

## **October 2018- Girraween's athletes to the fore once again!**

Despite the inclement weather at various times in October that meant the club was unable to conduct it's All Comers meets on three consecutive Saturday's, there were still a number of fine achievements by Girraween athletes across a variety of events at different locations.

There were a number of Girraween athletes participating in the first two rounds of the Treloar Shield, ANSW's summer club competition at both Blacktown and SOPAC and there were a number of eye-catching performances from the club's athletes. Taylor Doyle, in the long jump, jumped one her longest distances since the glory days of 2016 and was most happy with her effort. The versatility of Jessie Wong over a number of events was a real highlight at Blacktown. The Cameron and Srisivaeaswaran siblings demonstrated their fine form over both meets and have great potential. It was also exciting to see the great early season form that both Cristobel and Neelesh showed in their respective events. Lojana also showed a glimpse of the future with fine runs over the longer distances, whilst in the highly specialised event that is the pole-vault, Lauren had a solid start to the season with a fine effort at SOPAC. Whilst we have focused on the club's younger brigade, it would be remiss of us not to mention the efforts of two of Girraween's more experienced athletes in Claudio and Rob whose efforts across the first two weeks of the Treloar Shield were most meritorious. It was very exciting to see such a healthy Girraween contingent over the first two rounds of the Treloar Shield and we hope it bodes well for the remainder of the season.

The monolith that is parkrun continued ticking over throughout October and there were a number of excellent performances. Andrew Free, Lisa Grant and Chloe Grogan all registered new pb's in October with excellent efforts. In the last Parramatta parkrun of the month, Geoff Sheargold was the first runner across the line with a wonderful performance. The Girraween Athletics Club parkrun day under the oversight of the redoubtable Rod Zammit, continued at Parramatta parkrun at the end of the month and it was nice to see the Girraween royal blue and white so well represented last Saturday. We all hope that the next Girraween parkrun day is well supported at the end of November or early December.

The Melbourne Marathon Festival was held in October. Brad Milosevic finished in a creditable fourth place in the Half-Marathon with a solid run, whilst Steve Mifsud overcame illness to somehow manage to finish the Marathon. We don't how he did it, given his interrupted lead-up, but it was a gutsy effort on Steve's part to get the job done. Congratulations to both runners on their performances.

The SMC Road Series continued at Greystanes towards the end of October and a number of Girraween athletes were spotted across the three events. Graham Sheargold ran most consistently in the Half- Marathon using it as a solid warm up for the Carcoar Cup Running Festival next month. Geoff Sheargold in another excellent performance in the 10km event was first home. Geoff is in rare form at this time. Rod Zammit was also his consistent self in the 10km and he had to be happy with his effort. The 5km run saw a big Girraween

contingent of members and friends. Jason Oldridge, Steve Mifsud and Steve Oldridge all ran well and continued their fine form of late. One real highlight was seeing the great form of the Girraween young contingent with Chloe Grogan, Cooper Foley and Hayley Zammit all running well and into the bargain clocking up great times on what is a challenging little course.

The performances of Girraween's athletes across such a wide variety of events in October would have had the pioneers of the club smiling and given the club is currently celebrating its fortieth anniversary it was heart-warming to see. Results follow:

#### **6-10-18 Parramatta parkrun 5km**

56th	Stephen Parkins	25:03
86th	Terry Rose	28:03
100th	Andrew Free	29:43
167th	Michael Christie	51:13 (walker)

#### **6-10-18 The Ponds parkrun 5km**

7th	Matt Modini	20:13
26th	Adam Etherington	22:01

#### **6-10-18 Rooty Hill parkrun 5km**

34th	Chloe Grogan	25:53
40th	Michael Grogan	26:23
49th	Carol Adams	28:21
60th	Wayne Thurlow	30:22

#### **6-10-18 Cowpasture Reserve parkrun, Camden 5km**

22nd	Steve Oldridge	23:29
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#### **6-10-18 San Remo parkrun 5km**

6th	Lisa Grant	21:47 (1st Female)
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#### **6-10-18 Wanstead Flats (UK) parkrun 5km**

133rd	Carly Eager	27:05
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#### **6-10-18 Taree parkrun 5km**

20th	Rod Zammit	25:45
36th	Hayley Zammit	28:30

#### **6-10-18 East Richmond parkrun 5km**

12th	Peter Tutty	25:18
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#### **13-10-18 The Ponds parkrun 5km**

6th	Matt Modini	19:50
128th	Cristina Sotomayor	27:11

#### **13-10-18 Parramatta parkrun 5km**

61st	Stephen Parkins	24:43
110th	Andrew Free	28:41

139th Terry Rose 31:18  
220th Michael Christie 49:03 (walker)

**13-10-18 Rooty Hill parkrun 5km**

38th Carol Adams 26:22  
65th Wayne Thurlow 30:10

**13-10-18 Willoughby parkrun 5km**

72nd Michael Free 24:24

**13-10-18 Cowpasture Reserve parkrun, Camden 5km**

40th Steve Oldridge 23:48

**13-10-18 Rhodes parkrun 5km**

34th Lisa Grant 21:54

**13-10-18 Galston parkrun 5km**

38th David Otte 26:04  
72nd Rod Zammit 30:23  
74th Hayley Zammit 31:03  
90th Mischelle Otte 33:14

**13-10-18 Treloar Shield 1 Blacktown**

**Men's Long Jump-Under 4.5m/5.5m**

6th Neelesh Srestha 4.32m  
7th Rob Giesler 4.08m  
11th Kajanan Srisivaeaswaran 3.32m

**Men's Shot Put 3kg**

3rd Kajanan Srisivaeaswaran 8.29m

**Men's Shot Put 7.26kg**

3rd Claudio Corvalan 9.28m

**Women's Long Jump- Over 4.5m/5.5m**

3rd Jessie Wong 5.31m  
13th Vithuss Srisivaeaswaran 4.80m  
18th Taylor Doyle 4.53m

**Women's High Jump 1.20m Start**

8th Bianca N Cameron 1.40m

**Women's 90m Hurdles 76.2cm**

2nd Jessie Wong 14.05

**Women's 400m Open**

18th Vithuss Srisivaeaswaran 1:02.24  
21st Jessie Wong 1:02.85

**Women's 100m Open**

22nd Jessie Wong 13.12  
59th Taylor Doyle 14.79

**Men's 100m Open**

32nd	Randy N Cameron	12.62
43rd	Neelesh Srestha	13.36
44th	Claudio Corvalan	13.36
51st	Rob Giesler	14.01
60th	Cristobel Corvalan	16.65

**Women's 3000m Open**

14th	Lojana Vijeyratnam	12:42.63
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**14-10-18 Melbourne Marathon Festival****Medibank Melbourne Marathon**

4987th	Stephen Mifsud	4:56:59 (net)
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**Sri Lankan Airlines Half Marathon**

4th	Brad Milosevic	1:06:49 (net)
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**18-10-18 SMC Milers Club II -The Crest Athletics Centre Bankstown****Men's 3000m Open**

17th	Geoff Sheargold	9:55.53
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**20-10-18 The Ponds parkrun 5km**

118th	Cristina Sotomayor	26:47
478th	Karen Clark	1:05.03 (walker)

**20-10-18 Rooty Hill parkrun 5km**

39th	David Otte	23:42
57th	Chloe Grogan	25:47
60th	Michael Grogan	26:07
66th	Carol Adams	26:25
81st	Rod Zammit	28:11
87th	Andrew Free	28:36(new pb)
94th	Wayne Thurlow	29:31
95th	Hayley Zammit	29:33

**20-10-18 Parramatta parkrun 5km**

206th	Terry Rose	36:03
248th	Michael Christie	48:46 (walker)

**20-10-18 Cowpasture Reserve parkrun, Camden 5km**

26th	Steve Oldridge	23:32
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**20-10-18 North Wollongong parkrun 5km**

31st	Lisa Grant	22:17 (new pb)
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**20-10-18 Riverway (QLD) parkrun 5km**

150th	Mischelle Otte	34:49
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**20-10-18 Treloar Shield 2 SOPAC Homebush****Mixed Javelin Throw 800g**

10th	Claudio Corvalan	30.12m
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**Men's Triple Jump 7m + 9m**

2nd	Randy N Cameron	10.76m
9th	Rob Giesler	8.46m

**Men's Discus Throw 1kg**

10th	Kajanan Srisivaeaswaran	21.86m
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**Mixed Pole Vault 1.8m**

3rd	Lauren Tisdale	2.50m
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**Men's Javelin Throw 600g**

2nd	Kajanan Srisivaeaswaran	24.46m
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**Women's 1500m Open**

34th	Lojana Vijeyratnam	5:49.57
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**Women's 60m Open**

49th	Vithuss Srisivaeaswaran	8.64
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**Men's 60m Open**

74th	Claudio Corvalan	8.44
87th	Rob Giesler	8.80
101st	Cristobel Corvalan	10.18

**Women's 200m Open**

49th	Vithuss Srisivaeaswaran	27.02
56th	Bianca N Cameron	28.44

**Men's 200m Open**

57th	Randy N Cameron	24.99
89th	Rob Giesler	28.63

**21-10-18 SMC Greystanes****Half Marathon**

21st	Graham Sheargold	2:07:23.2
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**10km**

1st	Geoff Sheargold	36:16.8
9th	Rod Zammit	46:42.3
31st	Terry Rose	1:00:56.1

**5km**

2nd	Jason Oldridge	21:21.2
7th	Stephen Mifsud	22:81.1
15th	Steve Oldridge	23:59.1
19th	Chloe Grogan	25:08.8
20th	Cooper Foley	25:10.7
21st	Michael Grogan	25:58.0
28th	Hayley Zammit	28:31.6
36th	Michael Christie	34:28.3
39th	Chris Foley	39:43.1

**27-10-18 Parramatta parkrun 5km**

1st	Geoff Sheargold	17:46
31st	Lisa Grant	21:27
60th	Wayne Thurlow	23:36
77th	Stephen Parkins	24:57
83rd	Rod Zammit	25:15
99th	Chloe Grogan	26:03 (new pb)
102nd	Michael Grogan	26:19
137th	Andrew Free	28:15
193rd	Michael Christie	31:52

**27-10-18 The Ponds parkrun 5km**

151st	Cristina Sotomayor	28:25
265th	Claudio Corvalan	34:02
284rd	Karen Clark	35:09

**27-10-18 Cowpasture Reserve parkrun, Camden 5km**

23rd	Steve Oldridge	23:03 (new pb)
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**27-10-18 Rooty Hill parkrun 5km**

22nd	David Otte	59:59 (technical problem with timing)
97th	Mischelle Otte	59:59 (technical problem with timing)

**27-10-18 Hagley (NZ) parkrun 5km**

105th	Terry Rose	27:32
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Michael Christie (GAP)