

## **December 2017- Girraween athletes to the fore at the end of a great year of competition!**

The last month of 2017 saw another remarkable series of performances by Girraween athletes, a reflection of the previous eleven months. The year had seen many fine achievements by the club's athletes and December was certainly no different.

Brad Milosevic finished in the top ten at the Zatopek 10 (doubling as the Australian 10,000m championships) halfway through the month in Melbourne. The most remarkable thing regarding Brad's performance was that he achieved a thirty-two second pb for the 10,000m. Given the circumstances Brad faced leading into this race, this has to rate as one of the great performances of his career to-date and all at Girraween send him our heartfelt congratulations on his remarkable achievement at these championships and wish him continued success as he strives towards his athletic goals.

The Australian All Schools Athletics Championships were held in Adelaide in December and there were a number of Girraween athletes competing at these championships. A big congratulations to Tayla Jobson, Brendon Neich, Teagan Neich and Lauren Tisdale who all performed most admirably in their respective events. A special mention to Brendon who picked up a well earned bronze medal in his hammer throw event against very strong competition. He continues to make fine progress in his chosen discipline. We wish these athletes all the best with their continuing venture in the sport.

The parkrun concept once again proved very popular with many Girraween athletes throughout December and a number of athletes reached significant milestones. Lisa Grant notched up her 100th parkrun and Graham Sheargold ran his 50th parkrun, both on Christmas Day; a fine achievement by both athletes. Speaking of Christmas Day, it would also be very remiss not to mention Geoff Sheargold's first place in the Parramatta parkrun held then. Considering Geoff is in the midst of a heavy training programme for the March 2018 Six Foot Track event, it was a fine effort. In December a number of athletes also registered pb's. Rod Zammit, Chloe Grogan, Andrew Free, Lynette Clark, Adam Etherington and Lisa Grant all registered a pb, a very fine achievement indeed when one considers the warm conditions these athletes faced on a Saturday morning. Well done to all concerned. The Rooty Hill parkrun reached their first anniversary in December and a number of Girraween athletes helped celebrate this special anniversary. We need a special mention for Mischelle and David Otte who were the founders of this event on reaching this special milestone. Both Mischelle and David over a long period of time did and an extraordinary

lot of work to see this event through to fruition, so it was incredibly satisfying to see so many people come out and celebrate this anniversary. At the same time, a new attendance record was set for the Rooty Hill parkrun on their first birthday and that was another bonus. The Rooty Hill parkrun has become an important part of the community in Western Sydney and the work that Mischelle and David carry out along with their great team of volunteers each week, many from Girraween Athletics Club have ensured that this is so. Another illustration of parkrun's popularity amongst Girraween's members, supporters and friends was the interesting observation that Girraween members were spotted at nine different parkrun's across New South Wales, Queensland and New Zealand on the last Saturday of December, a remarkable statistic.

A small number of enthusiastic participants competed in the Sydney Marathon Clinic events in December on the bike paths around Greystanes. Stephen Mifsud had a very fine run in the Half Marathon whilst it was also nice to see one of Girraween's old friends in Suresh Raju make a rare appearance in the Half Marathon at SMC. Rod Zammit also had a very solid performance in the 10km event. Terry Rose was very consistent in the 5km race, continuing his fine form of late.

A small number of Girraween athletes competed in ANSW Treloar Shield, All Comers Meets and NSW Championships in December. Lauren Tisdale, Teagan Neich, Brendon Neich, Nicholas Hanna, Brad Milosevic, Claudio Corvalan and Cristobel Corvalan all flew the Girraween flag at various meets throughout December. While the numbers were small, it was nevertheless most encouraging to see these athletes competing at these events and it remains important if there is a Girraween presence at these meets throughout the summer season.

All in all, it had been another amazing month of athletics, particularly given the onset of the warmer weather. Girraween's athletes continue to perform remarkably across a wide range of disciplines and events and once again December has illustrated this. Results follow:

### **2-12-17 Rhodes parkrun 5km**

23rd	Lisa Grant	21:58
30th	Rod Zammit	22:39 (new pb)

### **2-12-17 Rooty Hill parkrun 5km**

41st	Carol Adams	27:40
57th	Wayne Thurlow	31:48
60th	Keith Mayhew	32:08

62nd Mischelle Otte 32:2  
126th David Otte 1:04.44 (tail walker)

### **2-12-17 Willoughby parkrun 5km**

75th Michael Free 26:30

### **2-12-17 The Ponds parkrun 5km**

109th Maisie Stone 28:30

### **2-12-17 Parramatta parkrun 5km**

71st Stephen Parkins 25:46

100th Terry Rose 27:59

117th Michael Christie 31:06

128th Andrew Free 32:40

### **2-12-17-3-12-17 ANSW Club Championships, 5000m Championships & Combined Event Championships SOPAC Homebush**

**2-12-17**

#### **Women's Pole Vault 1.60m Start All Ages**

5th Lauren Tisdale 2.20m

#### **Girl's Hammer Throw 3kg U16**

1st Teagan Neich 41.78m

#### **Boy's Shot Put 5kg U18**

3rd Brendon Neich 12.38m

#### **Boy's Hammer Throw 5kg U18**

1st Brendon Neich 52.69m

#### **Men's 5000m 'E' Race**

11th Nicholas Hanna 19:03.94

#### **Men's 5000m 'A' Race (NSW Championship's)**

5th Brad Milosevic 14:29.64

### **8-12-17-10-12-17 Australian All Schools Athletics Championships Adelaide**

**8-12-17**

#### **Boy's Hammer Throw U18**

3rd Brendon Neich 56.03m

#### **Girl's Hammer Throw U16**

7th Teagan Neich 43.92m

**9-12-17**

#### **Girl's Hammer Throw U18**

5th Tayla Jobson 49.92m

**Girl's Pole Vault U16**

13th Lauren Tisdale 2.20m

**10-12-17****Girl's Shot Put U16**

12th Teagan Neich 11.17m

**9-12-17 Rhodes parkrun 5km**

26th Lisa Grant 20:51

**9-12-17 The Ponds parkrun 5km**

336th Karen Short 49:13 (walker)

**9-12-17 Parramatta parkrun 5km**

68th Stephen Parkins 24:45

**9-12-17 Rooty Hill parkrun 5km**

21st Jason Oldridge 21:53

36th Steve Oldridge 23:01

75th Terry Rose 26:54

83rd Wayne Thurlow 27:57

92nd Chloe Grogan 28:37 (new pb)

95th Michael Grogan 28:49

102nd Michael Christie 30:02

112th Keith Mayhew 31:32

116th Andrew Free 31:55 (new pb)

167th Lynette Clark 38:54 (new pb)

**9-12-17 Campbelltown All Comers Meet Campbelltown****Men's 60m Open**

15th Claudio Corvalan 8.33

18th Cristobel Corvalan 10.05

**Men's 100m Open**

31st Claudio Corvalan 13.31

38th Cristobel Corvalan 16.42

**Men's Shot Put 3kg**

2nd Cristobel Corvalan 6.89m

**Men's Shot Put 7.26kg**

2nd Claudio Corvalan 9.11m

**14-12-17 Australian 10,000m Championships (Zatopek 10) Lakeside Stadium****Albert Park Victoria****Men's 10,000m Championships**

8th Brad Milosevic 29:12.89

### **16-12-17 The Ponds parkrun 5km**

101st Maisie Stone 27:10  
362nd Karen Short 1:01.10 (walker)

### **16-12-17 Rooty Hill parkrun 5km**

38th Rod Zammit 24:52  
43rd Wayne Thurlow 25:26  
56th Carol Adams 27:05  
76th Mischelle Otte 30:17  
100th David Otte 35:39

### **16-12-17 Parramatta parkrun 5km**

104th Terry Rose 28:34  
146th Michael Christie 32:02  
185th Keith Mayhew 36:57

### **16-12-17 Willoughby parkrun 5km**

25th Lisa Grant 21:46  
67th Michael Free 25:42

### **16-12-17 Campbelltown parkrun 5km**

27th Steve Oldridge 24:17

### **16-12-17 Wauchope parkrun 5km**

12th Stephen Parkins 24:47

### **16-12-17 Kirra (Qld) parkrun 5km**

101st Andrew Free 33:22  
126th Sharon Free 40:21

### **16-12-17 Treloar Shield Round 6 SOPAC**

#### **Men's Hammer Throw 6kg**

1st Brendon Neich 50.63m

### **17-12-17 SMC Greystanes**

#### **Half Marathon**

11th Stephen Mifsud 1:43:59.2  
41st Suresh Raju 2:26:40.1  
43rd Carol Adams 2:30:33.4

#### **10km**

18th Rod Zammit 46:20.2

**5km**

21st	Terry Rose	28:29.7
24th	Michael Christie	30:05.6
25 <sup>th</sup>	Andrew Free	31:37.7

**23-12-17 Parramatta parkrun 5km**

54th	Stephen Parkins	24:40
60th	Graham Sheargold	24:54
114th	Terry Rose	29:08
135th	Keith Mayhew	31:05
140th	Andrew Free	31:59
143rd	Michael Christie	32:17
199th	Lynette Clark	39:29

**23-12-17 Willoughby parkrun 5km**

52nd	Michael Free	24:54
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**23-12-17 the Ponds parkrun 5km**

24th	Adam Etherington	22:14 (new pb)
156th	Maisie Stone	28:07
493rd	Karen Short	59:11 (walker)

**23-12-17 Rooty Hill parkrun 5km**

33rd	Wayne Thurlow	27:53
84th	David Otte	36:23
136th	Hayley Zammit	55:58 (walker)
137th	Rod Zammit	56:14 (walker)

**23-12-17 St Peters parkrun 5km**

26th	Matt Modini	20:56
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**23-12-17 East Richmond parkrun 5km**

13th	Peter Tutty	24:28
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**25-12-17 Parramatta parkrun 5km**

1st	Geoff Sheargold	17:20
17th	Matt Modini	19:47
59th	Steve Oldridge	23:27
81st	Graham Sheargold	26:02 (50th parkrun)
119th	Michael Christie	29:35
129th	Andrew Free	30:27
164th	Sharon Free	36:18

**25-12-17 Rhodes parkrun 5km**

17th Lisa Grant 21:42 (100th parkrun)

**25-12-17 Willoughby parkrun 5km**

59th Michael Free 24:35

**25-12-17 Lawson parkrun 5km**

20th Terry Rose 32:31

**25-12-17 South Bank (Qld) parkrun 5km**

489th Mischelle Otte 33:59

528th David Otte 35:27

**30-12-17 The Ponds parkrun 5km**

34th Adam Etherington 22:50

**30-12-17 Willoughby parkrun 5km**

52nd Michael Free 25:25

**30-12-17 Campbelltown parkrun 5km**

55th Steve Oldridge

**30-12-17 Varsity Lakes (Qld) parkrun 5km**

52nd Ed Bratovic 25:34

**30-12-17 Bowral parkrun 5km**

25th Peter Matthews 25:10

**30-12-17 St Peters parkrun 5km**

24th Matt Modini 20:48

79th Peter Tutty 25:20

**30-12-17 Taupo (NZ) parkrun 5km**

35th Maisie Stone 28:19

63rd Abbie Stone 38:51

**30-12-17 Rooty Hill parkrun 5km**

16th Rod Zammit 23:25

45th Michael Grogan 30:08

46th Mischelle Otte 30:19

57th Keith Mayhew 33:23

69th David Otte 35:43

### **30-12-17 Parramatta parkrun 5km**

13th	Lisa Grant	20:53 (new pb)
30th	Danny Martins	23:50
46th	Graham Sheargold	25:02
73rd	Terry Rose	29:37
82nd	Michael Christie	30:33
89th	Andrew Free	31:57

Michael Christie (GAP)