

August 2013- Girraween's athletes tackle events far and wide with great success!

The month of August saw Girraween's athletes travel far and wide in their quest for athletic excellence. We have included results from the Cities M7 Marathon relay from the end of July now that they have become available and there were some excellent efforts. Geoff Sheargold's team came second in the Open Mens relay by one second, in a great performance. The relay also saw Carly Eager run a half-marathon distance for the first time and she cracked the two hour mark on a very tough course. Congratulations Carly. Our other runners as can be seen from the results below also performed admirably.

August also saw Girraween's annual pilgrimage to iconic City to Surf and this year we had twenty athletes complete the course. There were great runs from Geoff Sheargold and Nicholas Hanna who were not far off the fifty-minute mark. It was great to see Peter Matthews having an excellent run and along with Graham Sheargold, Clive Kidson, Stephen Mifsud and Steve Clark all doing an incredible job to crack the seventy minute mark. Rowena Milliss also did a great job running a distance well outside her comfort zone. Well done, Rowena. All in all our runners did a phenomenal job, particularly as the day warmed up. Congratulations to all our athletes.

Parramatta parkrun was also a weekly event that was well supported by Girraween's athletes across the month, with most Saturdays seeing three or four of our runners striding along the fast course adjacent to the Parramatta River. There were some fine runs in particular by Nicholas Hanna, Terry Rose, Rod Zammit, Robyn Smith and Rowena Milliss who all on occasions ran some very speedy times. This event continues to grow in popularity and is well supported by members of Girraween Athletics Club. And speaking of parkrun, Michael Free was spotted running the St Peters event on a couple of occasions, a remarkable effort by Michael, considering the various health issues he has faced over recent times. He not only ran it, he ran it well as it's a tough 5km course. It's safe to say we're all a little in awe of Michael's determination and willpower and we look forward to seeing him over the summer when commitments allow.

An example of Girraween athlete's willingness to travel for an event was illustrated on the second last weekend of the month, where we had Girraween athletes competing in six different events over the weekend around Australia. From Adelaide to Townsville, Mudgee to Homebush and St Peters to Ermington, our athletes were spotted running very well as can be seen by the results below. A very extraordinary effort by all concerned and that was on top of the annual Trevor Lonard handicap held at Bella Vista on the Saturday of that same weekend which was well supported as normal.

The month ended with Brad Milosevic taking part in the Australian Cross Country Championships in Launceston, running a very creditable tenth in the Mens Open 12km event and been part of the strong NSW team that picked up a bronze medal in the same event. Congratulations Brad on your fine achievement. It has been another fine month of athletic excellence by our members.

In closing, the 2013/2014 summer season resumes at C V Kelly Park Girraween this coming Saturday September 7. It will be the first time Girraween Athletics club will have competed there in two and a half years, after the re-development of the ground. So even if you don't intend to have a run, come down and have a look at the new ground, catch up with some old friends and make some new ones. It promises to be a special day. Results follow:

28-7-13 Westlink M7 Relay Teams Marathon

Open Mens

2 nd	Geoff and Devon	Geoff Sheargold	1:19:07	Total: 2:38:41
		Devon Deppeler	1:19:34	
19 th	Tony and Stephen	Tony Pacekoski	1:58:08	Total: 3:43:08
		Stephen Mifsud	1:45:00	
21 st	PHP & Wolfman	Ken Smith	2:10:45	Total: 3:51:58
		David Perry	1:41:13	

Open Mixed

21 st	Wottsamatta- U	Carly Eager	1:58:54
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Robert Eager 2:12:39

Total: 4:11:34

3-8-13 Parramatta parkrun 5km

9 th	Rod Zammit	22:42
37 th	Andrew Free	27:53
43 rd	Michael Christie	29:14

4-8-13 Bay Run- Iron Cove 7km

450 th	Terry Rose	33:17
931 st	Roger Mar	38:55

10-8-13 Parramatta parkrun 5km

18 th	Robyn Smith	24:31
28 th	Andrew Free	25:58
32 nd	Michael Christie	27:33

11-8-13 Sun Herald City to Surf- City to Bondi 14km

153 rd	Geoff Sheargold	50:43
211 th	Nicholas Hanna	51:48
6725 th	Graham Sheargold	1:08:22
7106 th	Clive Kidson	1:08:47
7323 rd	Stephen Mifsud	1:09:00
7584 th	Peter Matthews	1:09:17
7789 th	Steve Clark	1:09:30
9016 th	Richard Frost	1:10:52
9263 rd	Stephen Parkins	1:11:09
12890 th	Terry Rose	1:15:01
14135 th	Carly Eager	1:16:15
14389 th	Carol Adams	1:16:28
20580 th	Robert Eager	1:21:49
26028 th	Karen Short	1:26:43
29149 th	Rowena Milliss	1:29:34
45175 th	Joe Butler	1:50:52
48725 th	Mark Laird	1:58:36
54438 th	Steve Blunden	2:15:22 (walked course)

Rod Zammit (Both Rod and Roger completed the course, but due to technical issues did not receive an official time)
Roger Mar

17-8-13 Parramatta parkrun 5km

3 rd	Nicholas Hanna	18:13
48 th	Andrew Free	27:31
57 th	Michael Christie	28:31
66 th	Sharon Free	30:25

17-8-13 St Peter parkrun 5km

171st Michael Free (no time available due to technical issues on the day)

18-8-13 Sydney Trail Running Winter Series Race 3 Ku-ring-gai Wildflower Gardens

10km

80 th	Carol Adams	1:26:28.9
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24-8-13 Riverway Townsville parkrun 5km

8 th	Terry Rose	25:10
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24-8-13 Parramatta parkrun 5km

3 rd	Nicholas Hanna	18:18
46 th	Michael Christie	27:18
64 th	Andrew Free	32:10

24-8-13 St Peters parkrun 5km

174 th	Michael Free	29:03
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25-8-13 Parkinson's Unity Fun Run Sydney Olympic Park 8km

38th Richard Frost 37:01
144th Roger Mar 47:15

25-8-13 Adelaide Marathon

146th Peter Tutty 3:42:02

25-8-13 Mudgee Running Festival Mudgee

Half Marathon

80th Stephen Mifsud 1:54:19

31-8-13 Parramatta parkrun 5km

28th Terry Rose 23:37

30th Rowena Milliss 23:48

49th Andrew Free 27:20

52nd Michael Christie 27:32

31-8-13 Australian Cross Country Championships- Symmons Plains Launceston

Mens Open 12km

10th Brad Milosevic 40:46

Michael Christie (GAP)