

July 2013- It is the rough road that leads to the heights of greatness- Girraween athletes live this and more!

The month of July certainly saw Girraween athletes compete on the rough road far and wide in their pursuit of athletic excellence, showing that they were not afraid to tackle any challenge placed in front of them. As well as the continuation of the winter cross-country season, Girraween's athletes competed in a number of varied events as can be seen from the results listed below with a great deal of success.

Taylor Doyle's effort in her Long Jump event at the IPC Athletics World Championships held in Lyon, France in July, was very meritorious indeed. Whilst she finished out of the medals, with the Polish athlete setting another world record with a leap of over 6.00m to win the gold, Taylor's achievement in been selected in this Australian team initially and also having the opportunity to gain such invaluable experience at a high level of competition will stand her in good stead in the future. We hope Taylor enjoyed the experience and it will undoubtedly spur her onto greater things. Congratulations Taylor from all at Girraween.

Two more of our ladies in Lisa Grant and Carol Adams also tackled a number of difficult events including trail runs and marathons and we have also included Lisa's result from last months State League Orienteering event that was just brought to our attention. Both Lisa and Carol continue to go from strength to strength and always amaze us all with their strength and versatility.

Another highlight were the performances of our runners up at the Gold Coast Half Marathon, where Brad Milosevic ran a sub seventy-minute time for this event, a tremendous effort and Geoff Sheargold and Nicholas Hanna a sub eighty-minute time. To be placed so highly in such a large field was a tremendous achievement and these three athletes have continued to run well throughout the winter season. Graham Sheargold also ran the Gold Coast half and put in another consistent performance.

A small band of runners continued to compete at Parramatta parkrun along the Parramatta River between Ermington and Parramatta on Saturday mornings and continued to enjoy the experience. Rowena Milliss was able to fit in a couple of these runs and ran very well in her build up to the summer season. Terry Rose and Andrew Free were also spotted at parkrun and continue to run consistently.

Both Nicholas Hanna and Stephen Mifsud were also spotted about the place running in a number of other fun runs and as can be seen from the results listed below continue to acquit themselves very well and run consistently fast.

A small number of Girraween runners also ran in the M7 Cities Marathon relay at the end of July, but at time of going to press there were still a number of issues with the accuracy of the final results for this event. So rather than note down times and places for this event that may not be accurate, it has been decided to hold these over till the August newsletter, when hopefully these issues will have been rectified.

In conclusion July was another great month of athletic achievement and our athletes always continue to amaze! Results follow:

8-6-13 State League Orienteering QBIII Sprint Event Chevalier College Bowral 3000m

W21A

1 st	Lisa Grant	17:58
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9-6-13 State League Orienteering QBIII Long Distance Belanglo Forest 7550m

W21A

1 st	Lisa Grant	1:23:58
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10-6-13 State League Orienteering QBIII Middle Distance Belanglo Forest 4110m

W21A

4 th	Lisa Grant	46:59
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6-7-13 Parramatta parkrun 5km

18 th	Terry Rose	23:32
36 th	Andrew Free	26:48
43 rd	Michael Christie	27:47

6-7-13 Sydney Striders Homebush 10km

130 th	Stephen Mifsud	45:44
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7-7-13 Gold Coast Asics Half Marathon-Gold Coast

13 th	Brad Milosevic	1:08:11
91 st	Geoff Sheargold	1:18:27
104 th	Nicholas Hanna	1:19:04
1505 th	Geoff Sheargold	1:43:54

13-7-13 Parramatta parkrun 5km

34 th	Rowena Milliss	27:22
55 th	Andrew Free	29:13

14-7-13 Sydney Harbour 10km

57 th	Nicholas Hanna	36:04
716 th	Richard Frost	47:30

14-7-13 Sydney Trail Running Winter Series- Race 2- Ku-ring-gai Wildflower Gardens 10km

23 rd	Lisa Grant	1:01.19.5 (2 nd Female 19-30 Cat)
70 th	Carol Adams	1:34:14.5

20-7-13 Parramatta parkrun 5km

16 th	Terry Rose	23:29
31 st	Andrew Free	25:56
36 th	Michael Christie	26:37

21-7-13 Coal & Allied Running Festival Hunter Valley**5km**

17 th	Stephen Mifsud	23:34 (1 st 50-59 cat)
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22-7-13 IPC World Athletics Championships, Lyon France**Womens Long Jump T20**

9 th	Taylor Doyle	4.41m
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27-7-13 Parramatta parkrun 5km

17 th	Rowena Milliss	22:56
19 th	Terry Rose	23:14
34 th	Andrew Free	26:46
54 th	Michael Christie	31:14

28-7-13 Westlink M7 Cities Marathon

163 rd	Carol Adams	4:27:18
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Michael Christie (GAP)