) (Tribute to Muzza from  
Wamberal Shops)
- 28-Jan-12     Flat 10km Time Trial

Maps for most courses can be found at:

[www.terrigoaltrotters.com.au/maps\\_of\\_running\\_courses.htm](http://www.terrigoaltrotters.com.au/maps_of_running_courses.htm)

## **OTHER REGULAR TROTTERS RUNS**

Sunday mornings you can join the Wambie Whoppers for a relaxing 21km or other Sunday Trotters meeting for shorter distances (varying each week). Both leave 6am from Terrigal Beach Car Park.

Wednesday Trotters, whose motto is "Dead Flat Well Lit" meet at 5:45am in the Terrigal Beach Car Park every Wednesday morning for an hour's run.

Six at Six is a weekly timed run at 6pm every Wednesday night from the oval (adjacent the school crossing) near Central Coast Leagues Club in Gosford.

Track Training Sessions are held each Tuesday night at 6pm at the Adcock Park Athletics Track in Gosford and at 6am on Thursday mornings at The Haven in Terrigal (meeting at Terrigal Surf Club car park at 6am) for anybody interested, regardless of standard. Contact Dave Byrnes on 0428 880 784 for details

## **AND FINALLY...**

### **A Blonde Goes On Who Wants To Be A Millionaire**

Regis: "Barbara, you've done very well so far - \$500,000 and one lifeline left -- phone a friend.

The next question will give you the top prize of One Million dollars if you get it right ... but if you get it wrong you will drop back to \$32,000 -- are you ready?"

Barbara: "Sure, I'll have a go!"

Regis: "Which of the following birds does not build it's own nest?"

Is it.....A-Robin, B-Sparrow ,C-Cuckoo, D-Thrush

Remember Barbara its worth 1 Million dollars."

"I think I know who it..but I'm not 100%..."

No, I haven't got a clue. I'd like to phone a friend Regis, just to be sure.

Regis: "Yes, who, Barbara, do you want to phone?"

Barbara: "I'll phone my friend Maggie back home in Birmingham." (ringing)

Maggie (also a blonde): "Hello..."

Regis: "Hello Maggie, The next voice you hear will be Barbara's and she'll read you the question. There are 4 possible answers and 1 correct answer and you have 30 seconds to answer -- fire away Barbara."

Barbara: "Maggie, which of the following birds does not build it's own nest? Is it: A-Robin, B-Sparrow, C-Cuckoo, D-Thrush"

Maggie: "Oh Gees, Barbara that's simple.....It's a Cuckoo."

Barbara: "You think?"

Maggie: "I'm sure."

Barbara: " Thanks Maggie." (hangs up)

Regis: "Well, do you want to stick on \$500,000 or play on for the Million, Barbara?"

Barbara: "I want to play, I'll go with C-Cuckoo"

Regis: "Is that your final answer?"

Barbara: "It is."

Regis: "Barbara.....you had \$500,000 and you said C-Cuckoo ...you're right! - You have just won ONE MILLION DOLLARS.

Here is your cheque. You have been a great contestant and a real gambler. Audience please put your hands together for Barbara." (clapping)

That night Barbara calls round to Maggie and brings her down to a local bar for a celebration drink and, as they are sipping their Champagne, Barbara turns to Maggie and asks "Tell me Maggie, How in God's name did you know that it was the Cuckoo that does not build its own nest?"

Maggie: "Listen Barbara, everybody knows that a Cuckoo lives in a clock."