

September 2018- Happy 40th Birthday to Girraween Athletics Club!



To begin with, we are reminding everyone that the Girraween Athletics Club 40th Anniversary celebration is on Saturday November 3. Details have been sent out to all our members and friends. Now is the time to purchase a ticket if you have not already done so as it promises to be a very special evening. We hope to see you there.

Girraween Athletics Club was founded by John Wheeler in September 1978. The club's first meet was held on September 30 1978, so the actual anniversary day was forty years ago last Sunday. As a small tribute we have included at the top of this month's newsletter, the three logos used by the club over this period.

The Blackmores Sydney Running Festival was held in September and there were a number of Girraween athletes participating in these events. The standout effort was that of Brad Milosevic who ran a very fine second in the 10km Bridge Run. There were other fine efforts in this event including those of Steve Mifsud, Chloe and Michael Grogan and Lynette Clark who all put in fine runs. Both Nicholas Hanna and Suresh Raju were spotted out on the course tackling the Marathon and both hung in well on the challenging layout. Pania Wynyard's dogged performance in the Half Marathon was another meritorious effort, while Danny Martins enjoyed the experience with his family in the Family Fun Run. All in all, Girraween's members and friends acquitted themselves well across all their events.

Once again, parkrun proved popular for Girraween's athletes in September with a number reaching milestones. The redoubtable Wayne Thurlow volunteered for his 100th parkrun in September, a remarkable effort when one considers on most of these he has also had a run. Congratulations Wayne on achieving this feat. Both Michael Grogan and Geoff Sheargold participated in their 50th parkrun in September, whilst Michael Free reached his 150th parkrun, a very fine effort by all three gentlemen. Well done to all concerned. There were also new pb's run by Chloe Grogan, Rob Eager and Andrew Free, all three runners

continuing their fine form from the recently completed summer season. Congratulations to you all. Girraween Athletics Club also held the first of the planned Girraween parkrun days at Rooty Hill in September, where Girraween's athletes ran in their club colours. It was an encouraging start to this concept, with the next GAC parkrun day to be held at Parramatta parkrun towards the end of October. A very big thank you to Girraween Athletics Club committee member, Rod Zammit for coming up with this concept. Thanks Rod. It will be great if the club's members can continue to support this idea over the summer months, as it is an important way of making our club more widely known in the running community.

The SMC Road Race Series for the 2018-2019 season, kicked off at Greystanes once again in September and there was a healthy contingent of Girraween athletes present. Michael Kammerer had a fine run in the Half Marathon, whilst in the 10km event Rod Zammit had another consistent run. There were a big number of Girraween members and friends in the 5km event. There were some excellent times run by Jason Oldridge, Nicholas Hanna and Stephen Mifsud in particular in this event, whilst Girraween and friends younger athletes in Chloe Grogan, Cooper Foley and Hayley Zammit all had fine runs in the 5km and should be proud of their efforts.

A number of Girraween's members and friends were spotted far and wide in a number of events in September. Carol Adams had a wonderful cultural experience whilst competing in a marathon in regional France. Geoff Sheargold had another fine run in the Sydney Striders 10km held around the streets of Sydney Olympic Park. Adam Etherington tackled the challenging Bella Vista course in the 7km event and ran a very fine time given the tough nature of the course. Stephen Mifsud tackled the Broken Marathon event at the end of the month which was held at the Penrith International Regatta Centre, participating in the Half Marathon event held as part of this festival.

It had been another excellent month of achievement by Girraween's athletes, most fitting given it's the club's 40th anniversary. One more thing, please remember to purchase a ticket to the Girraween Athletics Club 40th anniversary dinner, you'll be glad you did. Results follow:

1-9-18 Rooty Hill parkrun 5km

31st	Greg Sargeant	26:37
49th	Mischelle Otte	29:07
50th	David Otte	29:08

1-9-18 The Ponds parkrun 5km

5th	Matt Modini	19:45
27th	Adam Etherington	22:06
208th	Karen Clark	31:59

1-9-18 Willoughby parkrun 5km

52nd	Michael Free	24:03
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1-9-18 Rhodes parkrun 5km

47th	Lisa Grant	21:46
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1-9-18 Picton parkrun 5km

10th	Steve Oldridge	23:46
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1-9-18 Parramatta parkrun 5km

130th	Terry Rose	28:29
137th	Andrew Free	29:14
156th	Michael Christie	30:31

1-9-18 Sydney Striders Homebush 10km

10th	Geoff Sheargold	37:15.6
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8-9-18 The Ponds parkrun 5km

390th	Karen Clark	56:07 (walker)
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8-9-18 Rooty Hill parkrun 5km

6th	Matt Modini	19:35
42nd	Rod Zammit	24:33
48th	Chloe Grogan	25:16 (new pb)
58th	Michael Grogan	26:13
80th	David Otte	29:26
81st	Mischelle Otte	29:42
94th	Wayne Thurlow	30:49

8-9-18 Parramatta parkrun 5km

4th	Geoff Sheargold	17:20
57th	Stephen Parkins	24:04
104th	Terry Rose	27:34
112th	Andrew Free	28:25
155th	Michael Christie	32:07

8-9-19 Greenway parkrun 5km

66th	Steve Oldridge	23:27
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8-9-18 Marathon du Medoc, Pauillac, France

2193rd	Carol Adams	5:40:59
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15-9-18 Rooty Hill parkrun 5km

61st Wayne Thurlow 29:27

15-9-18 The Ponds parkrun 5km

3rd Matt Modini 19:54

86th Cristina Sotomayor 26:38

15-9-18 Parramatta parkrun 5km

3rd Geoff Sheargold 17:42

155th Michael Christie 32:45

15-9-18 Picton parkrun 5km

10th Steve Oldriddge 23:10

15-9-18 Greenway parkrun 5km

80th Andrew Free 29:00

140th Sharon Free 41:48

15-9-18 Riverway (Qld) parkrun 5km

21st David Otte 24:42

85th Mischelle Otte 30:25

15-9-18 Curl Curl parkrun 5km

30th Lisa Grant 22:00

15-9-18 Nepean River parkrun 5km

94th Robert Eager 28:31

15-9-18 North Sydney parkrun 5km

29th Michael Free 25:28 (150th parkrun)

16-9-18 Blackmores Sydney Runing Festival**Blackmores Sydney Marathon**

487th Nicholas Hanna 3:24:44 (net)

2411th Suresh Raju 5:20:25 """"

Blackmores Half Marathon

5015th Pania Wynyard 2:16:18 (net)

Blackmores Bridge Run 10km

2nd Brad Milosevic 30:27 (net)

867th Stephen Mifsud 48:07 """"

2517th Chloe Grogan 54:41 """"

2526th Michael Grogan 54:42 """"

9619th Lynette Clark 1:19:25 """"

Blackmores Family Fun Run 3.5km

1164th Danny Martins 24:18 (walker)

22-9-18 Rooty Hill parkrun 5km

37th	Rod Zammit	25:22
42nd	Cristina Sotomayor	25:57
47th	Chloe Grogan	26:29
49th	Michael Grogan	26:33(50th parkrun)
55th	Wayne Thurlow	27:13
56th	Rob Eager	27:15 (new pb)
68th	Andrew Free	28:39 (new pb)
78th	Michael Christie	30:07
84th	Mischelle Otte	31:16

22-9-18 Parramatta parkrun 5km

3rd	Geoff Sheargold	17:59(50th parkrun)
267th	Terry Rose	1:02:02 (tail walker)

22-9-18 Campbelltown parkrun 5km

20th	Steve Oldridge	24:28
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22-9-18 Rhodes parkrun 5km

40th	Lisa Grant	22:09
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22-9-18 North Sydney parkrun 5km

41st	Michael Free	25:48
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22-9-18 The Ponds parkrun 5km

543rd	Maisie Stone	56:07 (walker)
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22-9-18 East Richmond parkrun 5km

21st	Peter Tutty	25:38
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23-9-18 Cross- Country Challenge Vella Vista

7km

6th	Adam Etherington	32:59:20 (2nd 17-49 cat)
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23-9-19 SMC Greystanes

Half Marathon

7th	Michael Kammerer	1:36:25.4
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10km

14th	Rod Zammit	47:56.7
45th	Terry Rose	1:03:48.6
47th	Suresh Raju	1:09:05.6

5km

2nd	Jason Oldridge	21:05.3
5th	Nicholas Hanna	22:19.8
7th	Stephen Mifsud	22:49.8
12th	Steve Oldridge	24:18.6
14th	Chloe Grogan	25:18.6
16th	Cooper Foley	25:20.6
17th	Michael Grogan	25:31.8
26th	Hayley Zammit	29:24.6
30th	Michael Christie	30:25.7
34th	Chris Foley	33:35.4

29-9-18 Willoughby parkrun 5km

88th	Michael Free	25:21
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29-9-18 Curl Curl parkrun 5km

36th	Lisa Grant	21:23
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29-9-18 Parramatta parkrun 5km

77th	Stephen Parkins	25:49
112th	Andrew Free	28:01
139th	Michael Christie	30:18

29-9-18 The Ponds parkrun 5km

31st	Adam Etherington	22:09
136th	Cristina Sotomayor	27:31

29-9-18 Urunga parkrun 5km

28th	Terry Rose	28:24
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29-9-18 Cowpasture Reserve Camden parkrun 5km

37th	Steve Oldridge	24:13
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29-9-18 Rooty Hill parkrun 5km

7th	Nicholas Hanna	21:15
22nd	David Otte	23:33
36th	Michael Grogan	25:19
78th	Wayne Thurlow	31:11

29-9-18 Hadleigh- Essex (UK) parkrun 5km

61st	Carly Eager	30:59
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29-9-18 East Richmond parkrun 5km

27th Peter Tutty 26:06

29-9-18 Broken Marathon Regatta Centre Penrith

Half Marathon

5th Stephen Mifsud 2:01:25 (1st 50-59 cat)

Michael Christie (GAP)