



Edition 13  
August 2014

# RESULTS RESULTS RESULTS

Share your achievements E-mail me your results  
[yondisresults@gmail.com](mailto:yondisresults@gmail.com)



More inside....

### Sydney Trail Series 10K - St Ives 3 August 2014

Total Rank	Trotter #	Name	AG	Time
2	660	Charlie Brooks	M 20 - 29	53:59.8
26	897	John Love	M 50 - 59	25:02.1

### The Bay Run 7k 3 August 2014

Pos	Trotter #	Name	Time	Cat (Pos)	Gen (Pos)
104	173	Michael RANDELL	0:27:23	50-59 Years (8)	Male (93)

### Wagga Wagga Trail Marathon 17 August 2014

Pos	Trotter #	Name	Time	Category	CatPos	Gen	GenPos
55	879	Karin Tappouras	5:30:06	40 - 49	9	F	15



### Mudgee Half Marathon 24 August 2014

Pos	Trotter #	Name	Time	Cat	CatPos	Gen	GenPos
84	207	Greg Tegart	1:59:59	50-59	9	M	59
93	8584	Benjamin O'Dea	2:04:35	18-29	10	M	64



### Glenbrook Marathon 24 August 2014

Gender Rank	Trotter #	Name	Time
25	838	CIARAN LYNCH	4:27:32



## City to Surf 10 August 2014

#	Trotter #	Name	Net Time	G/PI	Division	D/PI	AG Points
27	536	MARK WARREN	0:46:18	27	M30-39	11	832.0
43	866	ANDREW LAND	0:47:48	43	M20-29	16	803.7
84	832	MARK LEE	0:49:06	82	M30-39	36	795.7
89	918	CRAIG RANGOTT	0:49:15	87	M30-39	39	804.4
93	660	CHARLES BROOKS	0:49:20	91	M20-29	29	778.7
329	658	MARK DUNLOP	0:53:31	316	M40-49	55	751.6
451	911	EZRA KEEBAUGH	0:54:35	429	M20-29	126	705.7
954	267	WAYNE DALEY	0:57:28	895	M50-59	29	797.3
1258	665	IAN TEMBLETT	0:58:35	1176	M50-59	47	749.6
1313	909	KIRSTEN AMBLER	0:58:46		Unofficial result		
1325	457	KIM COOK	0:58:48	1240	M50-59	50	793.1
1564	838	CIARAN LYNCH	0:59:34	1464	M40-49	282	675.3
1765	796	MICHAEL BULLEN	1:00:06	1639	M30-39	694	639.0
4562	736	JENNYBARKER	1:05:21	484	F40-49	82	706.4
4861	162	TONY MYLAN	1:05:45	4326	M40-49	888	651.6
6763	759	BRUCE LITTERICK	1:08:09	5836	M50-59	361	649.8
8313	845	KERRY HOPE	1:09:51	1217	F40-49	219	636.3
8390	891	GAV FRYER	1:09:56	7163	M30-39	1512	607.6
8812	264	SONIA WHITE	1:10:26	1326	F50-59	72	709.3
9827	898	OLIVER WARSCHKOW	1:11:37	8229	M40-49	1709	584.0
10064	734	MICHAEL MILES	1:11:51	8407	M40-49	1741	586.7
10327	897	JOHN LOVE	1:12:08	8591	M50-59	582	603.7
10328	495	KELLIE ANDREWS	1:12:08	1737	F30-39	701	602.1
11179	593	STEVE GRAY	1:13:03	9215	M60-69	92	674.2
11678	266	TARA WARREN	1:13:31	2124	F30-39	852	587.7
11678	808	GRAHAM FOWLER	1:13:31		Unofficial result		

12540	760	JOANN LITTERICK	1:14:32	2403	F50-59	125	670.3
17567	502	HEIKO SCHAEFER	1:19:11	13241	M70-79	15	707.8
19120	803	JOHN KALOS	1:20:34	14124	M30-39	5214	495.5
19439	352	GRAHAM DAVIS	1:20:52	14308	M60-69	245	597.8
19686	248	LES LOWE	1:21:04	14432	M50-59	1202	570.2
20325	586	DONNA WHITE	1:21:38	5545	F40-49	1078	544.5
21930	8593	THIERRY MASSA	1:23:04		Unofficial result		
26113	631	WAYNE DOHERTY	1:26:46	17809	M50-59	1618	532.8
27665	550	TONY LORD	1:28:20	18539	M60-69	391	573.6
35394	722	JUDY MURRAY	1:37:08	13535	F60-69	128	597.6
38992	704	IAN KEENE	1:42:12	23272	M60-69	609	495.8
49985	743	RUSSELL PINSENT	2:06:14	27327	M40-49	5389	339.4
49990	596	LYNNEPINSENT	2:06:14	2660	F50-59	1662	395.8
66645	8592	MIYUKI TASHIMA	3:22:54		Unofficial result		



City2Surf 2014 Photos courtesy of Judy Murray, Thierry Massa & Bruce Litterick

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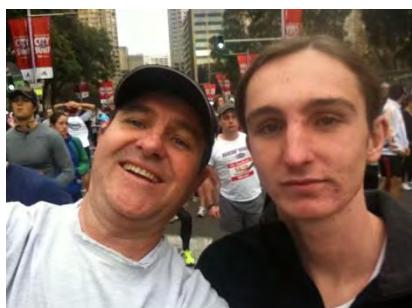


# **City to Surf** By John Love # 897

The iconic City to Surf. The event that first got me into running back in 2001. I remember walking up some stairs and when I got to the top thinking "I have two young kids. I need to get some sort of fitness". So each Easter I would start to train for the City to Surf with not a whole lot of other training outside these times. I pledged that I would attempt to do 10 in consecutive years. Fast forward to today and I have done 12 and still going strong.

As the years have gone by, more of my friends and as of this year, all of my family have run this great event. The City to Surf is billed as the biggest fun run in the world and big it is. This year over 80,000 people registered. That's a lot of Gatorade.

This years was especially memorable as my son and I were starting together in the sub 70 red group. I have been lucky enough to be in the red group the last few years and as my son got older (he is now 16), he got faster. It was also his 9th C2S. So it was game on.



Got there nice an early and lined up for the obligatory empty bladder ritual and then into the starting group. Feeling very proud to have my son with me and being fairly confident that he will beat me. Keep in mind he does very little running training but has kept fit by playing league and AFL. So of course he should beat me.....

I wish my son good luck and the gun goes off. We start the walk to the line. A bit of a canter and then back to a walk. This happens a few times till the

crowd starts to find its rhythm. About 200 metres in and my son starts to pull away. I suspect I will not see him again till the finish line.

As always, I find that I have gone out too fast. About 3ks in and I wonder if I will need to walk some of the way but today's is my dad's birthday and he is, as always, sitting on my shoulder and urging me along. No walking today Dad, this one is for you.

Trying to find a good pace to stay at is difficult on this course due to the others running and the little hills along the way. Passing the Golden Sheath is always good with the heavy metal band playing pumping out the tunes in the fake wigs.

Heartbreak hill sneaks up quicker than expected but all in all I feel ok. My strategy for the hill is, as always, just to keep the head down and chisel away. It's just a hill after all and if I don't walk it then I have done well. You think you have got to the top and then it seems there is more. Best part is that you go past the half way mark while climbing. On the way up a brass band are playing the theme from Rocky. Brings a smile to my face.

I don't stop at every drink station but when I do I walk a little to ensure I get the fluids into me. Always remember to thank the volunteers for giving up their time.

At about the 9k mark I find a good space with my rhythm and although I won't break the 70 min mark I am happy with my progress. Prior to the event I was thinking about 76 mins.

They say that it is downhill from 10ks on. "They" are lying. It always seems that there are more up hills than downhills but from around the 11k mark you can start to get a bit of speed. Legs and body holding out well and I try to put some pace on and make up some time. My Nike + watch has me at about 5:20 pace. I pull out a 4:41 between 11 and 12ks.

Coming down around the right hand bend where the beach comes into view and knowing that that stretch is always longer than you would hope, I make sure I don't get all Ussain Bolt on myself but try to pick it up. See a few people walking and yell out some encouragement "c'mon buddy, you are so close". Seems to help some, but not others.



The finishing chute is in view and the crowds are all there cheering on their family and friends. Put the foot down and make sure I am smiling for the camera. I finish in just over 72. Happy with that. Find my son and he managed a 67. Very proud father. The rematch will be on again next year and I will be ready...

My wife and daughter come in at 2hrs 52mins. No matter how you do in this event, you get the same medal as everyone else. Awesome!!!

Although a lot of runners shy away from this event due to the crowds, this is the reason I am drawn to it. So many people out there having a go, even if it is only one day a year. All the runners that are dressed up, all the bands playing along the way,

all the people on the sidelines clapping and telling you how good you are going, the blue smurfs, the prams, the wheelchair entrants, the location where it finishes....it all adds to this awesome event.

That pledge of doing 10 years has passed and I can't see me not doing this event whilst I am fit and the body is willing.

Race you all next year....



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# Trotter

## Talk...

With  
Trotter # 813  
Graham Laws



**Occupation:** Stainless Welder

**Why Do You Run?** It clears my mind & energises my soul

**How Long Have You Been Running?** 7 Years

**What Is Your Favourite Trotters Run?** Muzza's run

**What Is Your Favourite Brand Of Shoe?** On a cloud, luv my cloud surfers  
**Briefly, What Does Your Current Training Week Look Like?**

Mon-Rest, Tue-10 km, Wed-10km, Thurs 10-13km, Fri-Rest, Sat-Trotters run, Sun -14-20km

**In One Word How Would You Describe Yourself?** Dreamer

**What Is Your Favourite Running Moment and/or Achievement?** Running the Berlin Marathon in 2010 Amazing event with 40,000 runners, to date best achievement 40:38 in Sydney 10 got 3rd in NSW country age group

**What Are Your Running Goals For 2014?** Run a new marathon PB, Rotorua Marathon NZ

**What Would Be Your:**

1. Dream run - Mount Fuji Marathon
2. Dream Running Destination - Japan
3. Dream Person To Run With - Dean Karnazes ultra marathon man

**Any other comments:**

If you give a man a fish

He will eat for a day

If you teach a man to fish

He will sit in his boat with his mates drinking beer all day !

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**YARRAMALONG TO SOMERSBY NIGHT RUN (28km)****Saturday, 16 August 2014**

No.	Name	Finish Time	Comment	
1	Mark Lee	02:51		
2	Charlie Brooks	02:59		
3	Graham Steele	03:10		
4	Sonia McDermott	03:30		
5	Steve McDonald	03:35		
6	Denise Maguire	03:39		
7	Graham Laws	03:59		
8	Michael Bullen	04:00		
9	Gary Pickering	04:01		
10	Kerry Hope	04:01		
11	Suzy Woodbury	04:01		
12	Ciaran Lynch	04:21	Continued on to Patonga (71km total)	
13	Dave Fogg	04:21	Continued on to Patonga (71km total)	
14	Michael Frost	04:21	Continued on to Patonga (71km total)	
15	Greg Brown	04:26		
16	David Brown	04:28	Continued on to Patonga (71km total)	
17	Greg Tegart	05:00		
18	Oliver Warschkow	05:04		
19	Detta O'Dwyer	05:18		
20	Steven Gray	05:18	Also did out and back (56km) but total time not available.	
21	Thierry Massa	05:18		
22	Matt O'Shea	06:33	Out and back (56km)	
23	Ian Temblett	06:55	Out and back (56km)	
24	Mark Hope	na	Out and back (53km)	



# **Central Coast 10km / 1 hour Championships**

**At Mingara Athletics Track Wyong Road, Tumbi Umbi**

*Co-hosted by Mingara Athletics Club and Terrigal Trotters*



## **Tuesday 7 October 2014**

**The program will be:**

6:00pm .....	60m
6:10pm .....	1500 and Javelin
6:25pm .....	200m
6:45pm .....	10km / 1hr (3km runners welcome here)

All welcome registrations open at 5:30pm

**\*RUNNERS MUST SUPPLY A LAP SCORER\***

Cost 10km/1hr race is \$10 this includes post-race refreshments

Medal presentation will be held after the event

Other races \$2

The 10km /1 Hour meet is part of the Coast Runner Shop Race Night Series which are held 1<sup>st</sup> Tues of Every month

Everyone is welcome and there is no season fee for the series. Come as you please for Track Entry and \$2 for general race nights.

**AG Points for Terrigal Trotters Super 7 will be calculated for the 10k event**

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# WAGGA WAGGA TRAIL MARATHON

By Karin Tappouras # 879

A few months back my friend, Darcy, from Dooralong Transformation Centre asked me if I thought he could run a Half Marathon - of course I said yes - which he completed successfully at Bay2Bay - this guy only took up running November last year to help shed some weight and help himself through the Salvos Drug and Alcohol Recovery Centre at Dooralong - very enthusiastic about his Half -

I asked him if he thought he would consider a marathon - he said yes and I planned on Wagga Wagga Trail marathon if he wanted to train for it - he agreed and plans were set in place.



Today I can say that Darcy not only proved to himself that a marathon is possible but he wanted to show his kids that running is a great way to show discipline and fitness in his life.



The race did show him it's a little tougher than a Half but his determination got him through today - with 10k to go he was in pain but I pushed him along with my gentle prodding and through laughter and a few jokes we finished in 5:30:06.



Today, is my very first marathon. So if you see me struggle, encourage me. Today, tough times don't last but tough people do. Today, I run the first half with my head & the second half with my heart. Today, the miracle is not the finish. The miracle is that I had the courage to start. Today, I outrun negativity. Today, I believe I can do it. Today, I am my hero.

For me I know there is no greater joy then helping others achieve their goals and helping Darcy was a privilege and a joy - The Salvation Army have supported me immensely in what I do - Coast Runners Shop donated shoes - The Littericks donated his 'Maiden Marathon' t-shirt - all worn with pride. Support from Trotters has been phenomenal for me too - love you guys!!

# TROTTER'S RUNS AND THEIR HISTORY

by Kevin Andrews Trotter #1

## Mark's Run

So named after Mark Andrews -Trotter # 89. "I basically tried to find a run that had a little bit of everything - road, hills, flats, grass & dirt and sometimes a boggy paddock. The run that is about 11km in length but can be made either longer or shorter with sections added on or where people could turn back early."

It runs around Terrigal Golf Course then turns into a back road that leads to Beaufort Road. Turning right into Beaufort Rd, that run goes up a slight hill and then down into a gated horse paddock – sometimes dry, sometimes wet and boggy. After another kilometre, you are confronted by the first hill. Dealing with that hill is nothing compared to the final peak up to Serpentine Rd - a very steep and nasty hill that only the very determined can complete with a gait classed as 'running'!

Along Serpentine Rd for about another kilometre and you get to choose – turn right and then it's another 6kms to home or continue along Serpentine Rd and it's 3.5kms home. Either way, it's a great run.



"I like to see everyone's reactions when they first see that final hill on Beaufort Rd. I know people are surprised to think that I would stick a big hill in a run considering I don't like hills myself," said Mark (3<sup>rd</sup> from left).

By Mark Andrews

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## Marg's Meander By Margaret Aurisch #17

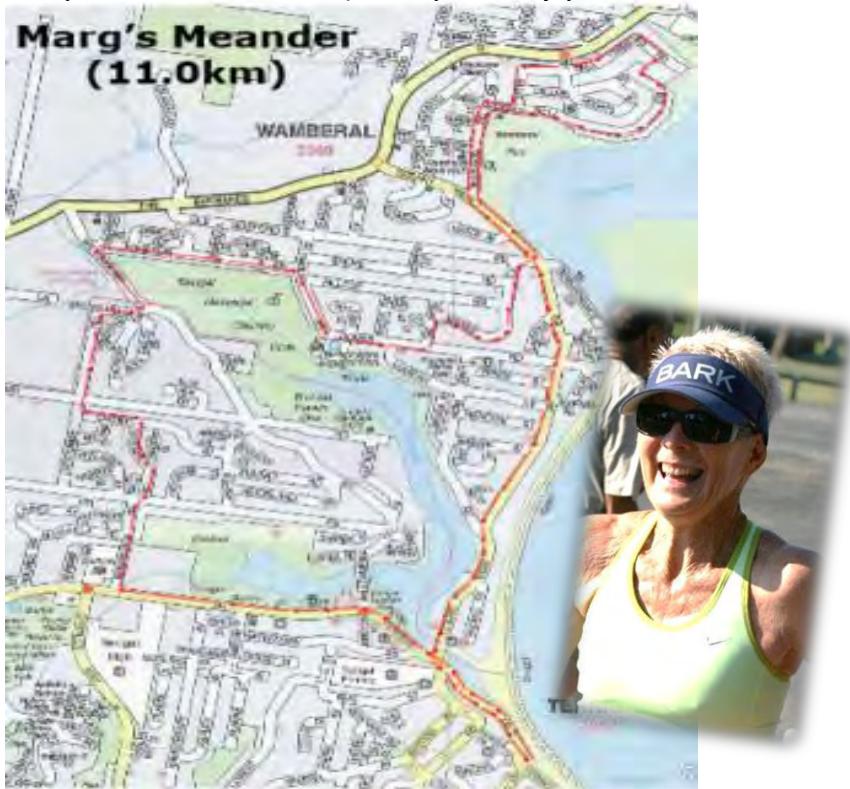
My favourite running distance has always been a 10-12k with undulating hills so when I was asked to set a new run the only surprise was that I added Weemala Crescent which is very steep and a challenge to most.

Those who know me well know how much I hate hills.

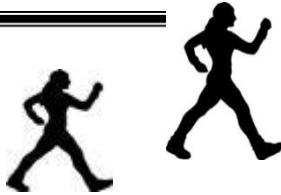
I love running through golf courses early in the mornings as you don't have to dodge the golf balls coming at you in all directions so the run was built around incorporating the golf course.

Another favourite of mine is having the last 2k's of a run flat which gives you the opportunity to up the pace and challenge your running buddies to a fast finish.

This is one of my favourite runs and I hope that you all enjoy it too.



# **WALKER'S CORNER**



## **Wednesday Walking Group**

We leave the Terrigal car park at 5:45am

Duration about 1 hour

Everyone is welcome

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## **First Friday Walkers**

**Strickland State Forest**

**Friday 5th September**

**9.30 Niagara Park Shopping Centre car park**

We will be following a bush trail that winds downhill through the forest and then returns uphill to a picnic area with a toilet.

Wear good walking shoes, bring water & a snack.

With the recent wet weather it may be wise to also bring some insect repellent.

We will **meet at 9.30, Niagara Park Shopping Centre car park**, where we will car pool for the trip to the State Forest on Mangrove Rd. If you have a 4-wheel drive vehicle perhaps you might be prepared to drive. As always we can have a cuppa afterwards at Niagara Park.

*Hope to see you there!*

For more information contact Lynn Bromwich at

[lynnbromwich@outlook.com](mailto:lynnbromwich@outlook.com) OR

look for Lynn at Trotters on Saturday mornings

[www.terrigaltrotters.com.au](http://www.terrigaltrotters.com.au)

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# Trotter Talk...

With

**Trotter # 722  
Judy Murray**

**Occupation:** Nurse – Semi retired

**Why Do You Run?** It keeps me sane and I love the training regime with others for long events and off course coffee shops.

**How Long Have You Been Running?** About 6 years



**What Is Your Favourite Trotters Run?** Any that go around/through Avoca Lake.

**What Is Your Favourite Brand Of Shoe?** Asics

**Briefly, What Does Your Current Training Week Look Like?**  
Run- Saturday, rack on Thursday, cross training with gym / yoga / walks.

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**In One Word How Would You Describe Yourself?** One word? That's hard... .bit crazy.

**What Is Your Favourite Running Moment/Achievement?** North Face 50 finishing in the daylight and hearing my grand kids cheer for me at Echo Point and the finish.



**What Are Your Running Goals For 2014?**

Glenworth Valley Half Marathon run

and

Running Wild events.

**What Would Be Your :**

1. **Dream Run:** - After having a GPS surgically implanted in my head.....completing the GNW 100km without getting lost.
2. **Dream Running Destination:** - Outback Australia
3. **Dream Person To Run With:** - My grand children of course....or be the support team when the eldest does the North Face. He has already asked how old he has to be to enter.

My son David is thinking of The North Face 50 2015. I'll be in it.



# TERRIGAL TROTTERS CLUB PHOTOGRAPH

4 October 2014

Before the Erina Bush run

Please wear your Terrigal Trotters uniform

2013 Club Photograph



[www.terrigaltrotters.com.au](http://www.terrigaltrotters.com.au)

# Terrigal Trotters Uniforms

Adam Couchman is the newly elected clothing officer. He will be selling the Trotters uniforms including singlets, T-shirts and long sleeve running tops.

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

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

**E-mail: amcouchman@gmail.com**

**Club Singlet - \$25**

New lightweight (130 gm) coolmax-type fabric. Only \$25. Male & female sizes available.



**Club Sun Visor - \$15**



**Club Polo Shirt - \$30**

Embroidered logo.  
Ladies' and men's styles available.



**Club Cap - \$10**



## **Club person Nominations:**

Bionda Hiensch: For the excellent Super 7 and Time Trial Awards Presentation and July Results Newsletter

Denis Robertson: For looking after the July Time Trial BBQ

Kim Cook: For assisting with the July Time Trial BBQ

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

Melanie McDonald: Gold Coast Marathon, 6 Jul 14, 2:51:58, 4th in Australian Championship

Jess Mitchell: Gold Coast Marathon, 6 Jul 14, 2:59:58, Debut

Joann Litterick: Gold Coast Marathon, 6 Jul 14, 4:26:20

Karin Tappouras: Gold Coast Marathon, 6 Jul 14, 5:47:46, supporting PNG debut runner

Malinta Tait: Gold Coast Half Marathon, 6 Jul 14, 1:56:57, PB

Lynn Bromwich: Hunter Valley Half Marathon, 20 Jul 14, 2:06:44

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

Michael Miles: Gold Coast Marathon, 6 Jul 14, 2:51:54

Sam Sirilo: Gold Coast Marathon, 6 Jul 14, 3:43:55

Gavin Fryer: Gold Coast Marathon, 6 Jul 14, 3:49:25, PB

Michael Randell: Sydney Harbour 10km, 13 Jul 14, 40:31

Michael Bullen: Sydney Harbour 10km, 13 Jul 14, 41:30

Adam Couchman: Dolls Point Half Marathon, 13 Jul 14, 1:55:55, PB

Steven Gray: Hunter Valley 52.5km, 20 Jul 14, 6:11:57, 1st M60-69

John Hepworth: Hunter Valley Marathon, 20 Jul 14, 3:15:21

Michael Bullen: Hunter Valley Half Marathon, 20 Jul 14, 1:38:01

Jon Fogarty: Hunter Valley 10.3km, 20 Jul 14, 57:24

Mark Lee: Flat 10km Time Trial, 26 Jul 14, 35:31

Mark Hope: Flat 10km Time Trial, 26 Jul 14, 41:53

Adam Couchman: Flat 10km Time Trial, 26 Jul 14, 49:59, PB

## **Club Person of the Month**

**Bionda Hiensch**

For the excellent Super 7 and Time Trial Awards Presentation and  
July Results Newsletter

## **Female Athlete of the Month**

**Melanie McDonald**

Gold Coast Marathon, 6 Jul 14, 2:51:58, 4th in Australian Championship

## **Male Athlete of the Month**

**Adam Couchman**

Dolls Point Half Marathon, 13 Jul 14, 1:55:55, PB  
Flat 10km Time Trial, 26 Jul 14, 49:59, PB

Nominate a Trotter for:

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

E-Mail

[admin@terrigaltrotters.com.au](mailto:admin@terrigaltrotters.com.au)

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# 6@6

Name	6-Aug-14	13-Aug-14	20-Aug-14
Julian Hanson		21.44	22.14
Michael Randell	25.11	24.24	
Kevin Byrne	23.56		23.06
Ian Morgan	29.44	28.54	28.50
Wayne Daley	24.24	24.18	
Graham Lane	32.40	35.09	
Lynne Brady	33.00		
Trent Playford	25.20	24.49	24.43
Dane Playford			28.57
Adrian Smith	28.12	28.32	27.42
Mark Hope	24.33		
Emma Mason	25.27		25.02
Daniel Hope	27.59		
Kerry Hope	28.10		28.29
Natasha Konic	37.16	37.03	
Jacob Madden	23.14	13.09(3)	18.05(4)
Sabine Byrne	26.22(4)		19.27(3)
Leia Widdowson	26.55(4)		
Greg Tegart	30.13	30.08	
Charlie Brooks		21.28	
Ben O'Dea	30.33		
Sean Kelly		31.34	
Tim Ricardo		31.58	
Anthea Fuchs		35.32	35.27
Gai Hill	8.30(1)		
Leanne Flynn		21.24(3)	
Olivia Luther	16.53(2)		
Matt Collins			23.57
Gus			24.49
Tim Healy			28.08
Sabine Byrne			
Ben Ricardo	31.09	31.19	26.39



# Hot Laps

It is an 800m loop which follows the footpath around the oval. There will be no roads to cross and a lot safer for the kids as I will be able to view most of the loop. This will also be available to any beginner runner who is daunted by the full course. I will record the times in separate categories as well.

Parents are to supervise their children or run with them depending on their age.

Suzy Woodbury # 676

800m	6-Aug-14		13-Aug-14		20-Aug-14	
Name	Time	Laps	Time	Laps	Time	Laps
Tristan Byrne	12.52	3			12.13	3
Mirella Markey						
Riley Flynn			8.32	2		
Cooper Flynn			8.24	2		
Killian Byrne	4.10	1			4.47	1
Ronin Hope	4.10	1				
Isaac Luther	15.10	3				
Jonnie Luther						
Vincent Markey					16.20	3
Lucia Markey					13.31	2
Aurora Sbrocchi					13.31	2
Leif Sbrocchi					13.31	2
Nick Green			18.40	3		
Sam Dibley	16.55	4				
Connor Widdowson	20.55	5				
Ryan Green			10.58	3		
Josh Ricardo			11.18	2		
Caleb Ricardo	12.45	2	13.00	2		
Micah Ricardo	12.45	2				

## PARENTS

**YOU MUST SUPERVISE YOUR CHILDREN AT ALL TIMES!!**

# **OXFAM 2014** By John Hepworth #912

So proud, happy, relieved to finally help Michael ( Marc and Bruce ) achieve, what was becoming a life time goal. Four or was it five years ago, Michael asked me to attempt the Oxfam Trailwalker with him.

It sounded impossible, yet something that was worth trying. Unfortunately, injury plagued our training and we had no option but to withdraw. Fast forward four or five years and this time things would be different.

I have never been part of a serious fund raise before (a little ashamed of that), but part of this gig was to raise as much money as we could for Oxfam. Our total on race day was a staggering \$3276. Our goal had become so much more than just racing, we had helped someone. I am deeply grateful for everyone who put their hand in their pocket to help us and others. We decided to go for sub 20 hours (12 min/km).



**Race day:** We came together at the Brooklyn track head of the Great North Walk, thanks to a lift from Kate for Mike and Bruce. The atmosphere was electric.

Bruce had organised some great team shirts which we all donned for the obligatory team photo. Bruce lead us in prayer, asking for safe travels on our journey to come. We toed the start line and with the racers counting down from 10, our day had begun. Bruce pushed us a little harder at the start then we had planned for in an attempt to get to the first single track (difficult to pass on single track) in a good position in the overall group. That was fine because we all had fresh legs and plenty of running in us.

Some descending and climbing later (this is a MASSIVE understatement) we arrived at check point one (CP1). We were 25 minutes ahead of our goal time and it was on a difficult section. Suddenly sub 20 hours not only looked very possible but possibly a time we would smash. But we had forgotten that we had a very, very long day ahead of us.



**Checkpoint 2:** 30 gruelling kilometres in. If you have never run/walked on the GNW I highly recommend you get out there and see how beautiful yet unrelenting the Aussie bush can be. The climbs are extreme and the descents are quad destroying, but beautiful none the less.

We were greeted by two truly incredible people who were the back bone of our team all day. Jo Litterick and Graham Fowler. They had set out some chairs and a rug which were welcomed. We rehydrated and grabbed some food and we were off again.

**Checkpoint 2-3:** Bruce pushed pretty hard through here, while Mike stuck with his 'all day' pace. Mike knew how far we had to go and how much fuel he had in the tank and wanted to make sure that he was there at the end for us.

**Checkpoint 3 Bobbin Head:** We checked in and something happened that would change the course of the day. One of the volunteers advised us that we were in 27th place. Until now we had never considered our finish position to be of any importance, we were only racing ourselves, but...27th is close to 25th and 25th is the top 100 runners and the top 100 runners would be...amazing!

**Checkpoint 3-4:** Now lifted by goals of a lofty finish, suddenly 12 min/km were not enough. We wanted faster checkpoints, faster running, we wanted to overtake...we were getting carried away Then it was Bruce's turn to go slow. Everyone's lows look the same. Bank stare, slightly red face, short answers and slow pace. I chatted away with him and tried to get him to focus on a small goal, Coke at CP4. To his credit he pushed on kept moving.

**Checkpoint 4 St Ives:** 22nd team! What was going on? Top 20 team was now a possibility. This was a longer stop. New shoes and socks for everyone. Marc had realised that his feet will probably never be the same and his little toes would most likely drop off in the near future.





**Checkpoint 4-5:** Time to suffer. 61km was the point where Mike had reached the point where all of his training had carried him as far as he could go, it was now time for something else to take over, his heart. Watching someone suffer is always difficult. Every downhill represented a bed of nails aimed directly at his quads. Occasional yelps and grunts indicated his ongoing agony, at times, step after step. To his credit, he just kept on pushing and pushing and pushing, amazing.

**Checkpoint 5: Macfarlane** In and out was the goal. "Everyone ready to go?" was asked, but Mike was not ready to go. He looked with a blank expression at his phone, desperately trying to type a sms to Kate, however, the words would not come. Brain fuzz now ruled. Mike relented and handed the phone over to the crew. Now he tried to get his head torch to work, no good. Small tasks were becoming impossible. Problem solved, thanks Graham, again.

**Checkpoint 5-6:** Technical, technical and more technical. I lead the team through this section forcing them to run every flat and push every twist and turn. I knew I was running Mike and Marc into the ground, but, this would see us through to 83kms and you know we could fall across the line from there (so ignorant). We passed another team, 14th, then we passed another team 13th. What was going on? We were shattered, but they were more shattered, crazy!

**Checkpoint 6: Davidson Park 83km** The hardest was over, right? We came in in high spirits. It was confirmed 13th overall with 30 minutes in the bank for sub 20 hours. Some intricate toe surgery on Mike and we were away. We were advised that 12th was 10 minutes up but in reach. Some pushing through this section would pick them up.



**Checkpoint 6-7: Death!**

Possibly this section seemed hard due to the extreme exhaustion on board, but OMG! We climbed and climbed and climbed, then descended, then climbed, then descended then climbed...Marc decided that the driest path was no longer necessary and turned into a human bulldozer that just chugged through anything in his path. Something weird happened for me here. You know how when you watch people suffer your sympathise or empathise with them? Not for me anymore. A switch went off in my

brain and any suffering now was simply a source of hilarity. I just started laughing and laughing and laughing.

**Checkpoint 7: Ararat 90km** Just get in and get out. 10kms to go. Thank you crew, for doing everything that you could to make our day as perfect as possible. 13th position. 25 minutes under goal. All good.

**Checkpoint 7-Finish:** The road is no easier. 10kms of road. Then the course went on to sand. Are you kidding me? 5kms to go and we now have one kilometre of sand to run through. We came off the beach 500m behind 13th. We turned our head torches off 'Stealth mode' and ran, again, surely for the last time today, for 750m. If we were not going to catch them at least we were going to make them work for it. Then we hit the final stair case. At the top of the stairs a volunteer says "1km to go". This is it boys, no matter how deep you have dug all day, dig again, you do not have to stand up after the next kilometre. Mike started running, I started running and Marc started running (Bruce had run off at the start off this section as he had in most sections so we knew he was up there somewhere). We ran and ran. Mike and Marc's pain was etched all over their faces. We caught 13th and ran past them. We saw Bruce at the top of the hill. He shouted encouragement and we pushed all the way up to him. We were going to make it. We linked up and ran through the finish gate together 19 hours and 40 minutes! 20 minutes under goal pace and 13th position. AMAZING! Photos, hugs, emotions, warm clothes, smiles, more hugs, hot chocolate and relief. Mike had done it, finally. We limped back to our cars for some much needed rest and sleep. In the morning it became apparent that three of the teams ahead of us had members retire (teams are of 4, they only finished with 3). That elevated us to 10th team to finish with



all 4 out of a staggering 553 teams! 553 teams!  
What had happened?  
We were hacks, we  
were under trained, we  
were pneumonia, we  
were broken toes, we  
were chest infections,  
we were first time  
100km finishers.  
Sometimes you just  
have a good day. This  
was our day.



## ULTRA-RUNNING CHAMPIONSHIP

This is a point score series where all ultra-running (distances greater than 42.195km) performance points of a member are averaged over the year to determine the highest scorer.

Points are determined using the World Masters Athletics Road Age Standards that allocate points to performances based on the age and gender of the athlete, with adjustments for terrain and distance as detailed below. The member with the highest average point score wins, and trophies are awarded to the top three finishers in the competition. The competition rules are as follows:

1. Members can earn points in any official competitive ultra-running event they complete over a distance of greater than 42.195km where results are published. This can include individual times in team events such as the Oxfam Trailwalker.
2. Only members who complete at least two ultra-running events in the competition year qualify for this competition.
3. Where 'gun time' and 'net time' are measured, the time used will be the 'net time'.
4. For other than the Terrigal Trotter-organised Great North Walk 100s, it will be the responsibility of the participant to notify the Results Coordinator of their race results.
5. Competitors must compete under their own name. That is, they cannot compete under another runner's name if that runner pre-entered and then withdrew for some reason such as injury, illness etc.

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

6. Point scores will be calculated as follows:
  - a) The finishing times of all participants will be used to calculate a “Raw AG Points Score” using the “WMA Road Age Standards” tables which adjust for the age and gender of competitors. This will give a rating for the performance out of 1,000.
  - b) The “Raw AG Points Score” will be multiplied by 1.4 to give a “Terrain-Adjusted AG Points Score” for all events that are not conducted on a running track or relatively flat loop road course. This is done to take account of the difficult terrain encountered in other ultra-distance events.
  - c) The “Terrain-Adjusted AG Points Score” will be multiplied by 1.0 for distances of less than 70km, by 1.1 for distances from 70-99km, by 1.2 for distances from 100-149km, by 1.3 for distances from 150-199km, and 1.4 for distances of 200km and over, to calculate the “Terrain & Distance-Adjusted AG Points Score”. This is to take account of the greater toll taken on competitors in the longer events which may also impact their ability to perform in other ultra-running events during the year.
  - d) The “Terrain & Distance-Adjusted AG Points Scores” achieved by each member over the competition year will be averaged to determine the winner and place-getters.



## THE GREAT NORTH WALK 100s

100 Mile and 100 Kilometre Races  
along The Great North Walk

13/14 September 2014



The Great North Walk is a 250 km walking track that runs between Sydney and Newcastle in New South Wales, Australia. It was opened in the Australian Bicentennial year of 1988 and passes through some of Australia's most outstanding scenery.

The Great North Walk 100s (GNW100s), organised by the Terrigal Trotters running club for the first time in 2005, are two simultaneous trail races, a 100 Mile and a 100 Kilometre, along The Great North Walk south from Terlaba on Lake Macquarie. The 100 Kilometre race will finish at Yarramalong in the scenic Yarramalong Valley and the 100 Mile at Patonga on spectacular Broken Bay. Although the route is primarily on foot tracks and fire-trails, it does include some minor back roads. There is more than 6,200 metres (20,000ft) of ascent (and descent) in the 100 Mile and 3,800 metres (12,500ft) of ascent in the 100 Kilometre.

Both races will start at 6:00am on Saturday, 13 September 2014. There will be cut-off times at Checkpoints en route and the overall time limits will be 22 hours for the 100 Kilometre and 36 hours for the 100 Mile.

### Registrations

Registrations are now closed

### Volunteers

Volunteers are required to help out at checkpoints.  
Speak to Dave Byrnes at Trotters on Saturday morning

### Come on Down

Why not come down to Patonga on Sunday (14 September 2014) and cheer in the 100 mile runners. It's a fun and inspiring afternoon right on the beach. Bring the family and make a fun day of it.

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

## Bilpin Bush Run 23 August 2014

#	Trotter #	Name	Time	Pl	Gen	G/Pl	Division	D/Pl
44	593	STEVEN GRAY	3:46:48	44	M	34	M60plus	2
52	8593	THIERRY MASSA	3:57:36	52	M	41	M50-59	9
59	898	OLIVER WARSCHKOW	4:03:12	59	M	46	M40-49	17
	715	DETTA O'DWYER	DNF					



L-R: Oliver Warschkow, Detta O'Dwyer, Steven Gray, Thierry Massa

# **6 @ 6**

6pm every Wednesday and only 50cents to enter  
You will find us opposite Gosford Leagues Club  
corner of the oval and primary school  
Times will be recorded and drinks are provided  
It is a 6km time trial but you don't have to run the  
whole course. Each lap is 1.2km long.



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

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



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

Suzy Woodbury #676

# **ANNUAL SUBSCRIPTION TO TROTTERS**



**Rather than having to find \$2 every week, you can pay a one off fee of \$80 for the whole year.**

**Simply place the \$80 in an envelope with your name & trotter number, and place in the money tin**

**OR**

**Pay by direct deposit:**

**Trotters Account: Bendigo Bank**

**Act Name: Terrigal Trotters**

**BSB: 633 000**

**Act No: 144881372**

**Remember to put your name & "Subs" into the description.**

**Subscription Money must be paid between  
1 July 2014 and 30 September 2014  
for the 2014/15 year.**

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

# Adelaide Marathon 2014

By Jenny Barker #736

The gun goes bang and I'm off and the difference couldn't have been more extreme. Two weeks earlier I'd jostled with 67,000 City to Surfers and here I am outside the Adelaide Oval with only 500 hardy souls raring to go (and get it over with).



The training started off so well but then I hit a stumbling block. I knew my bunion was swollen but I only took notice when it went yellow and a red line started going up my leg. Apparently I was a hairs breath from an emergency room admission as the infection was spreading.

Four weeks later I was back training and 6 weeks after that I'm on the start line. The first 3km of the run were fine, running on beautiful tarmac down North Terrace and then we entered that park... concrete paths, twists, turns, a wooden bridge and paving flags.

We ran passed the zoo, through the Botanic Gardens and at the side of the Torens; all very scenic but the concrete was a killer. It didn't bother me for the first 28km but then wham! My quads locked and it all went horribly wrong. I went from a confident gazelle like canter to a waddle my granny would be embarrassed to call her own. I told myself there was only 14km to go, I just needed to put one foot in front of the other and keep going. Just when I thought it wouldn't get any worse I got a double stitch and massive chest pains. With no St John's Ambulance in sight (and no other runners come to that) I slowed to a walk just in case. The pains went and I managed a semi respectable Cliff Young shuffle for the final kilometres.



Soon enough I was on the home straight and I had the end in sight. One final push got me onto the bridge over the river and to the finishing line. Thank goodness for that, my legs hurt, my head was throbbing, my hips ached and as I staggered to the drinks table all these other sweaty runners were in my way!

I have ticked another state capital marathon off my list though I managed this with a personal worst of 3:42 but at least I finished. Here's hoping next time I have an injury free lead up to the run though what will I complain about then?!



POS	POS Gen	POS CAT	Time	Trotter No	Name	Gen	Age Group	POS Ag Gp
170	28	25	3:42:38	736	JENNY BARKER	F	45-49	3

# Sayonara

## How we heard about the Terrigal Trotters Running Club:

Before we arrived in NSW – Australia, we browsed the Web looking for running trails around Terrigal, where we were about to stay, thanks to good friends. Matter of the fact the friend's wife, being a Terrigal Trotters member herself, recommended us to join the Club who officially runs every Saturday at 6 am.

## Joining the Trotters Terrigal Members:

Three days after landing on our very first Saturday we showed up at the parking lot, we briefly introduced ourselves to the Club's President Mark and met with Kevin, Terrigal Trotters' founder, who kindly explained to us the history of the Club during our first 12 km run and how we could become official members after 10 Saturday runs.

With most members spending quality time over a nice breakfast served at Surf Cafe, we had opportunity to socialise, meet and chat with even more friendly people!

Miyuki and I decided to join the following Saturday morning run and we hardly believed how warm hearted all the members were.

We were informed of their FB page, we both sent requests and we were immediately accepted.

We were hooked.

## What happened next is History:

- We ran every single Saturday morning.
- We were invited to run City2Surf with official Bib numbers given to us.

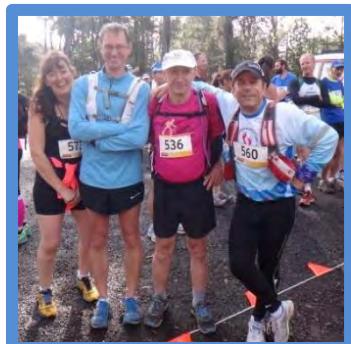


- I attended some of Dave's Thursday morning training sessions.
- Greg Tegart tried to get me lost along the Old Great North Road 42km run but luckily Bruce Litterick saved my day!
- Miyuki and I were also kindly asked to join Joann and Detta for a 30 km trail run part of Great North Walk which we could not have done without their logistic help.



- Numerous maps provided by Dave Byrnes allowed us to venture into nice areas such as: Copacabana - Mariland - Hardys loop; Dubbo Gully loop or the Patonga Challenge with a 25km Triathlon of its kind: Running - Scrambling - Rowing.

- Steven and Detta made sure I would make it through the freezing cold and rainy night trail run Yarramalong to Somersby.
- Oliver came all the way from Woy-Woy to Terrigal at 4:30 am to give me a ride to Willy2Billy.



And last but not least:

- We were deeply touched when told to come and join the Trotters Of The Year Night Party , an awesome way to end up our stay

We could not have asked for more pleasant time in Terrigal!

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

Yet sadly after 8 weeks of great fun having to fly back to Japan ... we are failing to obtain our Official Member's Number being 2 runs short.  
A great "excuse" for us to come back again to see you all!

Sayonara  
Thierry



When we found the Trotters website on the net, I was taken in by the words "Runners of all ages and abilities are welcome".

As stated, we were accepted and since then, Saturday became the special day, we found beauty of Terrigal each time.

Actually, not only the Saturdays, thanks to the wonderful help of many members, we were able to run part of the GNW.

I also saw 85,000 runners in City2Surf, who were accompanied by the wind that they created coming at us, it was such a dynamic sight. Thanks to Kevin for introducing me Sydney a different way.



We also saw the support among members and the contributions to local communities. Trotters is not only running club with fast runners, it's a society of great hearted people.

We thank you for all the thoughtful support.  
We hope to come back in the near future and to become official members one day.

Miyuki



## Brooks Hill Time Trial 30 August 2014

Place	Trotter #	Name	Time	AG Points
1	866	ANDREW LAND	0:35:52	751.4
2	832	MARK LEE	0:36:03	765.6
3	817	CHRIS FUCHS	0:37:13	725
4	658	MARK DUNLOP	0:39:10	725.5
5	573	DARREN Mc CLELLAN	0:39:20	733.1
6	837	MEL Mc DONALD	0:40:03	778.2
7	709	JESSICA MITCHELL	0:40:03	757.4
8	734	MICHAEL MILES	0:40:04	747.9
9	529	GRAHAM STEELE	0:40:58	725.8
10	267	WAYNE DALEY	0:41:47	771.8
11	909	KIRSTEN AMBLER	0:42:32	741.4
12	876	JOEL GREEN	0:42:48	668.6
13	173	MIKE RANDELL	0:43:03	761.9
14	638	JOE ROLELLA	0:44:00	650.4
15	598	GARY PICKERING	0:44:55	736.9
16	908	MATT ROBERTSON	0:45:12	597
17	665	IAN TEMBLETT	0:46:01	672.6
18	544	CRAIG GUSTARD	0:46:06	625.5
19	517	DAVE BYRNES	0:46:34	736.2
20	813	GRAHAM LAWS	0:46:34	653.9
21	860	ROSS MARKEY	0:47:17	654.6
22	780	TROY KASTELAN	0:48:25	600.3
23	8594	NEIL PROSSER	0:48:43	640.4
24	799	DENISE MAGUIRE	0:49:19	639.4
25	43	KEVIN DEAN	0:49:55	719.2
26	505	GREG BROWN	0:50:04	638.8
27	8595	AMANDA MARCHANT	0:50:17	603.6

28	759	BRUCE LITTERICK	0:50:33	617.2
29	698	TAMMY SHAFER	0:51:19	628.8
30	869	JOEL SMALL	0:51:56	525.4
31	791	JAMES WRIGHT	0:52:04	562.4
32	803	JOHN KALOS	0:52:39	535.6
33	808	GRAHAM FOWLER	0:53:34	577.8
34	8596	PETER O'MALLEY	0:53:43	541.1
35	903	JON FOGARTY	0:54:24	630.2
36	207	GREG TEGART	0:55:47	588
37	593	STEVEN GRAY	0:55:56	618.6
38	618	MONICA NICOL	0:56:16	589.8
39	620	ALLISON ALLEN	0:56:16	573.5
40	600	KELLI WARREN	0:56:16	573.5
41	248	LES LOWE	0:56:56	571.4
42	679	KAREN BOYD-SKINNER	0:57:02	565.8
43	900	WAL BEMBIC	0:58:17	531
44	8592	MIYUKI TASHIMA	0:58:36	624.9
45	704	IAN KEENE	1:01:01	588.4
46	555	LISA GIDLEY-KING	1:01:33	501.2
47	8591	KIRSTY HROMIN	1:01:34	501.1
48	550	TONY LORD	1:02:31	568.9



Photo courtesy of  
Thierry Massa



L-R: #135 Marg Harival - 600runs, #641 John Stevens - 300 runs,  
#486 Jo Ridley - 300 runs



L-R: #596 Lynne Pinsent – 200 runs, #759 Bruce  
Litterick – 100 runs & #760 Joann Litterick – 100 runs,  
#804 Martin Ayres-100 runs

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

**15 November 2014**

Flat Time Trial 10km Course

## **How it will work:**

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

*Registrations will start in September see Adam Couchman on Saturday mornings for details*

Runners will be teamed together based on their best Time Trial result in 2014. The fastest runner with the slowest. The second fastest with second slowest and so on. Hopefully this will even the playing field amongst the teams, although it won't be exact. Teams will be advertised via the Trotters Email list and Facebook Page in the week prior.

On the day teams will decide who will be Runner A and who will be Runner B. Runner A will run the first three kilometres. At the changeover point they will tag Runner B who will run the next five kilometres. Runner B then tags Runner A at the next changeover point who will complete the final two kilometres.

The two changeover points (the 3km mark and the 8km mark) are very close together. It is up to the teams to decide who will be Runner A and who will be Runner B.

The winning team is the first one over the line! Rules: Prizes will be awarded to 1st place only.

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

Teams are set by the race organisers based upon Flat Time Trial results. If a runner doesn't turn up on the day then a "late" team may be formed on the day (where possible). However, "late" teams will be ineligible for any prizes.

Whilst there will be course marshals, tagging, distance and general fairness will be based on an honesty system.

Changeover Point One (3km) will be on the corner of Ocean View Drive and Wairakei Road.

Changeover Point Two (8km) will be on Wairakei Road near the playground (between Winston St and Ocean View Driver).

Changeover Points will be marked with witches hats. 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.

This isn't the Olympics, nor doesn't it count to Super 7s or Time Trial Aggregate. Have fun.

### **Volunteers required to help organise the event.**

**If you can volunteer contact Detta O'Dwyer on Saturday morning or send a text to 0439 711 527**

**Race organiser and contact for all other enquiries  
Adam Couchman 0466 152 532**



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

**SUPER 7 PROGRESS SCORES - 31 AUGUST 2014**

<b>First Name</b>	<b>Last Name</b>	<b>Trotter Number</b>	<b>Super 7 Average</b>	<b>Super 7 Rank</b>
Craig	Rangott	918	804.4	1
Mark	Warren	536	799.9	2
Wayne	Daley	267	784.6	3
Mike	Randell	173	784.5	4
Mark	Lee	832	779.5	5
Melanie	McDonald	837	778.6	6
Margaret	Beardslee	169	778.2	7
Andrew	Land	866	777.5	8
Kim	Cook	457	773.7	9
Jessica	Mitchell	709	754.9	10
Dave	Byrnes	517	751.3	11
Charlie	Brooks	660	747.1	12
Kirsten	Ambler	909	741.4	13
Kevin	Dean	43	739.2	14
Mark	Dunlop	658	738.6	15
Sally	Hunt	847	735.4	16
Darren	McClellan	573	733.1	17
Gary	Pickering	598	726.9	18
Graham	Steele	529	725.8	19
Chris	Fuchs	817	725.0	20

<b>First Name</b>	<b>Last Name</b>	<b>Trotter Number</b>	<b>Super 7 Average</b>	<b>Super 7 Rank</b>
Matthew	Chapman	637	722.9	21
Heiko	Schaefer	502	718.5	22
Martin	Ayres	804	711.5	23
Sonia	White	264	709.3	24
Ian	Temblett	665	706.5	25
Jenny	Barker	736	706.4	26
Michael	Miles	734	705.9	27
Stuart	Baverstock	643	699.6	28
Ezra	Keebaugh	911	695.9	29
Mark	Hope	785	689.3	30
Levi	Martin	730	688.6	31
Graham	Ridley	483	686.7	32
Allen	Pearson	314	686.0	33
Chris	Taylor	805	678.1	34
Suzy	Woodbury	676	671.2	35
Ciaran	Lynch	838	669.7	36
Joel	Green	876	668.6	37
Joe	Rolella	638	662.6	38
Kevin	Andrews	1	661.6	39
Joann	Litterick	760	655.7	40

**TIME TRIAL AGGREGATE PROGRESS SCORES - 31 AUGUST 2014**

<b>First Name</b>	<b>Last Name</b>	<b>Trotter Number</b>	<b>TT Points</b>	<b>TT Rank</b>
Mike	Randell	173	1544.1	1
Mark	Lee	832	1542.7	2
Melanie	McDonald	837	1513.8	3
Dave	Byrnes	517	1502.6	4
Kevin	Dean	43	1478.5	5
Ian	Temblett	665	1370.0	6
Greg	Brown	505	1280.2	7
Ross	Markey	860	1273.8	8
Bruce	Litterick	759	1226.4	9
Graham	Fowler	808	1177.4	10
Ian	Keene	704	1118.3	11
Tony	Lord	550	1117.6	12
Greg	Tegart	207	1102.6	13
Wayne	Daley	267	771.8	14
Mark	Warren	536	767.8	15
Jessica	Mitchell	709	757.4	16
Andrew	Land	866	751.4	17
Michael	Miles	734	747.9	18
Kirsten	Ambler	909	741.4	19
Gary	Pickering	598	736.9	20

<b>First Name</b>	<b>Last Name</b>	<b>Trotter Number</b>	<b>TT Points</b>	<b>TT Rank</b>
Sally	Hunt	847	735.4	21
Darren	McClellan	573	733.1	22
Graham	Steele	529	725.8	23
Mark	Dunlop	658	725.5	24
Chris	Fuchs	817	725.0	25
Matthew	Chapman	637	722.9	26
Charlie	Brooks	660	719.6	27
Martin	Ayres	804	711.1	28
Stuart	Baverstock	643	699.6	29
Graham	Ridley	483	686.7	30
Ezra	Keebaugh	911	686.0	31
Mark	Hope	785	683.2	32
Joann	Litterick	760	676.9	33
Suzy	Woodbury	676	671.2	34
Joel	Green	876	668.6	35
Ciaran	Lynch	838	664.2	36
Jeff	Dick	607	654.0	37
Graham	Laws	813	653.9	38
Joe	Rolella	638	650.4	39
Tony	Mylan	162	644.0	40



## Glenworth Valley Half Marathon Trail Run

By Judy Murray #722

Lynn Bromwich and I headed out to Glenworth Valley for 7am start, the roads to the valley were dry and no mud or puddles... hey this is looking OK. There was only a small group of runners which also included the 5km & 10 km runners. The horn blew to start and the first 5kms was very deceptive to what lay ahead, good fire trail not rain affected.

Then we hit the muddy trails with no way of going around and then the creek crossings of which there were many. The paddocks were absolutely sodden, and what looked like lush grass turned into hidden pot holes of mud. Dodging the cow and horse pats made for a very creative running pattern through the paddocks and I'm sure they picked the paddock that had the most pats. Half way brought you to a beautiful area of narrow track, with lush ferns on either side. There was a creek which had a full orchestra of frogs, just a beautiful sound. The rain held off until the last 5kms so we were really quite lucky.

The organizers and volunteers were very enthusiastic and welcoming. Loud upbeat music rang out as I got closer to finish line, thinking this is great I'm nearly there, but to be told to go further to a bush roundabout which had the music fading, damn!! Then the turnaround came and we headed back towards finish with a great welcome across the finish line.

This is one worth putting in your diary for next year. Lynn liked it that much that she did a couple of extra kilometres, but she can tell you about that.

Unofficial results: Lynn Bromwich 2:39 and Judy Murray 2:45

# **2014 TROTTER OF THE YEAR NIGHT**

**By Beverley Andrews # 358**

Saturday 30<sup>th</sup> August, 2014 saw the annual TOTY take place at the Trojans Clubhouse Restaurant at The Haven, Terrigal. This was the 1<sup>st</sup> time that we have used this venue and it suited the numbers perfectly. We had over 80 Trotters and partners attend.

On arrival at 6.00pm, members mingled with each other and as usual the talk was of this morning's time trial results or tomorrow's expected run. While this was going on, they were served hors d'oeuvres and consumed drinks from the bar. At approximately 6.30 our President, Mark Dunlop welcomed everyone and then handed the evening over to our MC for the night, Adam Couchman.



*Jenny Barker presents award to Lucy Francica (right)*

The 1<sup>st</sup> awards presented were the Debut Half Marathon and Debut Marathon. These were won respectively by Gavin Fryer and Lucy Francica.



*Yvonne Mathot presents award to Gavin Fryer*



*Troy Kastelan presents award to Graham Steele (right)*

Following these awards, the next trophy to be presented was the Ross English Memorial Award. The award is given to the person who makes the greatest improvement over the year based upon the Time Trial times. This year it was won by Graham Steele. Following on from these awards, our main meal of Spit Roast and desserts was enjoyed by all.



*Kevin Andrews presents award to Bionda Hiensch*



Next award was for the Female Athlete of the Year. This was won by Melanie McDonald.

*Sharon Byrnes presents award to Melanie McDonald (right)*

The Male Athlete of the Year was awarded to Mark Lee.



*Mark Andrews presents the award to Bionda Hiensch*



Following on from the awards was the Trotter of the Year – our most prestigious award to a recipient who epitomises all that is good about Trotters. Our nominees for 2014 were Bionda Hiensch, Mark Dunlop, Michael Miles and Dave Byrnes.

Our winner for 2014 was Bionda Hiensch.

The final award of the evening was the Murray Antony Inspirational Marathon Award – the Muzza Award which was presented by Alison Antony – the daughter of Murray. This award was won by Sue Ingham for her efforts at the Macleay River Marathon, held on the June long weekend.

All of the winners were very deserved of their awards and were present on the evening. The night then continued with dancing and friendship. To my knowledge, Kevin and Beverley Andrews are the only Trotters to have attended every TOTY night since the first in 1987 with Kevin being the inaugural recipient of the TOTY Award.





Sharon Byrnes presents Female Athlete of the Year 2014:  
Melanie Mc Donald(Winner), Katy McCraig, Lucy Francica, Melissa Robertson



Male Athlete of the Year 2014:  
Mark Lee (Winner), Mark Dunlop, Kim Cook, Michael Miles(not in photo)



Club Person of the Year 2014: Presented by Kevin Andrews  
Mark Andrews, Dave Byrnes, Denis Robertson, Yondi (Winner)



Trotter of the Year 2014: Presented by Mark Andrews  
Mark Dunlop, Yondi (Winner), Dave Byrnes, Michael Miles (Not in photo)

# Lake Macquarie Half marathon and 10.5k 31 August 2014

## Half Marathon

Pos	Trotter #	Name (#)	Net Time	Cat	Gen	Net Pos	Net Cat Pos	Net Gen Pos	AG Points
6	660	Charlie BROOKS	1:20:03	20 to 24	M	6	1	5	742.9
40	785	Mark HOPE	1:29:25	40 to 44	M	40	8	37	695.4
81	457	Kim COOK	1:35:16	55 to 59	M	80	4	74	754.2
86	314	Allen PEARSON	1:35:58	45 to 49	M	85	7	79	686
116	483	Graham RIDLEY	1:39:12	50 to 54	M	116	10	102	686.7
127	805	Christopher TAYLOR	1:40:27	50 to 54	M	126	11	110	678.1
149	804	Martin AYRES	1:42:49	60 to 64	M	146	3	125	711.9
156	169	Margaret BEARDSLEE	1:43:29	55 to 59	F	156	1	26	778.2
197	845	Kerry HOPE	1:46:51	40 to 44	F	198	9	45	636.6
213	1	Kevin ANDREWS	1:48:36	55 to 59	M	213	10	163	661.6
339	452	Debbie WOODEN	2:03:00	50 to 54	F	338	3	113	637.8
372	827	Rod TAWYER	2:06:37	50 to 54	M	372	24	238	542.7
405	756	Colin BULLARD	2:16:21	40 to 44	M	404	59	256	456.1

## 10.5K

Pos	Trotter #	Name (#)	Net Time	Cat	Gen	Net Pos	Net Cat Pos	Net Gen Pos
2	8568	Anthony FARRUGIA	0:35:11	Open	M	2	2	2
10	819	Brendan CLARK	0:41:02	45 to 49	M	10	1	10
23	267	Wayne DALEY	0:43:33	55 to 59	M	23	2	20
62	676	Suzy WOODBURY	0:47:28	35 to 39	F	62	2	12
331	17	Margaret AURISCH	0:59:21	60 to 64	F	338	2	129



*Lake Macquarie Photos courtesy of Bev Andrews*

### Southern Highlands Challenge Half Marathon 31 Aug 2014

#	Trotter #	Name	Time	G/PI	Div	D/PI
86	759	BRUCE LITTERICK	2:08:46	58	M50+	12
129	760	JOANN LITTERICK	2:21:04	59	F50+	5
191	808	GRAHAM FOWLER	2:48:13	89	M50+	21



### Sunshine Coast Half Marathon 31 August 2014

Place	Trotter #	Name	Net Time	G/PI	Div	D/PI
307	182	Rachelle Hickson	1:42:34	64	F30-34	15
601	27	Ken Hickson	1:52:02	409	M65-69	4

# Ice Bucket Challenges



## Facts about Motor Neurone Disease

- MND is a progressive, terminal neurological disease
- There is no known cure and no effective treatment for MND
- Each day in Australia two people die from MND
- Each day in Australia two people are diagnosed with MND
- People with MND progressively lose the use of their limbs and ability to speak, swallow and breathe, whilst their mind and senses usually remain intact
- Average life expectancy is 27 months
- An estimated 1,900 people have MND in Australia



The Ice Bucket Challenges are spreading across Australia and the world. Many Trotters are taking up the challenges. Our own No 1 Kevin Andrews, President Mark Dunlop and newly elected Vice President Jenny Barker have all taken the challenge.

Many thanks to Dave Lambert from the Surf Café for donating the icy cold buckets of water (and a few special eggs for the President) and Dave's assistance in the drenching process.

MND has a special connection to Trotters with our good friend Leon Harradine who lost the fight with this terrible condition. This is a great promotion to raise awareness and donations for those living with MND.



To donate go to: <http://www.mndaust.asn.au>

# **Thank You** By Dotti Stockwell #302

Trotters are a wonderful family and this amazing community has supported one of its own. On the 22nd August, at the Breakers Country Club, they attended and supported very generously a fundraising event for Paul Davison #124. In February 2014 Paul Davison was hit on a footpath by a cyclist and this freak accident has disrupted the lives of so many.



To begin the day there was golf or bowls. The weather was not so thoughtful as the golf course was wet and sodden as would be the participants if they played. Those that attended played 'other' games and from all reports they had fun. The dinner was held in the Function Room at the Breakers. All tickets

were sold and the generosity from a wide variety of sponsors was evident in the goods that were to be auctioned that night. There were raffles, balloons (with numbers in them for lucky door prizes), silent auctions and live auctions.

The biggest surprise was the attendance from Paul himself. This is the first time he had been back on the coast and it was wonderful to see that he was able to be a part of the night. A very close friend of the Davison's,

Sue Cribb, spoke and recounted Paul's unbelievable journey that has evolved over the last 6 months. This speech was factual, emotional, funny and from the heart. I am sure it was difficult to do, but I thought, done very well. The auctioneer was terrific selling the items quickly and getting good \$\$\$ for them. What a task to try and sell goods while there is eating, talking and laughing going on. During the live auctions they introduced Terry Lamb and Paul Clarke, both retired professional rugby league



footballers, who spoke very candidly about their careers and entertained the mob. After all the items were done and dusted, Rebecca Sainsbury, informed us that with all the funds from other fundraising events the total amount was \$64,000.00. I love it that I was witness to the very generous and loving community that contributed so freely to such a wonderful family.



Paul took this opportunity to speak to us. It was evident that he had not lost his wit or sense of humour. He had us laughing and engaged us with his thoughts and

feelings. His journey is amazing and as he continues to improve he will return to the coast. These \$\$\$ will certainly help and go a long way to support the family adjusting to this new way of life.

On the night there was a booklet handed out and on the back page there was a thank you note from the family. I am sure they would like me to extend this to you all. I quote from the booklet.....

“ALL YOU SPECIAL people have filled the days, weeks and months with endless love and support. We will never forget you for this and we extend a very special deep thanks..... Your support this evening is overwhelming and very humbling and the Davison family thank each and every one of you.”

I love this family.....  
Dotti Stockwell



Steven K Smith Photography +61 412328225.

## **2014-2015 Terrigal Trotters Office Bearers**

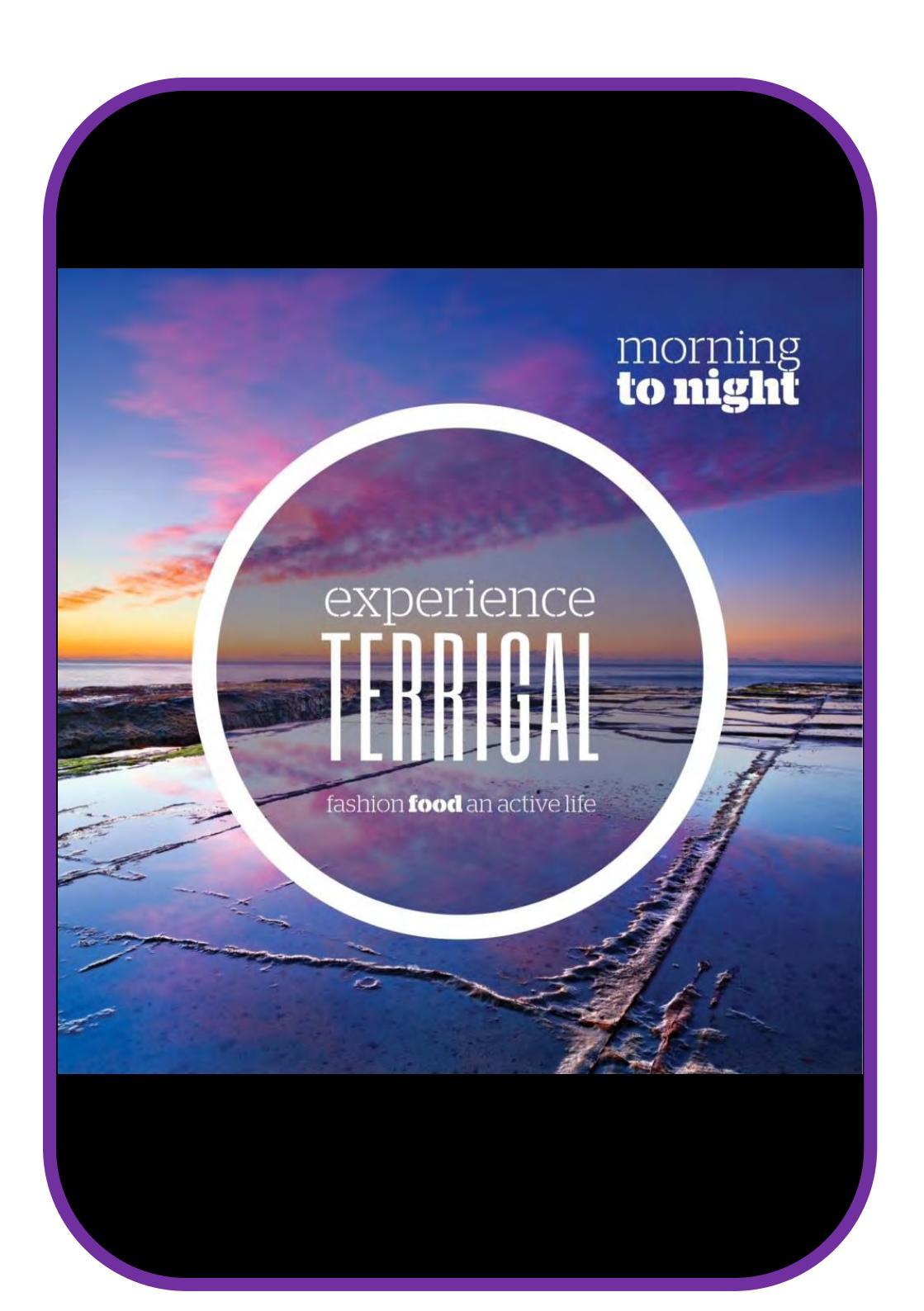
<b>President</b>	Mark Dunlop
<b>Vice President</b>	Jenny Barker
<b>Secretary</b>	Dave Byrnes
<b>Treasurer</b>	Jeff Dick
<b>General Committee</b>	Lynn Bromwich
	Sharyn Smith
	Judy Murray
	Vacancy
	Vacancy
<b>Public Officer</b>	Kevin Andrews
<b>Registrar</b>	Kevin Andrews
<b>Clothing Officer</b>	Adam Couchman
<b>Results Tabulator</b>	Bionda Hiensch
<b>Webmaster</b>	Dave Byrnes
<b>Newsletter</b>	Bionda Hiensch

At the AGM on 1 September 2014 Office bearers were elected for the 2014/15 Trotter year. Some new Committee members were elected and some previous office holders were re-elected.

### **Vacancy**

Any Trotter is eligible to stand for office and any Trotter can nominate another (willing) Trotter for office. We have two vacancies for committee members. If you are interested in being on the committee please send an email to [admin@terrigaltrotters.com.au](mailto:admin@terrigaltrotters.com.au) expressing your interest. The committee will then take a vote on your nomination at the next meeting on the 6 September 2014.

**Terrigal Trotters 2013-14 Annual Report  
can be viewed online at  
[www.terrigaltrotters.com.au](http://www.terrigaltrotters.com.au)**



morning  
**to night**

experience  
**TERRICAL**

fashion **food** an active life