



# RESULTS RESULTS RESULTS

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[yondisresults@gmail.com](mailto:yondisresults@gmail.com)

Edition 14

September 2014



## GNW 100s



GNW 100s winners

Sonia McDermott 100M, Mark Lee 100k, Melissa Robertson 100k, Clarke McClymont 100M

Photos courtesy  
of Adam  
Couchman &  
Bruce Litterick



## Great North Walk 100s 13/14 September 2014

### 100M

Place	Trotter No	Name	Cat	Time
14	410	Rob Scoines	M50-59	28:20:00
16	773	Jason Kirksmith	M18-39	28:56:00
25	785	Mark Hope	M40-49	31:33:00
26	838	Ciaran Lynch	M40-49	31:59:00
38	713	David Fogg	M50-59	34:01:00
53	505	Greg Brown	M50-59	35:22:00
	378	Michael Frost	M40-49	DNF
	544	Craig Gustard	M40-49	DNF
	573	Darren McClellan	M40-49	DNF
	739	Matthew O'Shea	M40-49	DNF

### 100k

Place	Trotter No	Name	Cat	Time
1	832	Mark Lee	M18-39	11:23:00
4	871	Melissa Robertson	F18-39	12:16:00
*	573	Darren McClellan	M40:49	13:06:00
12	130	Kevin Byrne	M18-39	14:01:00
13	912	John Hepworth	M18-39	14:14:00
*	730	Levi Martin	M18-39	14:33:00
22	529	Graham Steele	M40-49	15:29:00
*	378	Michael Frost	M40-49	16:27:00
*	739	Matthew O'Shea	M40-49	16:28:00
*	544	Craig Gustard	M40-49	16:50:00
45	665	Ian Temblett	M50-59	18:08:00
50	759	Bruce Litterick	M50-59	19:23:00
54	176	Jacqueline King	F40-49	20:08:00
59	593	Steve Gray	M60-69	20:56:00
	799	Denise Maguire	F40-49	DNF

Runners who entered the 100 Miles but did not finish have their times at 100km included in the 100 Kilometres Results without a placing



## GNW 100 Miles By Rob Scoines #410

According to Emil Zatopek 'If you want to run, run a mile. If you want to experience a different life, run a marathon'. I would append this with "and if you want to experience life at the limits, run the GNW"

Wow, this is one tough run, an experience more than an event. It certainly took me to my physical and psychological limits. That being said, it is also very satisfying and fulfilling to be able to say I am a GNW finisher.

In reality of course, I would not have successfully finished were it not for the support of many other people.

Firstly Dave Byrnes and the Trotters Club organisation did such a great job in terms of pre-event communication, the overall professional event organisation and the genuine helpfulness throughout. Well done yet again to the Trotters.

Then there was the support and camaraderie of my fellow travellers (read other runners), not just on the day, but in training. I tend to be a bit of a loner when it comes to training, but



*Rob and Jason*

I did enjoy coming across fellow GNW trainees out on the course in the weeks and months leading up to the event. Special mention to Jason Kirksmith, work colleague and mate, who encouraged me in training and on the day and afterwards.

Then there was my support crew, spending hours on end waiting for me to turn up at remote checkpoints at all hours of the day and night. What can I say to Andrea, Julian and Merilee other than I owe you big time.

As for the event itself:

The weather was perfect. Cool, overcast with sunny breaks, light breeze on the Saturday, clear night, clear morning, no rain, no extreme heat.

My psychology was to break the course down into sections, sub-sections, and milestones; never thinking too far ahead and never looking back. My plan was to run as I trained – run the flats and downs slowly; jog the inclines; walk the big hills (did I have a choice?).

Physically I was reasonably well trained despite having calf strain issues 10 weeks out and sharp pain in my left foot from 6 weeks out (peroneus brevis tear).

On the day I experienced no left foot pain, my right calf did become tight generally and very sharp in a particular spot over the last 2 sections; some minor blistering only – so a major improvement on my last effort in 2011 when I had to finish the event with both feet swathed in major blisters. Experience does count - this time round I used a variety of quality shoes, changed my quality socks regularly, used blister powder, and avoided getting my feet wet.

“Highlights” included:

- Finishing
- Getting the shakes at Yarramalong and, to lesser extent at Somersby, and being able to recover well. I really struggled for a while at Yarramalong to pull myself together; but cereal, soup, and a change of clothes worked a treat
- Jumping across Ourimbah Creek at 1 a.m. by myself successfully using branches and rocks as stepping stones to avoid falling in
- Coming across fellow runners, particularly after Yarramalong, and knowing that I wasn't really the only person out there
- Feeling tired, real tired, while running at night; yet feeling fine once the sun rose
- The scenery was spectacular, with all the recent rain some of the waterways were at their best; and I never tire of seeing so many trees
- Being able to speed up over the last 6 kms knowing the end was near. I was running with a young English guy (Rob W) who lives in Sydney, who was convinced the run would never end, and that Dave Byrnes had deliberately set the GNW course over every conceivable incline in the region. Even I was starting to wonder if there was indeed an end to the run; but to run down the hill to the beach and be greeted by the faithful few (including my wife and son) was special.
- Young Rob W did go for a major fall early in the last section; he ended up face down, fully prone, a metre under a small bridge. The highlight – he wasn't hurt.
- Did I mention finishing



Thanks again to all for the opportunity and support. I won't forget this one in a hurry; my legs won't let me!





Thanks to all those who posted GNW photos Adam Couchman, Ray Hayward, Jo & Bruce Litterick, Seivland Poh, Wayne Evans, Oliver Warschkow, Fiona Gustard, Jo Ridley.

## GNW 100 Kilometres By Bruce Litterick #759

For me the GNW challenge began 10 months ago when I volunteered at checkpoint 3 - The Basin. It was through volunteering that I was inspired to enter the 100k GNW event.

I had some experience on the GNW. In 2013 I was to be a pacer for Seviland Poh who had come down from Queensland. Unfortunately she badly injured her ankle and my pacing skills were not required. This resulted in me sweeping out of the Basin to the finish at Yarramalong with John Hepworth and Detta O'Dwyer. As well as this I had done many training runs on the course.

The following day I witnessed a number of runners finish the GNW 100 miles at Patonga. This is an inspirational sight. The deal was sealed ...GNW 2014 here I come.

In a flash I am at the start line in Teralba. I'm nervous, it's still dark but there is a growing buzz as everyone starts to arrive.

Check in time.

"Do you have your maps?"

No I don't.

"Do you have your directions?"

No I don't.

Mark Andrews says "You're not serious?"

Yes I am.

I thought they were provided. Luckily disaster was averted when Mark gave me the maps and directions.

Six am arrives and we are off. I started out slowly, I was a runner with a plan. After three kilometres I find myself with only five runners behind me including Billy Bridle.

Along the way I saw some friendly faces and had faced and conquered the first real climb. Feeling good, I comfortably ran into Heaton's Gap – CP1- 28km in 4.5 hours.





My support crew, my wife Jo and good friend Graham Fowler, told me I was not drinking enough water. I had to be more conscious of this as I continued on. A quick feed and a kiss for the race director and I'm away heading towards checkpoint 2.

The next section went relatively smoothly although there is an arduous road run from the track head to Congewai School. Funnily enough in this section I had run out of water. I arrived at Congewai-CP 2- 52.5km in 8.5 hours.



This was Mr and Mrs Riddler's (Jo and Graham Ridley) checkpoint and it was awesome. As you arrived you were introduced by name, music playing. This was the first checkpoint where runners were weighed. Runners who lost more than 5% of their starting weight were required to see the Medical team. I was weighed and had lost 1.5kg but was well below the 5% allowed. I refuelled, changed my shirt and socks. I left the checkpoint at 3pm. Checkpoint 3 was waiting.

This section proved to be the hardest for me in many ways. Around 2 km in I hit what I would consider the hardest climb in the GNW, the climb to the Telecommunications tower. I was doing this climb with two other runners. There was no talking and my heart rate was rising rapidly. It was even hard to drink.

Darkness closed in and this slowed me even further. My quad muscles started to hurt with a massive downhill run to Watagan Creek



followed immediately by another big climb. Although I have done this section of the trail before in the dark things can look very different and I took a wrong turn at Murray Forest Road. This added an extra 2k to my journey. I was cold and had two falls heading into the Basin injuring my wrist. I was at my lowest point. I arrived at The Basin - CP 3 - 83km at 9:00pm Saturday night.

Cold - hungry - injured. No further, that's it, I'm finished.

My crew was there to look after me and they did this task very well. I was given food, warm clothes a coke and my wrist was wrapped. Then I got what I need most a good pep talk and encouragement from Jo, Graham, Dr John and my "mentor" Dave Byrnes.

They got me sorted. "Get up out of the chair and go" and with that I was on my way to CP 4 and the finish line.

This was my best leg. From my lowest point in the last leg I had recovered well. I was running strongly again. I was "on fire". I managed to pass 10 runners on my way to the finish.

With this strong final section I crossed the finish line at Yarramalong – CP4 – 100km at 1:23 am Sunday morning in 19hours 23 mins.



This event is without doubt one of the best and toughest trail runs in Australia. I have met many new and inspiring people along the way. I couldn't have completed this event without my wonderful crew Jo and Graham.

I am blessed by all the volunteers who gave their time to make my run one of the most special I have ever done.

Thank you all for helping make it possible.

Thank you, Trotters.

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## THE 2014 GNW100s – A RACE DIRECTOR'S VIEW

### Dave Byrnes #517

The tenth annual GNW100s was the smoothest yet, aided by benign weather conditions and seasoned volunteers.

For me, the weekend is remembered as a fast-moving blur of images and emotions.

Some of these were

- The calmness I felt driving to the race hotel on the Friday night compared to the previous year when a Total Fire Ban was called and my phone was running hot with calls from anxious competitors and my own calls to various RFS managers to get permission to proceed.
- My increasing, and unnecessary, anxiety early on Saturday morning at Tulkaba Park waiting for the overdue arrival of Greg Love and Deidre Moran with the gear truck. The hotel failed to make the pre-booked wake-up calls.
- The suave image of Trotter #1 in his top hat and tails.



- The industrious hum of the race registration area where the very professional Trotters volunteers processed 160 competitors, including equipment checks, weigh-ins, wristband issues and drop bag collection, all between 4:30am and 5:30am.
- The somewhat comic scene of 160 hi-vis workvest-clad runners setting off excitedly at dawn down a quiet Teralba street.



- The frustration of a tail-ender at Checkpoint 1 when he found out a helpful volunteer had thrown out his rather non-descript, but apparently “lucky”, empty water bottle whilst replenishing his supplies.
- The grindingly slow drive via rutted forest roads from Checkpoint 1 to Checkpoint 3 with the gear truck (don’t tell Avis!), hoping that the first runners didn’t beat us there. They didn’t!
- The sadness of getting a call from Denise Maguire, who had struggled so determinedly to get to this year’s starting line, telling me that she had to withdraw and needed to be picked up after tearing a calf muscle.
- Charlie Brooks at unsafe heights up a shaky tree at Yarramalong to string up the Finish banner.
- The look of total and absolute fatigue on the face of Mark Lee with just a kilometre to go to victory in the 100 Kilometres.
- The staring, but unseeing, eyes of Bruce Litterick on arrival at the brightly-lit Basin surreally located amidst the blackness of the surrounding Watagan mountains.

- Kellie Andrews telling me that all of “the children” (apparently including Mark) were asleep in the tent when I arrived around midnight at Somersby.
- The selflessness of Mike Gero and Graham Davis, who must have been exhausted, in volunteering to stay on indefinitely at The Basin until a missing runner turned up. He arrived at 2:09am, more than three hours after the cut-off.
- The Spanish runner who spoke little English and came fourth in the 100 Miles requesting “Mantra” several times when asked what he wanted just after crossing the line. We thought maybe water or food, but apparently he wanted “outta there” as soon as possible.
- The sight of Greg Love, who had no more sleep than me, energetically drying out marquees and organising gear on the truck on Sunday afternoon when I was too tired to think straight.
- The commitment and expertise of Detta O’Dwyer in shepherding struggling 100 Miles runners through the final 44km and last three cut-offs, with just minutes to spare at each.
- The pleasure at seeing so many Trotters, and particularly Mark Hope and Greg Brown, both of whom were obviously doing it very tough, reaching Patonga.



**The 2015 event will be held  
on the weekend of  
12/13 September 2015**

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## Coastal Classic 6 September 2014

Pos	Trotter #	Name	Time	Categ (Pos)	Gen (Pos)
35	792	Barton RAETHEL	2:54:08	30-39 Sub Vet (21)	Male (33)
57	643	Stuart BAVERSTOCK	2:59:43	40-49 Vets (17)	Male (53)
174	638	Joseph ROLELLA	3:25:31	40-49 Vets (57)	Male (157)
227	590	Tina BAVERSTOCK	3:36:01	40-49 Vets (8)	Female (33)
240	845	Kerry HOPE	3:37:49	40-49 Vets (10)	Female (36)
250	527	Jason FRENEY	3:39:40	40-49 Vets (79)	Male (211)
404	826	Kaylee RAETHEL	4:03:44	18-29 Senior (8)	Female (95)
405	403	Mel ROBBIE	4:03:45	50-59 Master (26)	Male (310)
409	639	Deirdre MORAN	4:04:01	40-49 Vets (40)	Female (97)
449	276	Thomas MCNALLY	4:12:00	30-39 Sub Vet (136)	Male (330)



Shoes before and after a muddy and sandy trail run

LEFT: Mel Robbie and Kaylee Raethel



## Coastal Classic 2014

By Deidre Moran #639

**Coast Track, Otford to Bundeena  
Royal National Park, NSW  
Distance 29km**

This trail race begins just outside Otford Primary School at 8:30 in the morning. I was returning after last year's woeful performance of 4 hours and 30 minutes to prove to myself that I could get under the 6ft qualifier time of 4 hours 15 minutes. Luckily the day was not going to reach last year's temperatures of over 35 degrees and it looked like perfect conditions for trail running at around 20 degrees.

After the gun, runners set off in pairs to reduce congestion on the single trail of the coast track. Joseph Rolella and Stuart Baverstock set off first for the Trotters.



Then Tina Baverstock and Kerry Hope left together. I left just after, but I knew I wouldn't be seeing them again as Kerry is a great trail runner and Tina, well she is just fast.

The first 8km covered technical terrain through bushland and rainforest. As I navigated my way through the rainforest there wasn't a whole lot of running going on. There was mud, thick unrelenting mud. The course was like one giant slip and slide for all the runners. After coming out of the forest we staggered down a thick mud laden hill, covered in

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long grass. It started becoming comical after a while, I cannot remember how many people I saw fall.

Then the headlands and beaches started. The beach was at low tide so running was easy and beautiful. It was great to see the runners behind and ahead climbing the headlands.

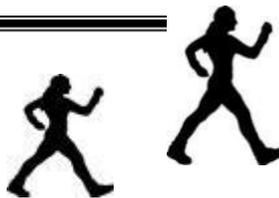
The next leg of the run was great as you could stretch out and pick up the pace over a vast plateau with amazing cliff views. There were grates that went over this area which allowed for some fast running and great views and I felt strong. Some more cliff top running brought you to the drink station at the aid station at the 22km mark just after Big Marley.

Once hitting the township there was a three kilometre stint on what is called the "Sandy Track" a final little bit of sand running, just to make sure you are well and truly done before the running along Jibbon Beach and through the streets to the finish line. It was really good to see all the Trotters and my little girl Nina cheer me in, in a time of 4 hours and 5 minutes. I was hoping to break 4 hours at one stage, but the last couple of kilometres saw me slow down as I was feeling light headed and getting pins and needles in my hands. Something I am still working on, refuelling on runs over 3 hours.

I was really happy to get under the 6ft qualifier and also to hear that everyone had done so well. I was physically exhausted as well as mentally from concentrating on the trail, as it is one of the hardest technical runs I have ever done. You cross soft sand, hard sand, water, mud, mud above your knees, puddles, rocks, pebbles, grass and metal walkways and stairs and more stairs. To end this fantastic morning of trail running we Trotters went back to our rented house and drank, ate and talked the afternoon away. What a great weekend with friends. I would highly recommend this run to anyone that enjoys trail running.



# 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

*The next First Friday Walk will be on Friday 4th October.  
Meet at 9.30 at the entrance to Bouddi National Park on Ward's Hill Road.  
Look for the parking area on the right hand side after coming up Ward's Hill  
from Empire Bay Drive.*

*Parking is limited so please consider car pooling with other walkers.*

*As usual bring a snack/sandwich, water & wear good walking shoes. Our plan  
is to explore the various walking trails through this section of Bouddi  
National Park with more than one opportunity to take in spectacular views of  
Brisbane Water.*

*We will continue on after the walk for a cuppa at Killcare/Hardy's Bay.*

**For more information contact Lynn Bromwich at  
[lynnbromwich@outlook.com](mailto:lynnbromwich@outlook.com) OR  
look for Lynn at Trotters on Saturday mornings**

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# 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 TT result in 2014. The fastest with the slowest, the second fastest with second slowest and so on. This will (hopefully) 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

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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 Drive).

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**



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# Trotter Talk...

With Trotter # 813

Denise Maguire



**Occupation:** A bit of this and a bit of that for Australia Post

**Why do you run?** I started running because I admired people that could run long distance and thought I couldn't. Now I run because I love running and for sanity.

**How long have you been running?** Nearly 4 years.

**What your favorite Trotters run?** Any of the GNW runs.

**Favourite shoe:** Innov8, although I am now wearing Ons a couple of times a week so I can run more often.

**Weekly training:** Run most days from 6 - 15km mixture of road, trail and sand. Trotters Saturday. Long run Sunday 20- 30km 1 week road, the next week trail. Gym, twice a week, for strength and core.

**One word to describe me:** Stubborn



**Favourite running moment:** 2013 The North Face 50; great weekend in the Blue Mountains, first event after recovering from a fractured pelvis, tough event but I had the best support to look after me after the race and a huge bunch of flowers waiting for me at the finish.

**Running Goals 2014:** Increase kms again, become stronger and faster on hills, to not get injured and GNW100.

**Dream Run:** Anywhere with a great bunch of people

**Dream Destination:** Anywhere with a beautiful view.

**Dream person to run with:** Anyone with a good story to tell

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# TROTTERS TRAIL RUNS

Trail runs along the Great North Walk.

Girrakool to Patonga  
(25KM)

Sunday, 19 October 2014



Trotters will organise a bus to and from the runs which are only open to Trotters

More information available at

[http://www.terrigaltrotters.com.au/Trail\\_Runs/Program.pdf](http://www.terrigaltrotters.com.au/Trail_Runs/Program.pdf)

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



Photos: Girrakool to Patonga 2013

## Bumble Hill Burn 6.2k 14 September 2014

After being the 1<sup>st</sup> female home in GNW100k Melissa backed up the next day and was the 1<sup>st</sup> female home in the Bumble Hill Burn!



#	Trotter #	Name	Time	Gender	G/PI
4	218	STEPHEN SAYERS	0:29:51	M	4
5	871	MELISSA ROBERTSON	0:30:10	F	1
12	804	MARTIN AYRES	0:32:15	M	10
18	737	KENT OMALLEY	0:35:23	M	16



## Raymond Terrace Fun Run 8k 14 September 2014

Position	Trotter No	Name	Time	Gen PI
7	837	Melanie McDonald	29:55.6	1
17	676	Suzy Woodbury	34:08.6	4

# Congratulations

## Jessica Mitchell Trotter #709

### Ironman Age Group World Champion

Overall Rank: 490  
 Div Rank: 1  
 Division 25-29  
 State NSW

#### Race Summary

Swim: 29:59  
 Bike 2:25:12  
 Run 1:33:27  
 Overall 4:35:24



### English Half Marathon - 21st Sep 2014 - Warrington, Cheshire



Chip Pos	Trotter No	Name	Chip Time	Gen	Gen Pos	Cat	Cat Pos
618	736	Jenny Barker	1:47:59	F	82	Half-FV45	10

# TROTTER'S RUNS AND THEIR HISTORY

## McGuigan's Run

### Mandate:

1. As Many Hills as possible.
2. Anaerobic debt within 3 minutes after leaving the Car park.
3. Remain within a 3 kilometre radius of Terrigal Car park (so wimps can return early).
4. Close to 10km in total so it could be used as a Time Trial. ('asif').



### Little known Fact:

There is a 2 kilometre 'extension' which from the top of Hillcrest, goes down Bradley's Road to the bottom, left back along Lakeshore into Duncan and UP Francis....definitely not for the wimps (see above).

### Acknowledgement:

Bob Isherwood, TT#2, without whose valuable assistance, inspiration and guidance, McGuigan's Run may never have been run.

So for all of my fellow Trotters, there are no apologies. I have heard most insults, abuse and derogatory comments, some of which actually relate to McGuigan's Run. You are of course encouraged, no expected, to keep trying for something new.

At time of going to Press, Adam Jordan has the McGuigan's Run Record of 50 minutes 29 seconds (for the 'Short' Course). Records can only be officially ratified during a Saturday designated Trotters' Run. As the "Powers' That Be" (PTB) only see fit to Run McGuigans', on average, once per year, you have plenty of time to train.

**As Always,  
Attack the Hills, in Running and in Life.  
McGuigan TT#24**



# TROTTER'S RUNS AND THEIR HISTORY

## Fatman's Run

The Fatman's Run was so named by Paul Davison –Trotter #124. This run was put together by Paul and Ross McGuigan (#24) as another run that stayed within about 3 kms of Terrigal yet still seemed to find every steep and winding hill possible – one notable hill being Francis St (off Scenic Hwy). The run 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 starts up Kurrawyba St and on to Scenic Hwy and continues to Bradleys Rd then

down Beachcomber Pde – one of the only down-hill bits of the run. After heading UP Francis St, it continues down Tabletop and down the grass track to continue along Surf Rider and then up to Tramway. Of course, after Tramway, this run finds another steep hill in Coast Rd – 1 km of winding uphill torture back to Scenic Hwy.

After heading down to the Haven, the compulsory trip around the Haven has the added bonus of a free run up The Skillion before heading back to the carpark.

In the past, Paul (or Davo as he is known to most) provides lollies or drinks at the top of Francis St and The Skillion. There are few runs in Trotters repertoire that people loathe but McGuigan's Run and The Fatman's Run would have to rank very highly in that regard.

For the record, the name of the Fatman was attributed to Paul in consequence to the name of "Glossy" attributed to Steve Cannon (#64) after Steve's photo appeared on the front cover of an edition of Fun Runner magazine.

By Kevin Andrews #1

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# Trotter Talk

With

Trotter #544

Craig Gustard (Gus)

**Occupation:** Firefighter

**Why do you run:** Camaraderie and challenge myself



**How long have you been running:** About 10 years

**What is your favourite Trotters run:** Cromarty Hill

**What is your favourite brand of shoe:** Nike Pegasus

**In one word how would you describe yourself:** Inconsistent, but determined (sorry 3 words)

**Briefly what does your current training week look like:**

6 @ 6, 2 nights soccer training, Saturday morning TT runs, play soccer sat and Sunday, and interval training once a week. All when shift work allows.

**What is your favourite running moment/Achievement:** Finishing the 2013 GNW 100km (119km really). The atmosphere, the runners, the support, all helped to complete what was a difficult run.



**What are your running goals for 2014?** GNW 100mile and under 90 mins for the half marathon

**What would be your-**

**Dream run:** Sydney to Melbourne ultra, although it is discontinued (:

**Dream running destination:** Anywhere there is mountains

**Dream person to run with:** Would love to do a race with my wife (she started running 6 months ago) or Yiannis Kouros

**Any other comments:** Love Trotters, and if it was not for Brian Dawson (Trotter legend), I would never have joined trotters, done any races, nothing. Also wish I was more structured in my training, although shift work gets in the way all the time.

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# 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

**\*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/one 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**

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

## Club Person of the Month Nominations

Dave Byrnes: For producing the Annual Report

Mark Dunlop: For organising the Trotter of the Year Night

Adam Couchman: For being MC of the Trotter of the Year Night

Beverley Andrews: For organising the trophies and presentations at the Trotter of the Year Night

Jenny Barker: For organising the gifts for the Trotter of the Year Night nominees

Mike Randell: For driving one of the City to Surf buses

Dot Stockwell: For driving one of the City to Surf buses

Denis Robertson: For collecting the cakes for all of the Time Trial Saturdays and returning trays to the bakery.

## Female Athlete of the Month Nominations:

Jenny Barker: City to Surf, 10 Aug 14, 1:05:21

Jenny Barker: Adelaide Marathon, 24 Aug 14, 3:42:38

Melanie McDonald: Brooks Hill 10km Time Trial, 30 Aug 14, 40:03

Kirsten Ambler: Brooks Hill 10km Time Trial, 30 Aug 14, 42:32

Rachelle Hickson: Sunshine Coast Half Marathon, 31 Aug 14, 1:42:34

Margaret Beardslee: Lake Macquarie Half Marathon, 31 Aug 14, 1:43:29

Margaret Aurisch: Lake Macquarie 10.5km, 31 Aug 14, 59:21

## Male Athlete of the Month Nominations:

Charlie Brooks: STS 10km St Ives, 3 Aug 14, 53:59.8

Bruce Litterick: Oxfam Sydney Trailwalker 100km, 22 Aug 14, 19:40

John Hepworth: Oxfam Sydney Trailwalker 100km, 22 Aug 14, 19:40

Steven Gray: Bilpin Bush run 32.7km, 23 Aug 14, 3:46:48

Mark Warren: City to Surf, 10 Aug 14, 46:18

Andrew Land: City to Surf, 10 Aug 14, 47:48

Mark Lee: City to Surf, 10 Aug 14, 49:06

Craig Rangott: City to Surf, 10 Aug 14, 49:15

Wayne Daley: City to Surf, 10 Aug 14, 57:28

Kim Cook: City to Surf, 10 Aug 14, 58:48

Graham Steele: Brooks Hill 10km Time Trial, 30 Aug 14, 40:58

Charlie Brooks: Lake Macquarie Half Marathon, 31 Aug 14, 1:20:03

Mark Hope: Lake Macquarie Half Marathon, 31 Aug 14, 1:29:25

Graham Ridley: Lake Macquarie Half Marathon, 31 Aug 14, 1:39:12

Martin Ayres: Lake Macquarie Half Marathon, 31 Aug 14, 1:42:49

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## **Club Person of the Month**

**Mark Dunlop**

**For organising the Trotter of the Year Night**

## **Female Athlete of the Month**

**Jenny Barker**

**City to Surf, 10 Aug 14, 1:05:21  
Adelaide Marathon, 24 Aug 14, 3:42:38**

## **Male Athlete of the Month**

**Graham Steele**

**Brooks Hill 10km Time Trial, 30 Aug 14, 40:58**

**Nominate a Trotter for:**

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

**E-Mail**

**[admin@terrignaltrotters.com.au](mailto:admin@terrignaltrotters.com.au)**

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

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# Sydney Running Festival 21 September 2014

## Marathon

Net Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos	AG Points
420	527	Jason FRENEY	3:28:30	M45-49	41	375	640.2
478	816	Katy MCCAIG	3:31:00	F35-39	10	51	655.2
775	546	Sharon BYRNES	3:41:40	F45-49	8	100	689.8
974	600	Kelli WARREN	3:48:45	F40-44	29	139	652.4
1808	898	Oliver WARSCHKOW	4:15:12	M45-49	183	1428	523.1
1921	808	Graham FOWLER	4:19:18	M50-54	Unofficial Result		542.7
2348	8590	Doug BOYD	4:35:16	M45-49	217	1772	497.7
2606	862	Adam COUCHMAN	4:48:14	M35-39	355	1940	435.1

## Half Marathon

Net Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos	AG Points
100	837	Melanie MCDONALD	1:23:13	F35-39	1	10	812.7
2168	8595	Amanda MARCHANT	1:48:03	F30-34	114	550	609.4
3058	502	Heiko SCHAEFER	1:53:45	M75+	1	2119	758.8
3234	903	Jon FOGARTY	1:54:42	60-64	23	2215	656.6
4027	8591	Kristy HROMIN	1:59:02	F35-39	291	1451	565.2
5663	555	Lisa GIDLEY KING	2:09:59	F35-39	468	2452	515.2

## 9k

Net Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos
79	609	Carl BARKER	0:36:43	M50-59	4	69
2665	653	Aaron BYRNES	0:51:15	Unofficial result		





## Sydney Marathon by Kellie Warren #600

So why does one do a marathon? Does everyone have a reason?

After completing Woodford to Glenbrook 25km, and feeling really good on the day and actually beating my husband (this hasn't happened before and only happened because he was very injured it turned out) I decided to enter the marathon that night before I changed my mind! I had the marathon that night before I changed my mind as something I might do and when my husband Simon was injured, I decided it must be my turn again while he was recovering. (My first marathon, I decided to take on the Northface 50 earlier in the year-luckily not really knowing what that involved).

I had always wanted to do a road marathon as I felt like I needed to 'catchup' to my friends that did one when I was pregnant with my second child. What a great excuse and what a way I thought to celebrate being almost 10 years cancer free.

About a month out, I decided to also raise money for the Leukaemia Foundation along the way, just as an additional way to celebrate. Well I was absolutely blown away by the support you, my fellow trotters, have given me, and also friends and family. I set out to hopefully raise \$1000 and was completely humbled by the support of everyone, as by the time the marathon came I had raised over \$5000.

Rain! Rain! Rain! I am so glad the end of the rain has finally arrived hopefully as I have never trained in so much rain....some of you, I don't think will ever forget that very wet and wild windy session at the Haven on a Thursday morning. I had so enjoyed the training runs in the bush for the Northface but I thought it was time to take it to the streets, as the marathon was on the road too. I think it is amazing how 32km in the bush doesn't seem that far, but when you put it on the road and run the same distance, say from Terrigal to the Entrance, it seems so much further.

The day of the race arrived and it was fitting that at the start of the race it was raining, as so much of our training had been done in the rain. It was great to know that there was also a few other trotters doing the run. I was incredibly nervous the week before the run and every little joint seemed to have a niggle, but I was reassured at track training on the Thursday morning before the race that this was so completely normal. I started to get messages of support and the thing that started to stand out was how many people said 'Enjoy it!' They

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were completely correct. I calmed down tremendously the night before the race and thought they are right.....why am I doing this run? It is because I love running... this is what I enjoy doing..... "think of it as a catered training run" and "smile a lot as this releases endorphins".... I loved all these comments and took them on board. I thought I am doing this as a celebration of the simple fact that I am here, and I can. I really wanted to do under 4 hours but at the end of the day, all I really wanted to do was to feel like I had done the best I could do within myself.



I did smile a lot on the day and it was so wonderful to feel a part of the Trotters family, and both encourage each other, and be encouraged by fellow Trotters and friends watching. It was such a wonderful feeling to hear....'Go Kelli' from people that are part of our TT family. Thanks Monica Nicol, Mark Lee, Dot Stockwell, Colin Price to name just a few. The encouragement is something that really lifts you throughout the run.

I am not sure if I will ever run another road marathon as it was tough on my body and I felt that it was thanks to the support, love and encouragement on the run, and prior to the run that so helped me get to the finish line. I am so proud of the way I chose to celebrate my 10 years, and decided to do a road marathon (most of you will understand but lots are amazed at the choice). I had my family at the end of the race, which was wonderful, I must say I was very cranky especially in the nervous week leading up to the race, but they were always so supportive and encouraging.

So many people have a story out there as to why they choose to run a marathon and mine was basically that I was diagnosed with cancer almost 10 years ago and now I am healthy, I wanted to celebrate the fact that, I have been given the opportunity to watch my 3 year old, Georgia, grow up (she is now 13) and also go on to have another daughter, Arabella, who is now 6. I simply wanted to celebrate the opportunity of being here with the people who are important to me and I think I did this. When you see the photo my daughter took when I was coming down the final chute I think you will agree as I felt as happy as I looked.



Yours in running, Kelli

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3pm on Saturday, 11 October 2014  
to 9am on Sunday, 12 October 2014  
Relay for Life Mingara  
Athletics Track  
Mingara Recreation Club  
Tumbi Umbi

Relay For Life is an overnight, community event where teams of 10-15 participate in a relay-style walk or run to raise funds for Cancer Council. The event brings the whole community together for a night of fun, entertainment, celebration and remembrance. Each Relay For Life event is organised by a local volunteer organising committee on behalf of Cancer Council.

**To join or donate to Team Terrigal Trotters google:**  
**Mingara 2014 Terrigal Trotters**

### **Ceremonies**

**Opening Ceremony: 3pm Saturday**  
**Survivors Walk 3:30pm (tbc): Saturday**  
**Candlelight Ceremony: Dusk Saturday**  
**Closing Ceremony: 9am Sunday**

**For more information contact**  
**Graham Davis (0413 456455)**  
**or Mike Gero (0411 45320)**  
**[www.terrigtrotters.com.au](http://www.terrigtrotters.com.au)**

## Flat Time Trial 27 September 2014

Place	Trotter #	Name	Time	AG Points
1	8568	Anthony Farrugia	0:34:43	818.5
2	918	Craig Rangott	0:35:06	797.7
3	832	Mark Lee	0:35:26	778.9
4	866	Andrew Land	0:35:51	751.7
5	660	Charlie Brooks	0:36:29	736.4
6	658	Mark Dunlop	0:37:57	754.1
7	253	Stuart Eddy	0:38:50	706.4
8	751	Al Cook	0:39:33	697.9
9	871	Melissa Robertson	0:39:53	763.9
10	911	Ezra Keebaugh	0:40:00	682.1
11	267	Wayne Daley	0:40:38	793.7
12	529	Graham Steele	0:40:44	730
13	909	Kirstin Ambler	0:41:38	757.4
14	915	Frank Hodgkinson	0:41:50	710.8
15	173	Mike Randell	0:42:11	784.7
16	665	Ian Temblett	0:42:22	730.5
17	886	Warwick Whitmore	0:43:03	623.7
18	854	Rochelle Jillet	0:43:22	699.8
19	544	Craig Gustard	0:43:27	663.6
20	860	Ross Markey	0:43:43	708
21	483	Graham Ridley	0:43:48	712.3
22	723	Matt Collins	0:44:00	616.7
23	571	Trent Playford	0:44:52	603.3
24	780	Troy Kastelan	0:44:57	646.6
25	8597	Arthur Sargeant	0:45:10	619.9
26	837	Melanie McDonald	0:45:10	690

27	813	Graham Laws	0:45:42	666.3
28	8595	Amanda Marchant	0:46:45	649.2
29	43	Kevin Dean	0:46:53	765.7
30	517	Dave Byrnes	0:47:05	728.1
31	799	Denise Maguire	0:47:42	661.1
32	804	Martin Ayres	0:47:50	697.9
33	505	Greg Brown	0:47:53	667.9
34	309	Thomas Stockwell	0:47:55	No DOB
35	759	Bruce Litterick	0:48:04	649.1
36	910	Daniel Pink	0:48:57	567.6
37	8596	Peter O'Malley	0:49:14	590.4
38	847	Sally Hunt	0:49:25	695.4
39	891	Gavin Fryer	0:49:39	603.6
40	8598	Ryan Lancer	0:49:49	574.4
41	556	Chris McInerney	0:49:52	681.5
42	791	James Wright	0:49:54	591.5
43	698	Tammy Shafer	0:50:07	643.8
44	8599	Andrew Smith	0:50:19	577.7
45	858	Jackie McRae	0:50:24	601.9
46	855	Scott McDonald	0:50:29	571.1
47	546	Sharon Byrnes	0:50:45	647.3
48	264	Sonia White	0:50:58	691.3
49	875	Peter Beaton	0:50:59	557.4
50	366	Wayne Evans	0:51:05	659.4
51	903	Jon Fogarty	0:51:06	670.9
52	677	Rod Northey	0:51:35	542.8
53	897	John Love	0:51:45	593.2
54	760	Joann Litterick	0:51:47	680.4
55	593	Steve Gray	0:51:55	666.5

56	474	Stephanie Stockwell	0:51:59	No DOB
57	266	Tara Warren	0:52:19	582.4
58	675	Simone Harvey	0:52:38	577.6
59	302	Dot Stockwell	0:52:54	692.2
60	352	Graham Davis	0:53:22	636.8
61	207	Greg Tegart	0:53:33	612.5
62	679	Karen Boyd-Skinner	0:53:50	599.4
63	17	Marg Aurisch	0:54:43	748.1
64	612	Bill Diebert	0:54:44	620.9
65	900	Wal Bembic	0:55:13	560.5
66	621	Yolande Walker	0:55:17	574.6
67	618	Monica Nicol	0:55:17	600.2
68	620	Allison Allen	0:55:18	583.5
69	248	Les Lowe	0:55:57	581.5
70	607	Jeff Dick	0:55:58	586.1
71	639	Deirdre Moran	0:55:59	576.4
72	827	Rod Tawyer	0:56:48	553.7
73	586	Donna White	0:56:57	550.5
74	555	Lisa Gidley-King	0:57:34	535.9
75	631	Wayne Doherty	1:04:16	506.2

## **What are AG POINTS?**

When race results are collected to be used in Terrigal Trotters Annual Running Competitions, the finishing times of all participants will be adjusted for age and gender.

Points are determined using the [World Masters Athletics Road Age Standards](#) which allocate points to performances based on the age and gender of the athlete.

This allows race results to be compared fairly.



Trotter #207, Greg Tegar,  
700 Runs



Trotter #694, Candy Hoddinott,  
200 Runs

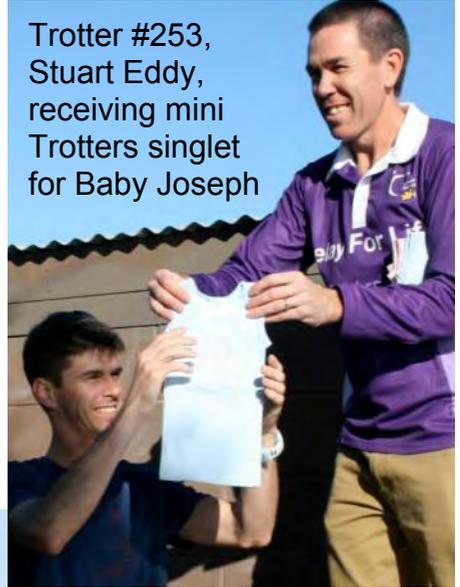
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## Congratulations

## Congratulations



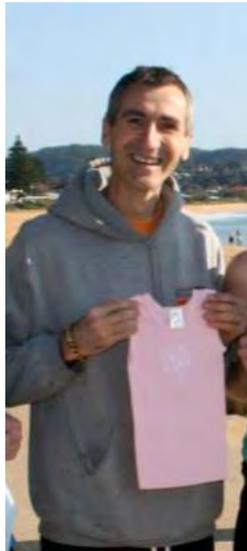
Trotter #352, Graham  
"Poppy" Davis, with mini  
Trotter singlets for  
Grandsons Will & Eddie



Trotter #253,  
Stuart Eddy,  
receiving mini  
Trotters singlet  
for Baby Joseph

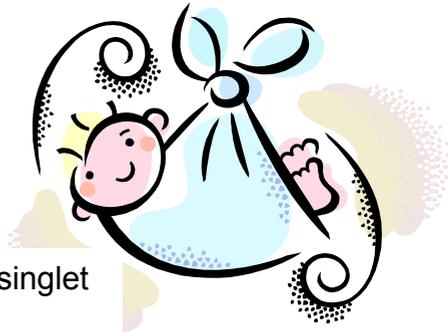


Jackie Mc Rae  
#858 (singlet for  
Baby Mikayla)



Ross Markey #860 (singlet  
for Baby Nina)

Congratulations also to  
Elissa Gribble #459 on  
the recent birth of Baby  
Miley Eve



# 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.

## Club Singlet - \$25

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



## Club Polo Shirt - \$30

Embroidered logo.

Ladies' and men's styles available.



## Club Cap - \$10



## Club Sun Visor - \$15



E-mail: [amcouchman@gmail.com](mailto:amcouchman@gmail.com)

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



## Mt Portal 16k 28 September 2014

### Provisional Results

Name	Time
Denise Maguire	1:41:24
Bruce Litterick	1:53:22
Joann Payne-Litterick	2:10:08
Judy Murray	2:38:36



## Sri Chinmoy Canberra 101 km Trail Run



Sri Chinmoy Canberra  
101 km Trail Run  
SOLO Male Under 50  
3<sup>RD</sup> PLACE



PI	Trotter #	Name	Cat PI	Time	Leg 1 23.7km	Leg 2 31.9km	Leg 3 22.5km	Leg 4 23.5km
26	573	Darren McClellan	3	10:39:27	2:15:21	3:05:00	2:31:34	2:47:32

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

[facebook](#) Terrigal Trotters 

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

 **TROTTERS** Email List

**Click on these icons on the Terrigal Trotters website homepage**

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# 6 @ 6

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

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

Thanks Margaret Beardslee

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



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

Suzy Woodbury #676