

November 2018- A month to remember for Girraween Athletics Club

The month of November began with the Girraween Athletics Club 40th anniversary celebration held at Fox Hills Golf Club. It was a very special night filled with many great memories and we thank all our members and friends who attended and made it a special night. It was lovely to see some of friends from the very early days of Girraween Athletics Club. Mrs Wheeler (widow of John our founder) made the long trip from Perth and her presence added to the evening. It was also lovely to see Mr and Mrs Kropman and Mrs Fenech who were heavily involved with our club in the early days and we were very glad they were able to get there. Some of this club's greatest ever athletes in Taylor Doyle, Lisa Grant, Brad Milosevic and Lynette Smith were also present and it was very special for our members and friends to be able to have the opportunity to have a chat to them. All in all it was a night to remember.

Festivities aside, there was still some athletics in November and as is usual our members were to the fore with a number of great performances. The NSW interclub competition, the Treloar Shield continued last month and a number of Girraween athletes were involved. Kajanan, Neelesh, Rob, Vithussa, Taylor, Claudio and Kaylan were all involved at some stage at these meets and they are all to be commended for their efforts competing at all times against very strong fields. Brad Milosevic was also spotted running in the NSW 3000m Championships at SOPAC and put in another solid effort in the midst of his heavy training program in preparation for a possible marathon tilt in 2019. We wish him continued success.

The monolith that is parkrun continued through the month with its ongoing popularity. Both David Otte and Carly Eager both managed new pb's and deserve our congratulations on this feat. Our runners were spotted at parkruns far and wide, both overseas and interstate, as well as throughout NSW. There were a number of very fine times run by our members and friends as can be seen by the results below. It remains a fine series to have a run and walk and we encourage all our members and friends to give it a go if the opportunity arises, particularly if you have not had the chance to try it before. You'll be glad you did.

A small band of Girraween athletes and friends tackled the various events in the SMC series held around the bike paths out at Greystanes in November and there were a number of standout performances. In the half marathon, both Steve Mifsud and Graham Sheargold ran solidly on the back of a very heavy recent workout. Rod Zammit had a fine run in the 10km event whilst, Suresh Raju hung in well. Three of our younger athletes in Cooper, Chloe and Hayley ran very well in the 5km event and are building up a fine record at SMC in this event so far in the 2018-2019 series. Jason and Steve Oldridge also ran most consistently whilst Michael Grogan ran very steadily to.

Throughout November a number of our athletes tackled events that were certainly outside the norm and it's worth covering their performances as they were in some instances held in

unique locations. Geoff and Graham Sheargold and Suresh Raju tackled the Half Marathon at the Carcoar Cup Running Festival in the Central West of NSW. This is a most challenging and at the same time very picturesque course held between Neville and Carcoar, and not far from Barry in the NSW Central West. Geoff had a great top ten finish while both Graham and Suresh lived to fight another day. GAP has been advised this running festival is a most unique event and comes highly recommended, despite the courses been most challenging. On the same day, Jason Oldridge took part in the new Three Bridges half Marathon along the banks of the Parramatta River and in the early morning warmth put in a first rate performance. Adam Etherington had a great run in the 8km event, winning his category, while Michael Christie was also spotted at the same event trundling around the 8km course. The three athletes enjoyed the chance to run in a new event. Jason Oldridge also ran in a unique event called the Panorama Punish in November, one lap around the 6.2km circuit that is the famous racing circuit at Bathurst and from all accounts this was a very well supported event with a very appropriate name, as it certainly could be called punishing for all concerned. Both Steve Mifsud and Steve Oldridge took part in events at the Fishers Ghost running festival out Campbelltown way and both gained category places in their respective events, once again showing to one and all that they are in fine form. Towards the end of the month, Steve Mifsud tackled the Half Marathon up at The Entrance and once again ran well. It's exciting to see our members and friends tackling events that are a little different as with their participation, this also publicises the various events that are unusual.

After the wet October, it was also good to be able to get back to our Saturday afternoon All Comers events at C V Kelly Park and these events continue to be well supported. If you have not tried one of the clubs All Comers meet's you should give it a go, as you will be made most welcome and it's a great environment to try something a little different. November was a month to remember for Girraween athletics. Results follow:

3-11-18 The Ponds parkrun 5km

9th Matt Modini 20:48

3-11-18 Rooty Hill parkrun 5km

17th Rod Zammit 24:43

37th Carol Adams 28:11

64th David Otte 32:58

67th Mischelle Otte 33:13

3-11-18 Rhodes parkrun 5km

31st Lisa Grant 22:02

3-11-18 Parramatta parkrun 5km

75th Stephen Parkins 26:18

130th Andrew Free 32:11 (32:30 pacer)

220th Sharon Free 49:32 (walker)

230th Michael Christie 57:31 (tail walker)

3-11-18 Hagley (NZ) parkrun 5km

138th Terry Rose 27:59

3-11-18 Picton parkrun 5km

12th Steve Oldridge 24:21

3-11-18 Treloar Shield 3 Campbelltown

Men's Discus Throw 1kg

Kajanan Srisivaeaswaran 18.42m

Men's Long Jump Under 5.5m

6th Neelesh Shrestha 4.19m

9th Rob Giesler 3.94m

12th Kajanan Srisivaeaswaran 3.60m

Men's Shot Put 3kg

3rd Kajanan Srisivaeaswaran 9.05m

Women's Long Jump over 4.5m

12th Vithussa Srisivaeaswaran 4.65m

13th Taylor Doyle 4.12m

Women's 100m Open

55th Vithussa Srisivaeaswaran 14.16

62nd Taylor Doyle 14.84

Men's 100m Open

57th Neelesh Shrestha 13.68

58th Claudio Corvalan 13.70

61st Rob Giesler 14.10

Women's 400m Open

20th Vithussa Srisivaeaswaran 1:02:40

Men's 400m Open

47th Rob Giesler 1:12:27

4-11-18 Three Bridges Run- Western Sydney

Half Marathon

17th Jason Oldridge 1:39:11

8km

7th Adam Etherington 36:29 (1st Veteran cat)

74th Michael Christie 52:12

4-11-18 Carcoar Cup Running Festival- Carcoar

Half Marathon

6th Geoff Sheargold 1:23:39 (2nd 30-39 cat)

87th Graham Sheargold 2:16:06

104th Suresh Raju 2:28:22

10-11-18 The Ponds parkrun 5km

9th Matt Modini 20:13
28th Adam Etherington 21:53
457th Karen Clark 52:39 (walker)

10-11-18 Parramatta parkrun 5km

124th Andrew Free 29:23
159th Terry Rose 32:16
160th Michael Christie 32:22
212th Keith Mayhew 39:32

10-11-18 Rooty Hill parkrun 5km

39th Greg Sargeant 26:35
57th Wayne Thurlow 29:23

10-11-18 Campbelltown parkrun 5km

26th David Otte 24:03 (new Pb)
53rd Mischelle Otte 30:03

10-11-18 Curl Curl parkrun 5km

35th Lisa Grant 21:48

10-11-18 East Richmond parkrun 5km

19th Peter Tutty 25:49

10-11-18 Treloar Shield 4 SOPAC**Men's Hammer Throw 4kg**

2nd Kaylan Anderson-Prasad 28.69m

Men's 60m Open

66th Rob Giesler 8.80

Men's 200m Open

83rd Rob Giesler 28.94

10-11-18 NSW 3000M Championships SOPAC**Men's Open 3000m**

10th Brad Milosevic 8:29:18

11-11-18 Mount Panorama Punish- Bathurst 6.2km

62nd Jason Oldridge 29:20

11-11-18 Fishers Ghost Fun Run Campbelltown**5km**

43rd Steve Oldridge 23:26 (1st 50-59 cat)

10km

62nd Steve Mifsud 48:10 (2nd 60-69 cat)

17-11-18 Rooty Hill parkrun 5km

50th Carol Adams 26:54

62nd Wayne Thurlow 27:59

17-11-18 Goondiwindi (Qld) parkrun 5km

19th Terry Rose 28:22

17-11-18 The Ponds parkrun 5km

150th Cristina Sotomayor 28:15

169th Claudio Corvalan 28:42

267th Karen Clark 33:11

17-11-18 Parramatta parkrun 5km

111th Andrew Free 28:26

154th Michael Christie 31:57

225th Keith Mayhew 43:27

17-11-18 Rhodes parkrun 5km

50th Lisa Grant 21:40

17-11-18 Chipping Norton parkrun 5km

5th Steve Oldridge 23:19

18-11-18 SMC Greystanes

Half Marathon

17th Steve Mifsud 1:53:53.1

26th Graham Sheargold 2:18:07.4

10km

13th Rod Zammit 47:34.3

40th Suresh Raju 1:02:54.1

5km

11th Jason Oldridge 24:23.7

12th Steve Oldridge 24:26.7

15th Cooper Foley 25:35.7

16th Chloe Grogan 25:49.6

17th Michael Grogan 26:24.9

29th Hayley Zammit 29:48.3

31st Michael Christie 30:54.2

35th Chris Foley 35:42.4

24-11-18 Rooty Hill parkrun 5km

31st Rod Zammit 26:08

33rd Greg Sargeant 26:11

41st Wayne Thurlow 27:37

54th Mischelle Otte 29:00

55th David Otte 29:01

156th David Perry 52:58 (walker)

24-11-18 Parramatta parkrun 5km

94th Andrew Free 28:44

114th Terry Rose 29:59
123rd Katrina Russell 30:41
142nd Michael Christie 32:21
177th Keith Mayhew 38:09

24-11-18 The Ponds parkrun 5km

93rd Michael Grogan 25:55
114th Cristina Sotomayor 26:48

24-11-18 North Sydney parkrun 5km

57th Michael Free 26:45
103rd Jill Woodruff 32:05

24-11-18 Rhodes parkrun 5km

32nd Lisa Grant 21:46

24-11-18 Kingscliff parkrun 5km

18th Stephen Parkins 24:33

24-11-18 Hadleigh- Essex (UK) parkrun 5km

32nd Carly Eager 29:08 (new pb)

25-11-18 Mingara One Fitness Central Coast Hal Marathon & 10km Fun Run-

The Entrance

Half Marathon

265th Stephen Mifsud 1:48:45 (net time)

Michael Christie

(GAP)