



RESULTS

RESULTS

RESULTS

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Edition 25

September 2015

First Female Trotter to complete GNW 100 Miles



Terrigal Trotters 2015/16 Office Bearers



President - Mark Dunlop

Vice President - Jenny Barker

Secretary - Dave Byrnes

Treasurer - Jeff Dick

Committee Members:

Judy Murray

Sharyn Smith

Lynn Bromwich

Oliver Warschkow

Deb Bloffwitch

Registrar - Kevin Andrews

Public Officer - Kevin Andrews

Clothing Officer - Adam Couchman

Results Tabulator - Ian Temblett

Webmaster - Dave Byrnes

Newsletter - Bionda Hiensch



Snapped on the Run

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

Joann Litterick #760 sent in these photos as her favourites



↑ Not just a group, but a community



They even wear our shirts in the villages of Fiji ↑



Yes, we call this fun



A couple of friends,

just clowning around on the trails

Club Person of the Month Nominations:

Bionda Hiensch: For the outstanding August Newsletter.

Mark Dunlop: For his Master of Ceremonies duties at the Trotter of the Year night.

Jenny Barker: For her help with the Trotter of the Year Night organisation.

Beverley Andrews: For her help with the Trotter of the Year Night organisation.

Oliver Warschkow: For tallying the Trotter of the Year voting.

Judy Murray: For tallying the Trotter of the Year voting.

Oliver Warschkow: For supporting the Sweaty Sisterhood team in the OXFAM Trailwalker.

Steve Gray: For supporting the Sweaty Sisterhood team in the OXFAM Trailwalker.

Bruce Litterick: For supporting the Sweaty Sisterhood team in the OXFAM Trailwalker.

Charlie Brooks: For looking after the August Time Trial

Special Mention:

Ray Hayward: For supporting the Sweaty Sisterhood team in the OXFAM Trailwalker.

Female Athlete of the Month Nominations:

Melanie McDonald: City to Surf, 9 Aug 15, 53:45, 1st F40+

Katy McCaig: City to Surf, 9 Aug 15, 58:34

Rochelle Jillet: City to Surf, 9 Aug 15, 1:02:45

Melissa Robertson: Glenbrook Marathon, 16 Aug 15, 3:34:36, 2nd F

Denise Maguire: Glenbrook Marathon, 16 Aug 15, 3:55:47, 3rd F

Judy Murray: Glenbrook 25km, 16 Aug 15, 3:33:45

Joann Litterick: OXFAM Trailwalker, 28 Aug 15, 24:41, 5th F Team

Detta Unsworth: OXFAM Trailwalker, 28 Aug 15, 24:41, 5th F Team

Denise Maguire: OXFAM Trailwalker, 28 Aug 15, 24:41, 5th F Team

Lisa Gidley-King: OXFAM Trailwalker, 28 Aug 15, 24:41, 5th F Team

Debbie Bloffwich: OXFAM Trailwalker, 28 Aug 15, 28:51

Lynn Bromwich: Brooks Hill 10km Time Trial, 29 Aug 15, 52:48

Kerry Hope: Coastal Classic, 5 Sep 15, 3:45:10

Judy Murray: Coastal Classic, 5 Sep 15, 5:30:14, 2nd F60+ Special Mention:

Jaye Bloffwich: OXFAM Trailwalker, 28 Aug 15, 28:51

Male Athlete of the Month Nominations:

Darren McClellan: Centennial Park Ultra, 2 Aug 15, 8:51:01, 4th

Ciaran Lynch: Dungog Half Marathon, 2 Aug 15, 1:52:18, 5th

Mark Warren: City to Surf, 9 Aug 15, 45:39

Wayne Daley: City to Surf, 9 Aug 15, 56:55

Dave Byrnes: City to Surf, 9 Aug 15, 1:00:04

Heiko Schaefer: City to Surf, 9 Aug 15, 1:12:28, 3rd M70-79

Ian Keene: City to Surf, 9 Aug 15, 1:36:57

Greg Brown: River Run 100km, 16 Aug 15, 11:39:22, 6th

Charlie Brooks: Wagga Trail Half Marathon, 16 Aug 15, 1:23:57

Gary Pickering: Fat Dog 120 Mile Trail Race, 14 Aug 15, 44:20:02

Dave Byrnes: Bilpin Bush Run, 22 Aug 15, 2:55:38, 1st M60+

Steve Gray: Bilpin Bush Run, 22 Aug 15, 3:43:18

Mark Warren: Sydney Half, 23 Aug 15, 1:12:31

Andrew Land: Sydney Half, 23 Aug 15, 1:14:56

Robert Scoines: Kuranda-Port Douglas Ultra, 23 Aug 15, 7:02:08, 5th

Anthony Farrugia: Noumea Marathon, 23 Aug 15, 2:41:37, 6th

Greg Brown: OXFAM Trailwalker, 28 Aug 15, 19:42

Mark Dunlop: Brooks Hill 10km Time Trial, 29 Aug 15, 39:11, 1st

Andrew Mildren: Lake Macquarie Half Marathon, 30 Aug 15, 30 Aug 15, 1:26:34

Wayne Daley: Lake Macquarie Half Marathon, 30 Aug 15, 30 Aug 15, 1:27:46

Nathanael Shergold: Lake Macquarie Half Marathon, 30 Aug 15, 30 Aug 15, 1:27:53

Junior Athlete of the Month Nominations:

Eric Ridley: 5km of Brooks Hill Time Trial, 29 Aug 15

Special Mention:

James Huggins: For competing the Captain Cook Run, 22 Aug 15

Club Person of the Month

Bionda Hiensch

For the outstanding August Newsletter

Female Athlete of the Month

Judy Murray

Glenbrook 25km, 16 Aug 15, 3:33:45

Coastal Classic, 5 Sep 15, 5:30:14, 2nd F60+

Male Athlete of the Month

Heiko Schaefer

City to Surf, 9 Aug 15, 1:12:28, 3rd M70-79

Junior Athlete of the Month

Eric Ridley

5km of Brooks Hill Time Trial, 29 Aug 15

TROTTERS TRAIL RUNS

Trail runs along the Great North Walk.

Girrakool to Patonga
(25KM)

Sunday, 18 October 2015

Photos: Girrakool to Patonga 2013



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

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



Photos: Girrakool to Patonga 2014

www.terrigoaltrotters.com.au

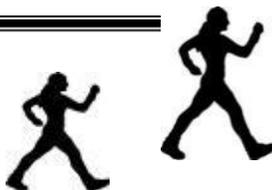
Coastal Classic 5 September 2015

Pos	Name	Time	Categ (Pos)	Gender (Pos)
56	Charles BROOKS	3:02:19	18-29 Senior (9)	Male (53)
120	Joseph ROLELLA	3:14:46	40-49 Vets (43)	Male (108)
126	Andrew MILDREN	3:16:31	40-49 Vets (47)	Male (113)
333	Kerry HOPE	3:45:10	40-49 Vets (26)	Female (68)
434	Ciaran LYNCH	3:56:43	40-49 Vets (139)	Male (342)
487	Deirdre MORAN	4:02:51	40-49 Vets (41)	Female (116)
794	Judy MURRAY	5:30:14	60+ G Master (2)	Female (288)



WALKER'S

CORNER



First Friday Walkers

October 2015 ~~First Friday~~ Sunday walk

As mentioned last month, we are planning to travel to Newcastle on the Sunday of the October long weekend (**October 4th**).

Please meet at Gosford station at 7:05AM, to catch the 7:17 train to Hamilton.

From Hamilton we will need to catch a bus into the centre of Newcastle where our walk begins.

We are planning to walk *The Bather's Way*, a 10 km scenic coastal walk (5 km out + 5 km return).

A map of this course can be downloaded from

www.visitnewcastle.com.au

Please bring a snack, lunch & water, & be prepared for whatever the weather will provide on the day!

e.g. Wet weather jacket, sun protection etc

We will hopefully find a café for a cuppa, remembering that it is a long weekend. We anticipate catching a return train from Hamilton by approximately 3.00 PM.

For any further information please contact Lynn at

lynnbromwich@outlook.com

www.terrignaltrotters.com.au



Nuuskie Classic 5 September 2015



Rank	Trotter No	Name	Nation	Category	Time	Speed
15	832	Mark Lee	AUS 	M	3:45:39	5:21 min/km

Hills Duathlon Series 2015 - Race 4 6th September 2015

Pos	Name	Time	Categ (Pos)	Gen (Pos)	Run	Cycle	Run 2
73	Heiko SCHAEFER	1:10:11	75+ (1)	M(56)	0:15:43	0:36:12	0:15:46

Foster Running Festival 13 September 2015

Half Marathon

Pos	Trotter #	Name	Net Time	Cat	Net Pos	Net Cat Pos	Net Gen Pos
1	944	Anthony FARRUGIA	1:13:14	M45 to 49	1	1	1

Let's outrun cancer Join the Midnight 5km FUN RUN



To register go to

<http://fundraising.cancer.org.au/goto/midnight5km>

11:00pm: gates open for registration

11:45pm: warm up by Element Training

Cost: \$20 includes a free Relay For Life T-shirt

Dress: Fancy as you can!

Prizes for male and female winners.

Each will each receive a pair of "On" shoes.
"On" shoes with cloud of rubber to cushion
your landing.

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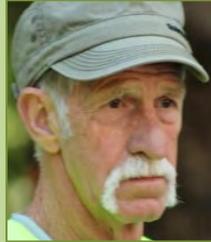
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GNW 100s The competitors





GNW 100s The Volunteers



THE 2015 GNW100s

By Race Director Dave Byrnes

The feedback to me, as Race Director, following this year's GNW100s has again been overwhelmingly positive. The runners love the course, the challenge, the organisation and the support they get from the volunteers.

The first warm weekend of spring probably explains the drop-out rate returning to the 40% which was the norm when the race was held in November, and the few records that were broken. Runners, most of whom had not been able to train in warm conditions, started to wilt by Congewai (52km) and there were more "casualties" at the following Checkpoints. Some runners ended up on drips, but none needed hospitalisation (so far as I know).

Despite these weather challenges, this was one of the smoothest years from a Race Director's point of view. Although I was busy picking up lost, injured or exhausted runners (and one sweeper), none was in serious trouble. The Checkpoint Captains and the many returning volunteers all know their jobs very well, and things generally seem to run themselves.

Each year, there are times in the month before the GNW100s when I regret taking it on, but come race weekend those regrets quickly fade. Seeing so many Trotters give up their weekends to support the sport and the Club they love and watching the super-human efforts of the competitors is very rewarding. In particular, I derive great pleasure from seeing our fellow Trotters step up and do well in this incredibly challenging event.

Maybe it's the fatigue kicking in, but it is hard not to get emotional watching the runners, Trotters or not, reach the finish at Patonga. Every year there are fantastic stories of perseverance rewarded, along with some terrible hard-luck stories, much like life. It is inspirational, and my other reward is knowing that most of those who failed this year will return to have another go, and that some of the volunteers will already be thinking about lining up at next year's start.

I would like to thank all of those who contributed to the success of this year's event, and hope that you can all muster the energy to return in 2016. Dave Byrnes



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THE 2015 GNW100s BY NUMBERS

225	Number of entries accepted by 30 June 2015.
163	Number of entrants who actually started in 2015.
58	Percentage of males who finished in 2015.
65	Percentage of females who finished in 2015.
16	Percentage of starters in 2015 that were female
23	Highest percentage of females in the GNW100s field (2008)
0	Number of leg records set in 2015.
3	Number of age category records set in 2015 (all in the male divisions of the 100 Kilometres)
16	Number of Trotters who started in the 2015.
45	Number of Trotters who have started a GNW100s event.
7	Most number of starts by a Trotter (Greg Brown).
571	Number of individuals who have started in a GNW100s event.
35	Lowest percentage of starters finishing the GNW100s (2013)
76	Highest percentage of starters finishing the GNW100s (2014)
60	Percentage of 2015 GNW100s starters who had also started in previous years.
11	Number of years the GNW100s has been running.
11	Number of starts made by Andy Hewat (10 finishes) and Bill Thompson (5 finishes)
10	Number of consecutive 100 Mile finishes by Phil "Spud" Murphy.

GNW 100s – 12/13 September 2015

100 Mile

Pos	Trotter #	Name	Net Time	Cat	Net Cat Pos	Net Gen Pos
4	130	Kevin BYRNE	24:45	M40 to 49	2	4
5	785	Mark HOPE	25:06	M40 to 49	3	5
20	410	Robert SCOINES	28:37	M50 to 59	1	18
25	573	Darren McCLELLAN	29:25	M40 to 49	25	22
44	505	Greg BROWN	34:54	M50 to 59	7	39
49	683	Cathy DONNET	35:31	F50 to 59	2	7
	871	Melissa ROBERTSON	DNF			
	751	Alistair COOKE	DNF			
	544	Craig GUSTARD	DNF			
	730	Levi MARTIN	DNF			

100 KM

Pos	Trotter #	Name	Net Time	Categ (Pos)	Net Cat Pos	Net Gen Pos
22	302	Dotti STOCKWELL	17:02	F50 to 59	1	5
31	654	James MORAN	18:29	M40 to 49	10	24
34	759	Bruce LITTERICK	19:08	M50 to 59	8	27
	799	Denise MCGUIRE	DNF			
	483	Graham RIDLEY	DNF			



Thanks to Dave Byrnes, Graham Harrington, Ray Hayward and many Trotters who posted photos for the wonderful photos.



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GNW “The Journey”

By Mark Hope #785

This isn't a race report, just an overall insight into why the GNW is my favourite running event.

For the past 4 years I have looked forward to this event.

In 2012, I helped out on checkpoint 6 and for the past 3 years I have been a competitor.



Approx 7 years ago I signed up for the Bay to Bay with no training. I vomited on Brian McGowan Bridge and almost didn't make it to the 12km finish. From that point forward I decided I wanted to improve my fitness and have a go at some running.

Bruce Renwick helped me out and introduced me to Terrigal Trotters, thanks Bruce. After doing the run from Terrigal car park 10 times and paying the \$2 entry I received a Trotters number. I told my wife Kerry that if I do this 200 times I get a jacket. She wasn't impressed and thought I had joined a bikie gang.



After helping out on checkpoint 6 a few years back I couldn't wait for the next year to give it a crack. So for the past 3 years I have participated. I think this event pushes people to their limits. For me, the inspiration is seeing both ends of the field. Seeing athletes such as Brendan Davies and Clarke McClymont set new course records and also watching people finish their first 100km or creep in under 36hrs at Patonga.

Out there on the course it is positive to hear competitors praising Dave Byrnes and the volunteers on the course. The Terrigal Trotters should be extremely proud for the organisation of this event and the way it has grown over the years.

Events such as Bay to Bay / Round the Bay / GNW / Relay for Life help define what makes Trotters a great club to be a part of. So thank you to everyone who helped out on the GNW and to Dave B, this is a cracking event.

www.terrigoaltrotters.com.au

This year I improved my time on the GNW and had a great experience, although every time I have entered this run it has been a great journey getting to the end. Sometimes the checkpoints are so good you spend a great deal of time at them, like on the floor in the heat at Congewai or on the floor in the cold at Somersby. Thanks for the encouragement at checkpoints.

It was such a great moment this year running on the rocks on the way to Patonga seeing the sunrise, something that a picture couldn't do justice (wow the serenity). It was great to see a lot of other Trotters running in this event, congrats to everyone for reaching the start line.

Just a quick thank you to my crew of Charlie and pacers Stu and Kerry, you guys were awesome. Thanks for giving up your time to help me in this event. I hope I can repay the favour one day. Sorry for some of my demands at checkpoints, such as asking for "sparkling water" at the Basin, perhaps I need to toughen up for next year.

Cheers Mark



Gels by the box

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GNW 100 miles

By Cathy Donnet #683

It's Friday 11th September, the night before the GNW100 miler. I'm feeling excited and a little bit nervous; I've been training hard for this for the last year. Everything is packed and ready to go, my support crew is all here and organized so I go off to bed hoping to get some sleep. I lie in bed and close my eyes, but something doesn't feel right, every time I close my eyes I start spinning, feeling like I'm falling. Am I just nervous? What's going on? I tell my husband I think something is wrong, but like me he is unsure of what to do. Alarm goes off and I still haven't slept, but my body feels relaxed – this is strange. Oh well I'm just going to have to see what happens.

I feel a bit like I'm in a dream as the race starts, trying to feel excited as I see all my family there enthusiastically waving to me. We head off nice and slowly and I don't feel too bad! Good I think, maybe I'm going to be ok.

First decent hill and I feel my head start to spin again; I have to stop and bend down as I feel like I'm going to faint. Dotti and Al are with me but confused as to why I am struggling. I've always been so strong on the hills...that's my thing. I try to push on but realize every time I try and push, I see stars. Ok, I decide, I'm just going to have to pull it back and take the hills slowly if I'm going to have a chance of getting to the end. So I forget about any times and just go with how my body feels (which isn't that great). I'm just coming in to CP1 and Graham Ridley comes up behind me, asking if I'm ok. He gives me some words of encouragement and I jog slowly into CP1 with him. I am greeted by a very enthusiastic support crew who are wonderful, but I can see on their faces that they are worried about me. Tailwind refilled and some sunscreen on and I am out of the checkpoint. The next stretch doesn't have so many hills so hopefully this will give me a chance to come good. Still not feeling great but definitely better than when I started. I keep a fairly slow, constant pace through to CP2 catching up with Al at the road as he is having some issues as well.

Arrive at CP2 and family all agree I am looking much better. So with instructions to drink heaps and take it easy, I head out of CP2. Dotti is just heading out too so that makes me feel better, but I know I still have to take it easy as the hills in front of me are enormous. Half way up the first hill I start to get a bit of cramping in my left calf (something I have never experienced before) I have no salt tablets but a very nice guy coming up behind me has a bag of salt in case of leeches and offers me some. I continue on, slowly but surely one step at a time. As long as I was moving forward I was going to make it. I was slower on the hills but could still run the flats and downs. It starts getting dark as I come up to Pig and Sow road so I stop and get out my head torch. I know when I get to the road, that it is pretty much easy going after that until the basin. Feeling more positive now, as it has cooled down a little and those big hills are out of the way. I start running again but now I am feeling pain in my left knee, it hurts along the flat and ups but is becoming excruciating on any downs. I try to ignore it and push on, only 2.7km to the basin...feeling a bit excited and looking forward to seeing my support crew. I arrive at the basin in high spirits and everyone is amazed at the difference between now and CP1. I sit down while they replenish my tailwind and decide that I am not going to change clothes as it is quite a warm night and everything feels ok. Feet still feeling fantastic but I am a little concerned about my left knee. So another quick stop and I get up to head out, but I can barely put my foot to the ground....the pain in my left knee has become worse with stopping. I limp out of the checkpoint and continue to limp for about 15 minutes until it finally starts to loosen a little, still hurting but bearable.



Note to self - don't sit down again until the end of the race. I push on up the hill and am joined by a guy from Adelaide who doesn't really know the track, he happily sits in beside me and we run together. I give him a run down on what is up ahead to get to Cedar Brush and tell him to go on as I am quite slow, due to my knee. He seems to be happy to stay with me though and it is nice having some company. We run together until just before Cedar Brush and then he says his goodbyes and heads off. Ok 12km to Yarramalong and then I start again on the 100miler stretch.

I imagined coming in to Yarramalong and starting my 75k run to Patonga. I knew the family and Pete Hood would be there waiting and that made me push on, running when I could and walking when I had to. These last few kms in to Yarramalong seem to take forever. I arrive feeling ok but worried about my knee as it seems to be getting worse. I decline all chairs and tell my support crew that I just want to keep moving.

Someone suggests a doctor has a look at it and so I cave and agree, but unfortunately he wants me to sit down. I think maybe he will work a miracle so I agree. He gives me the bad news....your knee is quite swollen, it's your ITB and it's only going to get worse. If you only had a few hours to go we could give you an injection but that's not an option if you are going on for another 17 hours (goodness another 17hrs?!) The only thing you can do is take anti-inflammatories and Panadol. I just want to get moving now so I thank him and assure him I am going to push on.



Again it takes me a while to get moving as my knee has stiffened up again, but feeling good that I have company with me now and I know that there is quite a bit of uphill so that will be easier. I reach Cherry Tree Lane and am able to jog along there, which is really good. As the night goes on and we have to do more steep descents down to the creeks, my knee becomes excruciating and I am going so slowly. All of a sudden it hits me that I might not make it! This has never been an option for me and it doesn't feel good to be thinking that way, but I'm now worried that I am going to be chasing cut offs. I voice my thoughts to Pete and tell him that unfortunately I am going to have to pull out...I know the next checkpoint is majority downhill and that is what causes me the most problems. Pete informs me that I have about 16kms before I can pull out! It is very tempting to sit down at this point and cry! But I wasn't going to do that, so I push on, one step at a time. Finally we come out near hidden valley, my leg has warmed up again from the hills and Pete has convinced me that I can keep going (for which I will be ever grateful to him!). We push on slowly but surely to Somersby where Jo Smith my next pacer is waiting eagerly for me. Again I refuse to sit and just want to keep moving.

If only I can get through this next check point I will be at Mooney Mooney and my son Cameron will be waiting there to take me home, the last leg to Patonga. I am still so slow though and worried that I won't make the cut offs. I just can't waste any time and have to keep moving forward. My leg is so painful and starting to make me feel a bit sick but I am too close to pull out now. I fall twice on this leg, hitting my head on an overhanging branch and falling flat on my back in a creek at one point. Can't believe I didn't break anything! I do have bumps and bruises and cuts all over me to show for it though. Finally I come in to Mooney, Mooney and I'm feeling exhausted but great and just keen to keep moving....no thanks I do NOT want to sit down!!

So off we go, I've always loved this part of the run....but oh dear god, I don't remember it being so steep and now it's bloody hot again. I have been told by the medics not to drink too much as I am holding a bit of fluid so have to be careful, but Cam keeps pouring water over my head to try and cool me down. There are many times on this last leg where I doubt I am going to make it...I am in so much pain and feeling so exhausted, but Cameron won't let me give in and keeps reminding me what a strong person I am and that he isn't going to let me come this far and not finish the bloody thing!! So we keep going, one step at a time (something my Dad had always talked to me about when he was a prisoner of war in Hell Fire Pass, and how there were many times when he could have given up, but he just kept going one step at a time, not looking too far ahead). I think I am numb by the time I reach the top of Patonga Hill and when I see the beach I can't believe I am actually going to make it. I am a bit worried though as I have not been able to run (a fast march was all I was managing) and I can hear Dave Fogg in my head, saying 'Everyone runs the beach Cathy'. How the hell am I going to do that?



I arrive at the base with cheers from my beautiful family and friends and Judy Murray cheering me on saying 'Let's go Cathy you are going to be the first female trotter to complete the 100 miler'. So I dig deep again - after watching some video footage, I wouldn't really call it a run, but in my head I was running up that beach to the finish!! I made it!!!

Thank you so much to all the Trotters for their support along the way at all the checkpoints, to Dave Byrnes for putting on such an amazing race and to my wonderful friends and family.

To Graeme for all your support, driving us out to the track for training runs and all those hours you spent massaging my legs. Laura for your amazing support both on the day and leading up to the event, it meant so much to me. Cam, my amazing pacer, you know I wouldn't have completed it without you, it was such a thrill to be able to finish the race with you by my side. Matt for your continued support and encouragement and for those strong arms that carried me to the car at the end! Rachel, the most incredible support leading up to the event, getting up at all hours of the morning and taking us out to the track and for being there with me every step of the way. To Scotty for being my little helper and cheer squad throughout the journey...you were wonderful!

To my sister Pam and brother David for flying up from Victoria to support me, I know it wasn't quite what you expected but what an amazing weekend was had by all. Thank you so much!

To Dotti Stockwell, my training buddy throughout the year, we had some marvellous times, lot of laughs, some highs and some lows, but we both came through it and completed our races. Fantastic effort.

To Dave Fogg who is the most incredible person, with support, encouragement, statistics and such good company on our training runs. I think he trained more on the track than most people and he didn't even do it this year! Can't thank you enough!

To all my friends who waited around at Patonga (for hours) for me to finish...I really appreciated it.

And last but not least to my other two pacers Peter Hood and Jo Smith.... you were truly awesome.... I couldn't have done it without you!!



GNW

By Al Cooke #751

This was to be my first attempt at running in the GNW events as a competitor.

After volunteering the last few years as a helper and pacer I thought it was about time I gave it a crack and entered myself into the event.

My preparation up to 6 weeks before the event was excellent and included plenty of training on the course and lots of Trotter's runs. You may have seen me training with my 20 kilo weight vest on during trotters. This was my secret weapon to build up the strength in my legs and overall fitness. Unfortunately with just 5 weeks until race day I developed a foot injury that prevented me from running. I missed out on a few

crucial training runs and had to lay off any running in the hope my foot healed before the weekend of the race. My injury did appear to resolve itself with 2 weeks to go before the event so after a last minute training cram session I was ready to line up at the start on race day. My strategy was to pace myself with Dot and Cathy as I was looking at completing the first 100ks in around 17 hours. The plan was to take my time and hopefully get to the 100k mark at Yarramalong and hopefully be in a state that I could continue on from there.

The day of the event finally came with a 3 am wakeup call and the drive to Teralba for check in. It was good to see so many trotters helping out at the sign on so early in the morning and really made for a positive start to the day. For the first time runners were allowed to start from middle of the sports oval which made for a great change to the start of the race.



The first leg of the race went fairly quickly although this is an extremely tough section which includes the beautiful jungle and a very steep climb up to the coms tower. I was still feeling great at this stage but I was still glad to come into the checkpoint. After leaving checkpoint 1 there are some beautiful fire trails that follow the ridgeline with a breathtaking view down in the valley. Finally there is a steep decent down finishing up on a dusty dirt road 6ks from Congewai public school. The dirt road seemed to take forever and this was now the middle of the day with the temperature nudging 30 degrees. It felt great to finally run into the checkpoint 2 at Congewai School. There was an army of Trotters there manning the checkpoint and they all really made me feel like they were all there to support me as ran into the school.

After a quick 15 minute break at Congewai it was back out onto the dusty road to start one of the hardest legs of the run. The sun was still high in the sky and temperatures were still hovering around 29 degrees. I had underestimated the amount of water to take on this leg and soon the 2 litres in my camel back was gone and I managed to take a drink from one of the streams I passed on the way to get me through. Around 10ks out from the basin one of the muscles in my right ankle started to really cause me

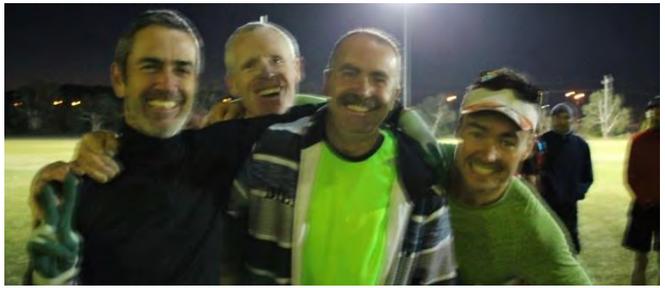
grief as well as the muscles on the outside of my knees. At first it was painful to run so I walked but with around 5 k's to go into the checkpoint it was becoming excruciating to even walk. It was now pitch black and I hobbled into the Basin which felt like it took forever to reach. Due to the pain in my ankle and knees I decided to I had no other option than to drop out at this point. As disappointed as I was I was let down by my body this time.



After attempting this race for the first time I now have the upmost respect for any athlete that even makes it to the start line to attempt this race and a great admiration for any competitor that actually completes this event. I will be back to give it another try next year and again I look forward to all the training runs out on the course again.

GNW 100k

By Bruce Litterick #759



This is a difficult run to report on. One could easily spend a lot of time talking about oneself. This event is far more than that. It's about the volunteers, the support crews and of course the runners. It's a great team effort that creates these great results. Those runners who attended the pre-race dinner had the opportunity to mingle with other runners and help settle some nerves for the big day. As usual Dave Byrnes also provided some wisdom and encouragement.

Race Morning comes at Teralba. There was a buzz and a sense of excitement as the race grew near. Two very good friends were also running Bec Cook and Seivland Poh who both stepped up to do the miler. Little did I know how important their friendship would be.



The run to checkpoint one went well and my time was within a minute of last year. It was an unseasonably warm day and the effect of this was being felt.

Soon after leaving for Congewai I was feeling flat and all climbs were hard. The cramping in my quads was causing concern. Just as I finished the downhill to go onto Congewai Rd Billy Bridle came running past me with no shirt on. I had decided not to run the road due to the heat. As I approached CP2 I was struggling. Help came in the form of Kirrily Dear who stopped and encouraged me to jog to the checkpoint.

I thought I was done but, my wife, Jo wouldn't have anything to do with that. It was here that Bec and Sevi selflessly put their own race plans aside and told me I was going to finish and that they would stay with me.

When we arrived at the base of the telecommunications tower climb I told the girls to go ahead as I needed a pit stop. I was lying. I was really trying to phone Dave to be picked. Damn phone wouldn't work. So I had no choice but to start the climb.

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All of a sudden I thought my luck had changed. We came across three runners, one of which was injured, who were ringing for help. This was my chance to get out. The girls would have nothing of this and literally pulled me by the arm saying that I was going to finish.

Eventually we came to the end of the climb and I got my mojo back we powered to the Basin picking up a severely depleted Graham Ridley at Watagan Creek Rd.



After a change of clothes and a feed, Bec, Sevi and I were on our way. We finally made it to Cedar brush Road. The Three of us decided to Power walk the whole way with some running guide post to guide post. It was cold and quiet and not one vehicle came past in either direction.

We were running and I heard a truck behind me. I didn't look but I was hoping it was someone we knew with some encouragement. Sure enough Lovey and Ciaran had pulled up alongside us. It felt so good to see

them. "Three k to go", they said. We ran the rest with the adrenalin flowing. Bec and I ran the last hill to the finish line. I remember turning to Bec and saying this hill is hurting. We crossed the line together greeted by Jo and all the crew. It was really special to finish with Bec and Sevi. They sacrificed their time for me.

I ran a PB. Bec had also run a PB but could not continue on. As for Sevi... what a run, she carried on to finish the 100 miler. The motivation is now in place for Bec and I to do the miler in 2016.



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



The NSW Govt recently set up a facility so volunteers within an organisation can register under the Working with Children Rulings for free.

Terrigal Trotters have registered as an organisation and as a committee we are

keen for as many members of Terrigal Trotters to do this as soon as possible, especially if they volunteer over 5 times in a year or for events where children are around (Xmas party, 6@6, Bay to Bay etc.)

It is quick and easy to do, the most time consuming part is going to the RMS to get your identity checked. The check lasts for 5 years from date of issue.

STEP 1: Fill in an online application form

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

Please make sure the details you provide are EXACTLY THE SAME as the details on your identity documents.

N.B. in the section called 'Purpose for Check' tick '**Volunteer**'
Child-related Sector is '**Clubs or other bodies providing services to children**'

Ensure you choose to enter yourself as a volunteer worker!

Once you have submitted the form, you will receive an application number that looks like this: APP1234567.



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STEP 2: Present proof of your identity

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

You will need both your application number and proof of your identity (e.g. a NSW driver's licence). You must have both of these items for your application to proceed.

STEP 3: Receiving your results

You will receive your outcome and Working with Children Check number by email or post if you do not have an email address.

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

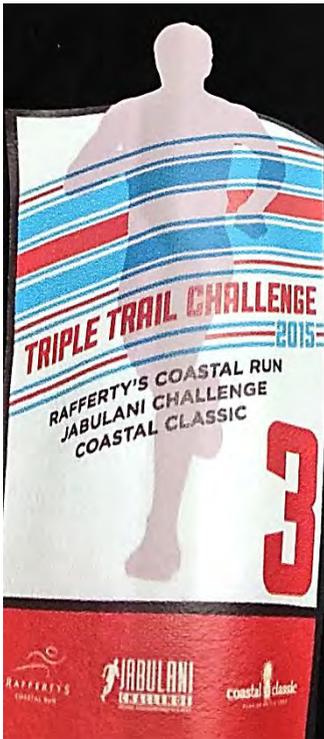


**PLEASE DO IT AS SOON AS POSSIBLE
IT'S EASY**

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



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“The Triple Challenge”

By Judy Murray #722

I've wanted to do Coastal Classic run for a few years and did register a few years ago but had to let my entry go due to recovering from a torn calf muscle. I have found a love for trails and entered all 3 of Maximum Adventures, “The Triple Challenge”.

- **Jabalani at Mt Kur ring gai**
- **Rafferty’s at Caves Beach**
- **Coastal Classic at Royal National Park**

On completion of ‘The Triple Challenge’ and crossing the finish line in Coastal Classic I received a fabulous Therma Tech Jacket.

I found the first run, Jabalani, the toughest as I was not organised with enough nutrition or hydration for the run, but have learnt a lot since that first one of ‘The Triple Challenge’. I now know that Maximum events are tough and that I must be very organised with preparation and what I carry.

The new run at Rafferty’s had spectacular views and loads of mud of various depths!!



The 'Coastal Classic' was the longest run in the series for me. That last deep sandy fire trail!! Who put that there!! I had missed that section on my recon of the event, but I certainly know it now. This run has the most spectacular views of any trail run I have done and an incredible variation in terrain and trails. It includes scrambling up rocky sections with steps washed away, narrow and wide trails, wire sections, grass, rock platforms, creeks and plenty of beach running. My great support Ray was at every check point he could get access to and gave me great encouragement.



This run actually had my age category "Grand Masters" (60+). The previous 2 runs in 'The Triple Challenge' did not have my age category, and I did make the organisers aware of that. I was absolutely over the moon when I realized I came in 2nd in my age category. I missed the presentation by about 10 minutes, damn, damn, damn. I was still running. I would have loved to have stood on the podium. I found out later that day about my place and they mailed my prize out to me. It's a great "Therma Tech Technical Packaway Running Jacket"

I'll be back next year, my goal will be to arrive before the presentations.

6@6

Name	2-Sep-15		9-Sep-15		16-Sep-15		23-Sep-15	
	Time	Laps	Time	Laps	Time	Laps	Time	Laps
Kevin Byrne	23.05	5						
Mark Hope	23.13	5						
Stuart Eddy	23.57	5			23.23	5	23.05	5
Charlie Brooks	25.08	5						
Wayne Daley	26.33	5	24.38	5				
Daniel Hope	27.12	5	26.59	5				
Steven Guest	27.35	5						
Kerry Hope	27.55	5						
Adrian Smith	28.11	5	28.4	5	27.48	5	28.05	5
Ian Morgan	29.18	5			29.34	5	28.34	5
Colin Bullard	32.53	5	33.03	5				
Mathew Squires	34.20	5						
Sabine Byrne	26.58	4						
Fei Hu	34.20	4	31.16	4				
Matthew Collins			23.21	5	22.36	5		
Graham Harrington			24.42	5	28.44	5		
Trevor Brooks			24.43	5				
Tim Healey			26.02	5	25.53	5		
Bernie Pannell			31.21	5			30.24	5
Nakeisha Hempstead			28.01	4	27.38	4	28.49	4
Wal Bembic					30.48	5		
Detta O'Dwyer							32.00	4
Hayley							32.00	4
Lydia McKay							17.51	3
Sybella McKay							17.51	3
Charlene Eddy							19	3

Hot Laps 800m

Name	2-Sep-15		9-Sep-15		16-Sep-15		23-Sep-15	
	Time	Laps	Time	Laps	Time	Laps	Time	Laps
Ronan Hope	PB7.58	2	16.36	5				
Killian Byrne	9.29	2	4.3	1	14.44	3		
Samuel Eddy	10.4	2					4.35	1
Tristan Byrne			11.40	3	11.32	3		
Nakeisha Hempstead				1				
Isaac Eddy					10.31	2	4.34	1

If you would like to fit in some midweek training the
6@6 is held on

**Wednesday evening at 6pm
and
only 50 cents 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.

Trotters, non-Trotters and children welcome

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Blackmores Running Festival

20 September 2015

Marathon

Net Pos	Trotter #	Name	Net Time	Net Cat Pos	Net Gen Pos	AG Points
2031	938	Jean TIRAN	4:22:35	322	1540	476
2751	617	Fiona BLAKEWAY	4:57:35	113	776	No DOB
1779	169	Margaret BEARDSLEE	4:10:14	Unofficial Result		

Half Marathon

Net Pos	Trotter #	Name	Net Time	Net Cat Pos	Net Gen Pos	AG Points
15	536	Mark WARREN	1:13:40	2	13	807
369	576	Steve GUEST	1:33:00	7	315	738
1728	502	Heiko, SCHAEFER	1:47:10	1	1309	819
2359	675	Simone HARVEY	1:51:34	136	660	593
3578	946	Kristy HRMON	1:59:29	238	1269	566
3743	562	Melanie BOURSNEILL	2:00:36	128	1361	565
5059	862	Adam COUCHMAN	2:10:25	524	2902	466

**Send your results to the
 Results Guru at
terrivalresultsguru@gmail.com**



TERRIGAL TROTTERS HALLOWEEN RUN Sat 31st Oct 6.00AM DRESS TO SCARE

We are moving the 10k time trial to Sat 24th Oct



Trotters Flat Time Trial

26 September 2015

Pos	Trotter #	Name	Net Time	AG Points
1	536	Mark WARREN	0: 31: 10	Unofficial
2	646	Matt BAKER	0: 31: 23	Unofficial
3	918	Craig RANGOTT	0: 34: 34	816
4	660	Charlie BROOKS	0: 37: 00	726
5	658	Mark DUNLOP	0: 39: 11	736
6	665	Ian TEMBLETT	0: 40: 28	771
7	485	Kane HENNESSY	0: 40: 50	659
8	860	Ross MARKEY	0: 41: 22	754
9	638	Joe ROLELLA	0: 41: 39	698
10	253	Stuart EDDY	0: 42: 06	656
11	734	Michael MILES	0: 42: 14	715
12	267	Wayne DALEY	0: 42: 19	769
13	517	Dave BYRNES	0: 42: 20	817
14	576	Steve GUEST	0: 42: 27	741
15	854	Rochelle JILLET	0: 43: 43	695
16	8645	James HUGGINS	0: 44: 35	650
17	529	Graham HARRINGTON	0: 44: 41	671
18	875	Peter BEATON	0: 44: 56	637
19	459	Elissa GRIBBLE	0: 44: 59	679
20	571	Trent PLAYFORD	0: 44: 20	599
21	915	Frank HODGKINSON	0: 45: 27	659
22	908	Matt ROBERTSON	0: 45: 47	591
23	780	Troy KASTELAN	0: 45: 51	639
24	671	Skye SADLER	0: 46: 17	656
25	677	Rod NORTHEY	0: 46: 49	602
26	607	Jeff DICK	0: 47: 05	703
27	8	Steve HUGHES	0: 47: 24	723

28	799	Denise MAGUIRE	0: 48: 21	657
29	8632	Gary HEMPSTEAD	0: 48: 42	606
30	910	Daniel PINK	0: 48: 45	574
31	759	Bruce LITTERICK	0: 48: 48	644
32	258	Adrian SMITH	0: 49: 23	622
33	810	Lindsey SCHULTZ	0: 49: 53	561
34	352	Graham DAVIS	0: 50: 11	683
35	698	Tammy SHAFER	0: 51: 24	633
36	248	Les LOWE	0: 51: 24	638
37	850	Kevin MYERS	0: 51: 54	560
38	107	Lynn BROMWICH	0: 52: 29	736
39	593	Steven GRAY	0: 53: 15	656
40	8619	Krystie HARRIS	0: 53: 20	574
41	8573	Ian WINN	0: 53: 38	568
42	760	Joanne LITTERICK	0: 53: 46	664
43	862	Adam COUCHMAN	0: 55: 04	508
44	736	Jenny BARKER	0: 55: 05	596
45	8648	Rebecca FRANKEL	0: 55: 35	610
46	903	Jon FOGARTY	0: 56: 24	613
47	17	Margaret AURISCH	0: 56: 28	736
48	486	Jo RIDLEY	0: 56: 30	624
49	8654	Alicia BYRNES	0: 58: 56	515
50	827	Rod TAWYER	0: 59: 45	531
51	641	Jon STEVENS	1: 00: 03	618
52	631	Wayne DOHERTY	1: 00: 36	541
53	207	Greg TEGART	1: 11: 12	465
54	481	Tony COLLINS	1: 11: 13	504

NOTE:

The October Hilly Time Trial will be on 24 October 2015 to allow for the Halloween run to be run on 31 October 2015.

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September 2015 Milestones



#20 Brian Dawson
1200 runs



107 Lynn Bromwich
1100 runs



#705 Peter Hood
200 runs



Sri Chinmoy 102km 27 September 2015

Solo Male under
50

Place	Trotter No	Name	Time	Cat Place
40	573	Darren McClellan	11:18:57	5

Solo Male 50-59

Place	Trotter No	Name	Time	Cat Place
98	505	Greg Brown	15:46:50	3



Mt Portal 27 September 2015

17.5km

Place	Male	Female	Gun Time	Sex	First Name	Last Name
17	15		1:30:13	Male	GRAHAM	HARRINGTON
38		4	1:37:19	Female	DENISE	MAGUIRE
46	37		1:41:53	Male	CIARAN	LYNCH
62	49		1:45:35	Male	BRUCE	LITTERICK
90		24	2:02:47	Female	JOANN	LITTERICK



Terrigal Trotters Terrific Two-Person Tag-Team Time Trial

When: 14 November, 2015

What: Flat Time Trial 10km Course

How: Individuals register entering their name.



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

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

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

The fastest with the slowest, the second fastest with second slowest and so on. The intent is to even the playing field amongst teams, although it won't be exact.

Teams will be advertised via the Trotters Email list and Facebook Page in the week prior to the race.

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.



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

The winning team is the first one over the line!

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

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 2 – (8km) be on Wairakei Road just before the corner of Ocean View Drive.

Changeover point 1 - (3km) will be on Ocean View Drive just past Old Gosford Road.

Changeover Points will be marked with witches hats.

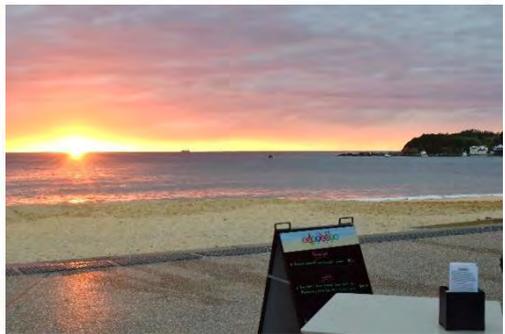
All "Runner B" people need to make their own way to the changeover point in plenty of time for their leg of the race. It is up to you how you make it there and back.

SURFcafé

A huge thank you goes to the Surf Café for providing prizes to the nominees at the recent Trotter of the Year night.



With great service, beautiful coffee, truly scrumptious food and a fantastic view of the sunrise, why go anywhere else.



Of course on days when the sun doesn't shine, you may have to make your own sunrise. 😊

Open daily from 6am to 3pm

www.terrigoaltrotters.com.au