

November 2017 Truly amazing yet again!

November saw another month of great achievement from members and friends of Girraween Athletics Club. We have also included results from the end of October which were not available when the October newsletter was produced and as you can see both Brendon and Teagan Neich had a very high standard competition at the NSW Throwers Club meet at Greystanes.

Speaking of Brendon, November was a special month for him, as he was a part of the Athletics Australia U17 Development squad that held a camp at the AIS in Canberra. This squad consisted of the best up and coming athletes at the U17 level from across Australia and for Brendon to be chosen as part of this squad was a tremendous achievement by him. Brendon had a great experience at the camp gaining a fuller understanding of the requirements of what it takes to be an athlete at the elite level whilst attending many educational and training sessions as part of the intensive program that made up the camp and covering areas such as recovery, diet, mental and emotional awareness, balancing study with sport and much more. We would like to acknowledge and thank Shandelle, Brendon's mum, for sharing his insights with GAP re his experiences at this camp. All at Girraween Athletics Club congratulate Brendon on this achievement and wish him well with his upcoming competitions over the 2017-2018 summer season.

Brad Milosevic had a busy month, continuing his intense training programme and continuing to compete at a very high level. In the Noosa Bolt, a 5km event for the elite distance runners of Australia, Brad finished in a narrow fourth place, a great effort considering he is in the midst of a marathon training program and was competing against a number of Australia's elite 5km specialists. Later on in November he competed in the NSW 3000m championships and by all accounts was most pleased with his time in a very slick field. We wish Brad well as he continues his training and works towards his future goals.

The ANSW inter-club competition, the Treloar Shield continued in November and a small number of Girraween athletes in Rob Giesler, Brendon Neich, Teagan Neich, Taylor Doyle, Will Hickling and Nicholas Hanna flew the Girraween flag well and gave it their best in a first class competition.

An All-Comers meet was also held at the Blacktown International Sports Centre at Rooty Hill in the middle of November and a very healthy number of Girraween athletes competed at this meet. Tyson Smith, Nathan Moffitt, Sanjeev Vijeyaratnam, Kajanan Srisivaeaswaran, Cristobel Corvalan, Abbie Stone, Teagan Neich (All U20) and Will Hickling, Rob Giesler

and Claudio Corvalan represented Girraween, a total of ten in all. It's been a long time since there were ten Girraween athletes at an ANSW All Comers or Inter- club meet and all athletes are to be congratulated on their fine performances. Given that seven out of the ten athletes were U20 this was particularly uplifting, and both Rob Giesler and Claudio Corvalan deserve great credit for coaching and encouraging Girraween's young athletes to compete at this type of meet. We can only hope that this is a sign of things to come.

November saw parkrun continue and there were a number of fine performances. Lynette Clark, Rod Zammit, Maisie Stone and Lisa Grant all obtained a pb across November and are to be congratulated on their continuing excellent form. There was a healthy representation from members and friends of Girraween Athletics Club and all athletes ran most consistently across a number of events. One interesting observation is the willingness of Girraween athletes willing to travel for parkrun which is wonderful to see. This was illustrated on the first Saturday in November where Girraween athletes participated in a parkrun at eight different locations including one in the UK where Carly Eager had a great run.

SMC saw the third series of runs of the 2017=2018 season along the bike paths around Greystanes in November and there were a small contingent of Girraween representatives taking part. Rod Zammit had a fine run in the 10km event, whilst Stephen Mifsud, Jason Oldridge and Steve Oldridge had superb runs in the 5km continuing their fine run of recent form so to speak.

Girraween members and friends were also spotted far and wide throughout November at events as varied as a Sydney Striders 10km, Carcoar Running Festival, Fishers Ghost, Balmain Fun Run, Stromlo Running Festival and Central Coast Half Marathon. Many of these events were incredibly challenging run in steamy and tough conditions particularly the Carcoar Running festival with its incredibly challenging terrain, the trails at the Stromlo Running Festival on a hot Canberra morning and the warmth and humidity up at the Central Coast. Never the less there were a number of fine performances in all these events as can be seen by the results listed below.

In conclusion, the headline once again was pretty spot on with Girraween athletes stepping forward and continuing to deliver truly amazing performances once again. This is a wonderful tribute to all Girraween athletes across all events. Results follow:

28-10-17 NSW Throwers Club AA Permit Meet Greystanes

Women's Hammer U16

1st Teagan Neich 42.47m

Men's Hammer U18

2nd Brendon Neich 53.80m

Men's Discus U18

1st Brendon Neich 40.33m

Women's Shot Put U16

1st Teagan Neich 11.28m

Men's Shot Put U18

2nd Brendon Neich 12.00m

4-11-17 Parramatta parkrun 5km

53rd Stephen Parkins 24:10
124th Keith Mayhew 30:16
126th Michael Christie 30:33
169th Lynette Clark 35:12 (new pb)

4-11-17 Reigate Priory (UK) parkrun 5km

147th Carly Eager 30:16

4-11-17 Mudgee parkrun 5km

32nd Terry Rose 27:14

4-11-17 The Ponds parkrun 5km

187th Karen Short 32:07
195th Mark Milliss 32:27

4-11-17 Rhodes parkrun 5km

20th Lisa Grant 21.22

4-11-17 Willoughby parkrun 5km

74th Michael Free 24:48

4-11-17 East Richmond parkrun 5km

221st Mischelle Otte 24:48

4-11-17 Rooty Hill parkrun 5km

3rd Rod Zammit 20:44 (new pb)
20th Wayne Thurlow 25:45
75th David Otte 38:30

4-11-17 Sydney Striders 10km Lane Cove

10th Geoff Sheargold 37:23.6
151st Graham Sheargold 55:01.3

4-11-17 Asics Noosa Bolt 5km Noosa

4th Brad Milosevic 14:32

5-11-17 Carcoar Cup Running Festival

Marathon

43rd Carol Adams 5:14.36

11-11-17 Rooty Hill parkrun 5km

36th Carol Adams 26:44
42nd Wayne Thurlow 28:14
96th Mischelle Otte 40:38

11-11-17 Parramatta parkrun 5km

92nd Terry Rose 27:14
124th Michael Christie 30:37
158th Andrew Free 34:24

11-11-17 The Ponds parkrun 5km

113th Maisie Stone 26:51 (new pb)
223rd Karen Short 32:18
363rd Amelia Clark 49:22

11-11-17 Willoughby parkrun 5km

69th Michael Free 24:37

11-11-17 Curl Curl parkrun 5km

33rd Lisa Grant 21:29 (new pb)

11-11-17 Treloar Shield Round 4 & NSW 3000m Championships SOPAC

Homebush

Men's 100m Open

81st Rob Giesler 14.02

Men's 200m Open

55th Rob Giesler 28.37

Mixed Hammer Throw +50m Open

3rd Brendon Neich 56.26m

Women's Hammer Throw 3kg

2nd Teagan Neich 44.60m

Women's Long Jump Under 5.5/4.5m

16th Taylor Doyle 4.15m

Men's Long Jump Under 5.5/4.5m

12th Rob Giesler 4.07m

Men's 3000m Race 'J'

2nd Nicholas Hanna 10:57.61

Men's 3000m Race 'A' (NSW Championship Race)

11th Brad Milosevic 8:16.79

12-11-17 Marsden's Law Group Fishers Ghost Fun Run - Campbelltown**10km**

25th Stephen Mifsud 44:43 (3rd 50-59 cat)

46th Jason Oldridge 47:26

5km

50th Steve Oldridge 24:09

18-11-17 Rhodes parkrun 5km

22nd Lisa Grant 21:04

18-11-17 Rooty Hill parkrun 5km

14th Rod Zammit 22:18

61st Wayne Thurlow 29:43

138th David Otte 59:08 (tail walker)

18-11-17 Parramatta parkrun 5km

71st Stephen Parkins 25:08

90th Terry Rose 27:07

136th Keith Mayhew 31:01

141st Michael Christie 31:14

159th Andrew Free 33:30

18-11-17 East Richmond parkrun 5km

15th Peter Tutty 24:06

18-11-17 Blacktown All Comers- Blacktown International Sports Centre Rooty Hill**Men's 60m Open**

31st Tyson Smith 7.90

36th Nathan Moffitt 8.14

38th Claudio Corvalan 8.25

45th Sanjeev Vijeyaratnam 8.56

46th	Rob Giesler	8.58
54th	Will Hickling	9.18
56th	Kajanan Srisivaeaswaran	9.71

Men's 100m Open

37th	Tyson Smith	12.17
55th	Sanjeev Vijeyaratnam	12.82
63rd	Claudio Corvalan	13.21
71st	Rob Giesler	13.65
79th	Will Hickling	15.14
81st	Kajanan Srisivaeaswaran	15.95
82nd	Cristobel Corvalan	16.40

Women's 100m Open

63rd	Abbie Stone	15.69
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Men's 400m Open

40th	Nathan Moffitt	57.96
50th	Rob Giesler	1:09.78

Men's 200m Open

39th	Nathan Moffitt	26.14
40th	Tyson Smith	26.28
47th	Rob Giesler	28.95

Women's High Jump 1.20m start

1st	Abbie Stone	1.55m
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Mixed Shot Put 3kg

3rd	Teagan Neich	11.33m
14th	Cristobel Corvalan	7.34m
15th	Kajanan Srisivaeaswaran	7.29m

Mixed Hammer Throw 3kg

2nd	Teagan Neich	43.74m
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19-11-17 SMC Greystanes

10km

10th	Rod Zammit	47:11.0
29th	Michael Grogan	56:37.3
38th	Mischelle Otte	1:03:31.8

5km

5th	Stephen Mifsud	21:49.4
9th	Jason Oldridge	22:50.1
13th	Stephen Oldridge	24:31.7

18th	Terry Rose	27:54.8
22nd	Michael Christie	30:25.3
34th	Ed Bratovic	44:57.5 (walker)
42nd	David Otte	53:50.1 (walker)

19-11-17 Balmain Fun Run

5km

51st	Adam Etherington	23:11
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25-11-17 Rhodes parkrun 5km

25th	Lisa Grant	21:15
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25-11-17 Parramatta parkrun 5km

118th	Michael Christie	30:25
150th	Andrew Free	33:20
153rd	Terry Rose	33:41
200th	Sharon Free	42:13

25-11-17 Rooty Hill parkrun 5km

37th	Rod Zammit	27:03
42nd	Carol Adams	27:19

25-11-17 Nepean River parkrun 5km

41st	Wayne Jeff	24:50
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25-11-17 Treloar Shield Round 5 SOPAC-Homebush

Men's 100m Open

79th	Rob Giesler	13.64
89th	Will Hickling	14.96

Men's 200m Open

61st	Rob Giesler	29:06
65th	Will Hickling	31.33

Men's Long Jump

10th	Rob Giesler	3.92m
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26-11-17 Stromlo Running Festival Stromlo- ACT

Lightning Strike 30km

102nd	Rod Zammit	3:25:27
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**26-11-17 Mingara One Fitness Central Coast Half Marathon-The Entrance
Half Marathon**

174th Stephen Mifsud 1:48:40

Michael Christie (GAP)