

April 2018 – Girraween’s extraordinary story continues!



Courtesy Terry Doyle

To begin with we are reminding everyone that the Girraween Athletics Club 40th Anniversary celebration is on Saturday November 3 so if you can save the date if you haven't already that would be great. We would love to see you there.

April 2018 saw another remarkable chapter written in the Taylor Doyle story. Taylor competed for Australia at the Gold Coast Commonwealth Games in the T38 Long Jump and won a bronze medal. It was an un-seasonally hot afternoon at Carrara Stadium on the first day of athletics competition at these games when Taylor took to the track and competed very well against top-class competition.

Her smile once again lit up the stadium when it was apparent she had won a medal. A moment to remember! Given the back story leading into these games for Taylor, it was remarkable for her to make it given the limited preparation she had with illness and injury in late 2017 early 2018. Nevertheless, Taylor found a way not only to make the Australian team but to come away with a bronze medal at her first Commonwealth Games representing Australia and on home soil. It ranks with the more remarkable efforts across her storied career and all at Girraween Athletics Club offer our heartiest congratulations on this fine achievement. We all wish her well for the future.

Whilst Taylor's effort in April was a highlight, Brad Milosevic continues to tick off the km's with his training and competition. In April he was spotted out at Ramsgate where he won the mixed 7km All Comers event over the challenging course in a very fine time on a warm autumn afternoon. We wish Brad well leading into the winter season with his training program and upcoming competition.

Saturday morning's across April saw many Girraween members and friends competing at various parkrun's not only in NSW but interstate and overseas as well. As is usual there were a number of highlights. Both Adam Etherington and David Otte managed new pb's in April, a very fine effort given the often warm conditions, even for that early on a Saturday morning. There were also a number of consistent efforts from such Girraween luminaries as Lisa Grant, Jason Oldridge, Karen Clark and Stephen Parkins to name a few and they are showing great form leading into the 2018 winter season.

Sydney Marathon Clinic at Greystanes continues to be popular with a small number of Girraween athletes each month over the summer and so it proved in April. Rod Zammit once again ran a great 10km, whilst Michael Grogan was his usual consistent self and Carol Adams did an amazing job backing up from the Canberra marathon the week before. The 5km saw a number of fine performances with Steve Mifsud finishing a very fine third outright and also backing up from the Canberra marathon. Wow! David Perry and

Steve Oldridge also ran superbly to finish inside the top ten, never an easy accomplishment given the calibre of runners who compete over this distance. Well done to all concerned.

There were a number of other highlights worth noting. Geoff Sheargold's and Steve Mifsud's effort in the Sydney Striders 10km around Sydney Olympic Park early in April was a highlight. Lynette Clark's effort in the Hapalua Half Marathon in Hawaii was another highlight and we know that Lynette was thrilled to finish in under the three hour mark, which was her target in an event that is well outside her comfort zone. Congratulations to Lynette and we wish her well with any future runs over this distance.

There was also a fine finish to the month from Jason and Steve Oldridge who ran very well over the 10km and 5km distance respectively at the Macarthur Anzac events at Camden, showing they are in good form.

It would be remiss of us not to comment on the remarkable Lisa Grant who finished second overall in the Open Women's category in the Sydney Summer Series Orienteering that concluded at the end of March. This is an event that is held every Wednesday afternoon on a series of challenging courses around Sydney from the beginning of October through to the end of March and continues to attract some of Australia's leading practitioner's in the sport. So for Lisa to come second overall in a very competitive field is testament to her skills. Michael Free also competes in this series on a regular basis at a very high standard and unfortunately he suffered a major injury which basically finished the back half of his season. However, it was encouraging that he made it back for one event near the end of the series and we also note that he has started back at parkrun so we hope he continues to make a full recovery.

April, once again has been a remarkable month for Girraween Athletics Club in terms of the performance of all members and friends as can be seen by the results. It is the variety of events that our members and friends compete in on a regular basis that is a real highlight, once again emphasising the amazing abilities of all concerned. Results follow:

7-4-18 Parramatta parkrun 5km

71st	Stephen Parkins	24:51
128th	Terry Rose	28:58
156th	Andrew Free	31:25
194th	Keith Mayhew	35:36

7-4-18 Huskisson parkrun 5km

86th	Mischelle Otte	32:33
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7-4-18 The Ponds parkrun 5km

169th	Maisie Stone	28:12
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7-4-18 Rhodes parkrun 5km

38th	Lisa Grant	21:42
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7-4-18 Willoughby parkrun 5km

82nd	Michael Free	25:24
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7-4-18 Rooty Hill parkrun 5km

5th	Nicholas Hanna	21:03
20th	Rod Zammit	24:35
28th	Steve Williams	25:26
35th	David Otte	26:47
41st	Carol Adams	27:50

7-4-18 Chipping Norton parkrun 5km

16th	Steve Oldridge	24:22
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7-4-18 Sydney Striders 10km Sydney Olympic Park

16th	Geoff Sheargold	38:00.3
90th	Stephen Mifsud	48:06.0

8-4-18 Commonwealth Games Carrara Stadium Gold Coast

Women's T38 Long Jump Final

3rd	Taylor Doyle	4.22m (Bronze Medal)
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8-4-18 Hapalua Half Marathon Hawaii

4471st	Lynette Clark	2:55.18
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14-4-18 Parramatta parkrun 5km

60th	Stephen Parkins	24:45
126th	Terry Rose	29:02
142nd	Andrew Free	30:28

14-4-18 Rooty Hill parkrun 5km

9th	Nicholas Hanna	21:50
77th	Keith Mayhew	32:38
126th	Mischelle Otte	46:51

14-4-18 The Ponds parkrun 5km

24th	Adam Etherington	22:02(new pb)
239th	Karen Clark	33:45

14-4-18 Curl Curl parkrun 5km

45th	Lisa Grant	21:40
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14-4-18 Chipping Norton parkrun 5km

16th	Steve Oldridge	24:22
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14-4-18 Inverell parkrun 5km

111th	Graham Sheargold	25:19
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14-4-18 Kirra (Qld) parkrun 5km

34th Wayne Thurlow 20:45

14-4-18 Broadbeach Waters (Qld) parkrun 5km

103rd Michael Christie 31:31

14-4-18 Hadleigh- Essex (UK) parkrun 5km

55th Carly Eager 29:42

15-4-18 Australian Running Festival Canberra**Canberra Marathon**

599th Stephen Mifsud 4:14:41

865th Carol Adams 5:01:57

21-4-18 Rooty Hill parkrun 5km

25th Danny Martins 24:30

29th David Otte 24:56(new pb)

56th Carol Adams 27:57

95th Keith Mayhew 36:42

21-4-18 Parramatta parkrun 5km

61st Stephen Parkins 24:37

114th Terry Rose 28:37

121st Andrew Free 29:06

147th Michael Christie 31:05

207th Lynette Clark 37:18

21-4-18 Rhodes parkrun 5km

26th Lisa Grant 20:49

21-4-18 Willoughby parkrun 5km

82nd Michael Free 24:54

21-4-18 The Ponds parkrun 5km

34th Adam Etherington 22:07

167th Maisie Stone 28:50

344th Karen Clark 39:08

21-4-18 Mt Penang parkrun 5km

17th Rod Zammit 22:03

21-4-18 Campbelltown parkrun 5km

45th Steve Oldridge 24:27

21-4-18 Hadleigh- Essex (UK) parkrun 5km

52nd Carly Eager 29:50

21-4-18 XCC St George Classic incorporating NSW Novice Championships**Mixed 7km All Comers**

1st Brad Milosevic 20:55

Mixed 4km Fun Run

61st Nicholas Hanna 16:03

Men's 10km Novice

61st Graham Sheargold 55:37

22-4-18 SMC Greystanes**10km**

13th Rod Zammit 45:44.8

25th Michael Grogan 53:41.4

40th Carol Adams 1:03:27.7

5km

3rd Stephen Mifsud 22:18.4

5th David Perry 22:55.4

10th Steve Oldridge 24:32.3

22nd Terry Rose 29:22.2

23rd Michael Christie 29:37.0

25th Andrew Free 31:53.6

28-4-18 Rooty Hill parkrun 5km

37th Steve Williams 25:01

65th David Otte 29:01

78th Keith Mayhew 32:07

83rd Mischelle Otte 33:35

28-4-18 The Ponds parkrun 5km

203rd Karen Clark 31:06

28-4-18 Bathurst parkrun 5km

110th Terry Rose 29:21

28-4-18 Parramatta parkrun 5km

214th Andrew Free 51:00 (walker)

222nd Michael Christie 1:02.18 (walker)

28-4-18 Picton parkrun 5km

45th Steve Oldridge 23:46

29-4-18 Macarthur Lions Anzac Run Camden

10km

24th Jason Oldridge 24:07

5km

41st Steve Oldridge 45:17

Michael Christie (GAP)