

August 2017 Girraween athletes versatility to the fore once again!



Robert (Bob) Sewell (1938-2017) RIP

In early August, Girraween Athletics Club lost one of its most respected figures with the passing of Bob Sewell at the age of 79. Bob's influence on the club from the beginning in 1978 through to the early 2000's cannot be understated. To give you a flavour of his contribution to the club over this period, I have listed below his roles within Girraween Athletics Club, courtesy of Steve Williams, which appeared in the 2008 Girraween Athletics Club Annual Report.

Member for 25 years	1978-2003
President for 14 years	1988-1997 & 1998-2003
Coach for 20 years	1982-1997 & 1996-2003
Registrar for 5 years	1980-1985
Publicity Officer for 22 years	1980-1985 & 1986-2003
Winter Comp Officer for 14 years	1987-2001
Canteen Manager for 5 years	1991-1993, 1996-1997 & 2002
Granted Life Membership	1988

As one can see Bob held many of these roles concurrently, something that would just not be possible today. During two seasons at the end 1980's when the club almost folded, Bob, along with Viv Manwaring and the committee at that time, was crucial in working hard to ensure the club's survival when numbers had plummeted. There is a well-known anecdote that Bob was believed to have attempted to register his dog as a member to ensure that Girraween Athletics Club at this time reached the target of twenty members set by NSWAAA to ensure the club's viability.

Regardless of the factual veracity of this story it is a true illustration of the lengths that Bob would go to for Girraween Athletics Club. Over twenty present and past Girraween members and friends attended Bob's funeral service and celebration of his life in early August and the stories swapped and tales told always brought a smile to our faces. It seemed that everyone had a 'Bob' story, a tribute to him on so many levels. His contribution to Girraween Athletics Club will always be remembered.

Girraween's Brad Milosevic made his Australian debut in the Marathon at the IAAF World Championships held in London at the beginning of August. Brad finished 60th in this event on a challenging course and in warm humid conditions. Despite his struggles, Brad battled on game-fully and made it through to the end showing a lot of fortitude. Interestingly, there were a higher number of DNF's, twenty-seven, in this marathon than in the previous World Championships Marathon at Beijing in 2015, an illustration of how tough these conditions were. Starting a marathon at 11.00am on a summer morning contributes towards the challenges facing all athletes. Brad also had his Mum and Dad, Judy and George, cousin Carly, coach Ken Green and Girraween's Nick Hanna who was visiting family at the time in the UK present, when he represented Australia for the first time. This was wonderful for Brad to have such great support. Without a doubt Brad will have gained a lot out of this race and all at Girraween Athletics Club wish him all the best with his recovery over the ensuing months and with his future plans.

While winter is traditionally the domain of our long distance and cross-country runners there are still other competitions held for our field athletes. In early August, Teagan Neich, Brendon Neich and Raminder Singh competed at the NSW Throwers Club ANSW Permit meet at Greystanes. They showed everyone that even though it was in the heart of winter, these fine athletes had not gone into hibernation but were working and competing as hard as ever and all put in a number of fine performances which bodes well for the upcoming 2017-2018 Summer season.

The iconic City to Surf was held in August once again and there was a healthy Girraween contingent on hand to tackle the run to Bondi. Geoff Sheargold was the first Girraween runner across the line this year in a tick over the fifty-one minutes mark, a very fine performance indeed. One of the highlights this year, were the efforts by Girraween's junior athletes in tackling the course. Maisie Stone, Chloe Grogan, Cristobel Corvalan and Laura Corvalan all did an amazing job completing the 14km journey to Bondi and are inspirations to us all to get out there and give things a go. Steve Clark also had a fine run, showing everyone that he has not lost any of his form.

The remainder of Girraween's athletes all did an amazing job on what ended up being a warm morning and are all to be congratulated for their efforts.

There were parkruns near and far throughout August and Girraween athletes were spotted everywhere. Steve Parkins, on his holiday around Australia, continued his parkrun tourism by taking part in two parkruns in Darwin at the beginning of August. Rod and Hayley Zammit also took the opportunity to have a run whilst in South Australia. Zach Zammit had a great pb at Rooty Hill in August. Geoff Sheargold put in another stellar performance when he won the Rooty Hill parkrun at the end of the month, running a fine time. Mischelle Otte and David Otte also ran solidly and a special mention to Mischelle and David's daughter, Hayley who reached her 100th parkrun in August, a fine milestone. Congratulations to Hayley on this fine achievement. Wayne Thurlow also had another consistent month of parkrun endeavour and City to Surf legend Keith Mayhew was also spotted out and about giving the Parramatta parkrun a go through August. A special mention to Maisie Stone who only six days after completing the City to Surf almost cracked her pb at the Ponds parkrun, an amazing achievement by this fine young athlete.

There were some other fine performances of note throughout August. Six days after completing the City to Surf, Geoff Sheargold completed the long version of the Bilpin Bush run in the Blue Mountains on a bitterly cold winter's morning. It was another superb run by Geoff on the tough and rough mountain course. Rod Zammit ran in the half marathon at the Adelaide Running Festival and put in another fine performance. At the end of August Nicholas Hanna ran in the Australian Cross Country Championships on the West Dapto course representing NSW and put in a solid performance. The very next day Stephen Mifsud tackled the half marathon held as part of the SIDS Stampede at Windsor, and once again showed us all his amazing strength and versatility with another fine run.

As the headline says, the versatility of all Girraween's athletes was once again to the fore in another unforgettable month for the club. It has been a time to look back and pay tribute to one of Girraween's favourite sons in Bob Sewell and at the same time pay tribute to the efforts of all our current athletes who continued to add to the rich history of Girraween Athletics Club by their performances far and wide. Bob would have been proud of each and every one. Results follow:

5-8-17 Rooty Hill parkrun 5km

21st	Wayne Thurlow	25:24
51st	Mischelle Otte	30:05
76th	David Otte	35:47

5-8-17 Parramatta parkrun 5km

98th	Terry Rose	28:41
125th	Michael Christie	32:22

5-8-17 The Ponds parkrun 5km

128th	Maisie Stone	27:14
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5-8-17 Willoughby parkrun 5km

58th	Michael Free	24:43
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5-8-17 Darwin parkrun 5km

30th	Stephen Parkins	25:28
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5-8-17 Sydney Striders 10km Lane Cove

12th Geoff Sheargold 36:13.9
176th Stephen Mifsud 56:19.0
178th Graham Sheargold 56:24.6

6-8-17 Throwers Club of NSW ANSW Permit Meet Greystanes

Hammer Throw Women's U16

1st Teagan Neich 41.91m

Hammer Throw Men's U18

1st Brendon Neich 53.00m

Hammer Throw Men's 70-74

1st Raminder Singh 23.46m

Discus Women's U16

3rd Teagan Neich 30.32m

Discus Men's U18

1st Brendon Neich 37.39m

Discus Men's 70-74

1st Raminder Singh 26.69m

Shot Put Women's U16

3rd Teagan Neich 11.03m

Shot Put Men's 70-74

1st Raminder Singh 7.83m

6-8-17 IAAF World Championships London

Marathon Men's

60th Brad Milosevic 2:25:14

12-8-17 Rooty Hill parkrun 5km

37th Carol Adams 26:56
61st Mischelle Otte 30:11
87th David Otte 36:00
117th Zach Zammit 52:45 (new pb)
120th Rod Zammit 56:30

12-8-17 Parramatta parkrun 5km

4th Geoff Sheargold 18:53
57th Graham Sheargold 26:36
119th Keith Mayhew 32:44
125th Michael Christie 33:12
185th Terry Rose 55:31 (Tail runner)

12-8-17 Willoughby parkrun 5km

35th Michael Free 24:35

12-8-17 Rhodes parkrun 5km

33rd Lisa Grant 24:01

12-8-17 Palmerston (NT) parkrun 5km

11th Stephen Parkins 25:17

13-8-17 Sun Herald City to Surf 14km

142nd Geoff Sheargold 51:10

12624th Steve Clark 1:16:40

16678th Greg Sargeant 1:20:55

17756th Rob Eager 1:22:01

26432nd Terry Rose 1:31:11

29794th Maisie Stone 1:35:22

31960th Katrina Russell 1:38:18

32753rd Mark Milliss 1:39:26

37088th Chloe Grogan 1:46:17

37108th Michael Grogan 1:46:19

43056th Claudio Corvalan 1:58:21

43058th Cristobel Corvalan 1:58:22

46559th Cristina Sotomayor 2:08:07

46565th Laura Corvalan 2:08:08

19-8-17 Rooty Hill parkrun 5km

40th Wayne Thurlow 27:02

42nd Carol Adams 27:13

55th Mischelle Otte 29:23

70th David Otte 33:15

19-8-17 Parramatta parkrun 5km

105th Terry Rose 29:33

123rd Michael Christie 31:45

130th Keith Mayhew 32:19

19-8-17 Rhodes parkrun 5km

47th Lisa Grant 22:47

19-8-17 The Ponds parkrun 5km

118th Maisie Stone 27:26

19-8-17 Bilpin Bush Runs

Long Course 26.6km

14th Geoff Sheargold 2:38:50

20-8-17 Athletes Foot Adelaide Marathon Festival

Mizuno Half Marathon

89th Rod Zammit 1:35:52.580

26-8-17 Parramatta parkrun 5km

116th Terry Rose 17:46

163rd Michael Christie 33:02

164th Keith Mayhew 33:11

26-8-17 Rooty Hill parkrun 5km

1st Geoff Sheargold 17:46

31st Wayne Thurlow 26:09

37th Graham Sheargold 26:47

73rd Mischelle Otte 33:08

89th David Otte 37:30

26-8-17 Willoughby parkrun 5km

29th Lisa Grant 22:31

46th Michael Free 24:01

26-8-17 West Beach (SA) parkrun 5km

102nd Hayley Zammit 32:22

103rd Rod Zammit 32:22

26-8-17 Australian Cross Country Championships West Dapto

Open Men's 10km

37th Nicholas Hanna 40:45

27-8-17 SIDS Stampede Windsor

Half Marathon

24th Stephen Mifsud 1:51:47

Michael Christie (GAP)

