

November 2011- Girraween's athletes show their versatility

Throughout an incredible busy November, Girraween's athletes competed in a myriad of events far and wide. As well as the State Relays, which have been covered in detail elsewhere, our athletes were spotted in urban max races, triathlon's, half marathon's, throwing events, the ANSW club premierships as well as the more traditional road runs over a variety of distances. In all of them they gave their best.

The versatility of many of our athletes continues to impress. Our small band of athletes whom represented Girraween in the club premierships continued to remain competitive in all their events, at times, against very elite company. People such as Monica Juhart with her great results in numerous triathlons, (on one day, Monica completed two events), where does that energy come from one may ask and Lisa Grant with her Urban Max race adventures are two athletes who continue to show great versatility at a high level. Nicholas Hanna's durability in competing a sub twenty minute 5km on the track at interclub, then the very next morning running a very solid 16km in warm conditions is another of our athlete's who continues to amaze. Taylor Doyle also made a solid start to her season with creditable performances at Sydney Olympic Park in the AWD Australian Junior Championships and we all hope that Taylor has a great season. At the Sydney Marathon Clinic event we had three of our athletes place in their respective events. Caitlin White led the way with a great 1st placing in the 5km walk against a very competitive field. Geoff Sheargold placed 2nd in the half marathon with Nicholas Hanna also placing second in the 5km. It's been a long time at SMC since we have had three athletes place so well in different events on the same day. It will certainly be interesting to see how Miss White's new found walking career develops over the coming season. Our throwers are continuing to perform well, achieving fine results in the two NSW throwers club events held in November, as well as at interclub and State Relays. At the moment, there is a real resurgence in the throwing events at Girraween, which is a very exciting development for the club with a number of younger members stepping up to the mark here. Long may this continue.

While it was a busy month on the around the traps for our athletes, off the track there was a very special event with a tribute dinner held for three of our athletes in Lynette Smith, Stephen Mifsud and Taylor Doyle to celebrate their amazing achievements throughout their careers and in particular 2011. Lynette, Stephen and Taylor, were presented with special tribute medals by our President, Steve Williams, and a memorable evening was had by all who attended.

In closing I would just like to wish all our members and families a very happy Christmas and an exciting New Year. It's been a memorable year for our club and it's been an absolute pleasure to be able to bring our athletes achievements to the attention of everyone involved with Girraween athletics. We have a remarkable group of athletes at all levels and it's to be hoped that 2012 can continue in the same manner. Results follow:

5-11-11 Spring Into Shape Series Parramatta Park- Parramatta

4km

4 th	Terry Rose	16:58(1 st 50-59 cat)
9 th	Danny Martins	17:34(3 rd 18-29 cat)
16 th	Stephen Mifsud	18:34(2 nd 50-59 cat)

8km

31 st	Michael Christie	42:32
43 rd	Roger Mar	45:01

5-11-11 ANSW Club Premiership Round 3

Hensley

M 1500m Open- Section 1

13 th	Brad Milosevic	4:02:20
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Wollongong

W100m 35+

4 th	Lynette Smith	14.14
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W400m 35+

2 nd	Lynette Smith	1:08.80
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W Shot Put 35+1st Lynette Smith 9.60m**W Javelin 35+**1st Lynette Smith 34.08m**M100m 50+ Section 2**4th Geoff Crumpton 18.99**M Shot Put 50+**2nd Geoff Crumpton 11.00m**M Javelin 50+**4th Geoff Crumpton 31.35m**6-11-11 2011 Run 4 Fun Homebush 10km**142nd Nicholas Hanna 40:161030th Richard Frost 50:131307th Richard Lamas 51:481813th Terry Rose 54:412016th Steve Clark 55:442194th Michael Christie 56:392250th Roger Mar 56:545307th Mark Laird 1:23:13**6-11-11 Carcoar Cup Running Festival- Carcoar****Half Marathon**44th Suresh Raju 2:09**6-11-11 NSW Throwers Club Greystanes****Discus W U14**2nd Aimee O'Brien 25.50m**Shot Put W U14**8th Aimee O'Brien 7.65m**Hammer M 65-69**1st Raminder Singh 20.55m**Discus M 65-69**1st Raminder Singh 25.51m**Shot Put M65-69**1st Raminder Singh 7.68m**12-11-11 NSW 3000m Championships & supporting events- SOPAC-Homebush****Women 3000m 'C' Race Open**5th Lisa Grant 11:09.01**Men 3000m 'G' Race Open**11th Nicholas Hanna 11:07.13**Men 3000m 'A' Race Open**13th Brad Milosevic 8:26.81**12-11-11 AWD Junior Australian Championships SOPAC- Homebush****Women 100m Ambulant U20**5th Taylor Doyle 14.73**13-11-11 AWD Junior Australian Championships SOPAC- Homebush****Women Long Jump Ambulant U20**5th Taylor Doyle 3.71m**Women 200m Ambulant U20**6th Taylor Doyle 32.83**Women 4x100m Ambulant Open Invitation**1st Aust C 'A' Stephanie Schweitzer, Taylor Doyle, Natalie Evans, Angelique Booth 59.36**13-11-11 Fishers Ghost Fun Run Campbelltown****5km**44th Stephen Mifsud 22:33 (3rd 50-59)75th Terry Rose 24:02

10km162nd Roger Mar 56:27**13-11-11 2011 City 2 Sea Melbourne 14km**2880th Danny Martins 1:13:16**19-11-11 Sydney Urban Max**22nd Lisa Gran/Cheryl Webb- Team Girraween 4:35:37 (4th Womens Team)**20-11-11 SMC Smithfield****21.1km**2nd Geoff Sheargold 1:24:3044th Carol Adams 2:04:1950th Ray Yorke 2:10:49**10km**24th Stephen Mifsud 47:4733rd Richard Frost 50:45**5km**2nd Nicholas Hanna 19:467th Michael Grogan 21:2717th Michael Christie 24:3919th Andrew Free 25:10**5km Walk**1st Caitlin White 41:00**20-11-11 Trishave Triathlon Sprint Series Kurnell**66th Monica Juhart 1:09:54 (1st 30-34 Women) 5th overall female**20-11-11 Hills Tri Series Race 1-Sprint-Penrith Regatta Centre****Womens**1st Monica Juhart 1:07:35**26-11-11 ANSW club Premiership Round 4****Campbelltown****M 5000m Open**5th Nicholas Hanna 19:56:77**M 100m 50+**3rd Rob Giesler 13.11**M 400m 50+**12th Rob Giesler 1.09.13**27-11-11 Mingara One Central Coast Half Marathon- The Entrance**171st Stephen Mifsud 1:44:52**27-11-11 Sri Chinmoy Cooks River****16km Male U50**11th Nicholas Hanna 1:12:50**16km Male 50-59**8th Roger Mar 1:38:35**8km Male U50**24th Michael Christie 42:56**8km Male 50-59**7th Terry Rose 40:21**27-11-11 Throwers Club of NSW Campbelltown****Hammer W40-44**1st Lynette Smith 33.66m**Discus W40-44**1st Lynette Smith 31.45m**Shot Put W40-44**1st Lynette Smith 9.71m**Javelin W40-44**1st Lynette Smith 31.20m

Michael Christie

(GAP)