

June 2018 – It's cold, but that doesn't stop Girraween's athletes who are out and about giving their best!

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

June 2018 once again saw many of Girraween's athletes active in a wide range of events across the track and field spectrum competing well.

The Throwers Club of NSW resumed at the beginning of June and after a well-earned rest, Girraween's throwers were spotted at Greystanes on a cool Sunday morning doing what they do best. After a great summer season in 2017-2018, it was nice to see both Teagan and Brendon Neich, starting where they left off from the last summer season with a solid series of throws given that it was their first competition back after a spell and both have established a great base leading into the summer months later in the year. Girraween's Raminder Singh was also seen at Greystanes and he slotted into his completion as if he had never been away. It will be great to watch our throwers progression in the months ahead.

Girraween's Brad Milosevic spent some time in May and June at a high altitude training camp at Flagstaff, Arizona in the United States gaining some valuable insights and experience. This is one of the premiere long distance training venues in the States and all the great American distance stars spend at least some time there during their training regime. It was great for Brad to have this invaluable experience. Of course, while he was there Brad took the opportunity to compete in the 10,000m event at the well regarded Portland Track Classic in Oregon. Whilst he did not crack his pb on this occasion, it was nevertheless a valuable run for Brad coming off a load of heavy training and he enjoyed his time in the United States.

Robert Eager was the sole Girraween representative this year at the NSW Cross Country Championships held near Nowra. He wasn't to lonely though, as he had bought along George Milosevic as his invaluable support crew and it paid off in two ways. Firstly, Rob improved on his time from 2017 which he was very happy about. But more importantly, Rob had excellent moral support when on his way home he paid a visit to the world famous pie shop in Berry. From all reports George kept Rob on the straight and narrow at the shop ensuring that Rob did not overdo things there in terms of purchases thus ensuring that both of them made it home in one piece, full but happy.

Both Taylor Doyle and Vince Adams competed in the Bankstown Winter Track and Field meet in June. It was Taylor's first real hit out after her Commonwealth Games heroics and it was nice for her to have an opportunity to blow the cobwebs out. For Vince it was an opportunity for him to have a hit out at a great venue after a long absence and we hope that it is the start of a great comeback leading into the summer season later in the year.

The Western Sydney marathon series of runs was held at the Penrith regatta centre early June and both Carol Adams in the marathon and Steve Mifsud in the Half-Marathon took the opportunity to have a good hit out on a cool Western Sydney morning, showing us all they still have it and it augurs well for their long races later in 2018.

Parkrun once again proved popular amongst the Girraween contingent throughout June. There were an incredible twelve pb's by eight different athletes. Cristina Sotomayor picked up a remarkable three pb's in June, closely followed by Steve Oldridge and David Otte with two each. This is extraordinary as it's hard to obtain one, let alone multiple pb's in a month, so a big congratulations to these three athletes. Claudio Corvalan, Matt Modini, Chloe Grogan, Carly Eager and Michael Free also obtained a pb at parkrun in June, showing us all their good form was no flash in the pan as these runners are continuing to run consistently. Speaking of parkrun it was also great to see Wayne Thurlow, Girraween's esteemed president out and about walking a number of parkrun's as he continues his road to recovery. We all wish him well with this and hopefully with his doctor's approval it won't be too long before he is able to resume his running.

Steve Mifsud was also spotted at the Mini Mos Community Fun Run where he picked up a great first place in his category in the 5km race around the undulating Mosman course. He once again showed his amazing versatility with the ability to be most competitive over all distances.

It had been another remarkable month of excellence from all Girraween's athletes and each and every one should be proud of their achievements. Results follow:

2-6-18 Rooty Hill parkrun 5km

17th	David Otte	25:17
52nd	Keith Mayhew	24:40
80th	Mischelle Otte	53:30

2-6-18 The Ponds parkrun 5km

30th	Adam Etherington	22:15
116th	Steve Williams	27:30
117th	Cristina Sotomayor	27:31(new pb)
133rd	Claudio Corvalan	28:14
303rd	Karen Clark	41:17

2-6-18 Chipping Norton parkrun 5km

5th Steve Oldridge 23:19(new pb)

2-6-18 Parramatta parkrun 5km

112th Andrew Free 29:11

119th Terry Rose 29:51

139th Michael Christie 31:24

2-6-18 Western Sydney Marathon Penrith

Marathon

121st Carol Adams 5:17:27 (2nd 50-59 cat)

Half Marathon

82nd Stephen Mifsud 1:44:14(3rd 60+ cat)

3-6-18 NSW Throwers Club Greystanes

Women's Shot Put U16

2nd Teagan Neich 11.76m

Men's Shot Put 70-74

1st Raminder Singh 7.77m

Women's Hammer Throw U16

2nd Teagan Neich 44.92m

Men's Hammer Throw U18

1st Brendon Neich 56.02m

Men's Hammer Throw 70-74

2nd Raminder Singh 22.79m

Women's Discus U16

3rd Teagan Neich 26.05m

Men's Discus 70-74

1st Raminder Singh 23.95m

9-6-18 Rooty Hill parkrun 5km

33rd Carol Adams 26:51

44th Mischelle Otte 28:42

45th David Otte 28:42

9-6-18 Parramatta parkrun 5km

132nd Andrew Free 30:35

140th Terry Rose 31:21

142nd Keith Mayhew 31:41

147th Michael Christie 32:10

9-6-18 Willoughby parkrun 5km

53rd Michael Free 24:29

9-6-18 West Beach (SA) parkrun 5km

29th Steve Oldridge 23:25

9-6-18 Portland Track Classic- Portland, Oregon USA**Men's 10,000m**

20th Brad Milosevic 29:38:88

16-6-18 Rooty Hill parkrun 5km

45th Rod Zammit 25:23

60th David Otte 27:01

61st Carol Adams 27:13

82nd Keith Mayhew 32:41

96th Mischelle Otte 33:09

152nd Wayne Thurlow 1:01:39 (walker)

16-6-18 The Ponds parkrun 5km

96th Steve Williams 26:26

98th Cristina Sotomayor 26:39 (new pb)

115th Claudio Corvalan 27:49(new pb)

118th Maisie Stone 27:52

16-6-18 Parramatta parkrun 5km

67th Stephen Parkins 24:51

111th Terry Rose 28:31

118th Michael Christie 32:58

16-6-18 Greenway parkrun 5km

9th Matt Modini 19:46 (new pb)

16-6-18 Hadleigh, Essex (UK) parkrun 5km

66th Carly Eager 29:43

17-6-18 Mini-Mos Community Fun Run- Mosman**5km**

43rd Steve Mifsud 22:48(1st 60-70cat)

17-6-18 Bankstown Winter Track and Field- The Crest Bankstown**Women's 60m Dash Open**

12th Taylor Doyle 8.98

Men's 60m Dash Open

17th Vince Adams 9.80

Men's 200m Open

13th Vince Adams 35.05

Mixed Long Jump Open

4th Taylor Doyle 4.17m

23-6-18 The Ponds parkrun 5km

95th	Steve Williams	23:55
110th	Maisie Stone	26:13
120th	Cristina Sotomayor	26:36(new pb)
216th	Karen Clark	31:14

23-6-18 North Sydney parkrun 5km

28th	Michael Free	24:48
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23-6-18 Picton parkrun 5km

15th	Steve Oldridge	22:37 (new pb)
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23-6-18 Rooty Hill parkrun 5km

3rd	Nicholas Hanna	18:55
14th	Rod Zammit	21:58
18th	David Otte	23:40(new pb)
27th	Chloe Grogan	25:24(new pb)
28th	Michael Grogan	25:37
50th	Mischelle Otte	28:30
135th	Hayley Zammit	55:42(walker)
136th	Wayne Thurlow	56:00(walker)

23-6-18 Parramatta parkrun 5km

122nd	Terry Rose	28:44
130th	Andrew Free	29:55
149th	Michael Christie	32:26
176th	Keith Mayhew	35:30

23-6-18 Broken Hill parkrun 5km

3rd	Lisa Grant	26:58
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23-6-18 Wanstead Flats (UK) parkrun 5km

106th	Carly Eager	27:31(new pb)
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30-6-18 Rooty Hill parkrun 5km

18th	Rod Zammit	24:27
111th	Wayne Thurlow	53:48(walker)

30-6-18 Parramatta parkrun 5km

39th	David Otte	23:30(new pb)
107th	Mischelle Otte	28:47
112th	Terry Rose	28:59
127th	Andrew Free	30:05

156th Keith Mayhew 33:16

164th Michael Christie 34:35

30-6-18 Cronulla parkrun 5km

12th Michael Free 26:31 (new pb)

30-6-18 Curl Curl parkrun 5km

34th Lisa Grant 20:53

30-6-18 Galston parkrun 5km

12th Adam Etherington 22:54

Michael Christie (GAP)