

June 2013- Girraween athletes keep plugging away!

Whilst the month of June saw a few less events than normal, nevertheless there were still some fine achievements by our athletes as well as plenty of news to report.

As mentioned previously, we saw Brad Milosevic pick up a bronze medal in the NSW Cross Country Championships held near Nowra, a great effort in a very competitive field. Well-done Brad. We also reported that Taylor Doyle was chosen for the Australian team to compete at the IPC Athletics World Championships to be held in Lyon, France in late July. To be chosen for this team is one of Taylor's greatest achievements and all at Girraween Athletics wish her well in France. News also came through later in the month that Stephen Mifsud, Graham Sheargold, Clive Kidson and Terry Rose picked up a bronze medal in the Male 55+ teams event at the NSW State Road Championships held in early May. This belated good news was very much welcomed by all concerned and was a fine reward for their great runs in that event.

One of the highlights of the month was Carol Adams epic performance in completing the Comrades Marathon in South Africa between Durban and Pietermaritzburg in early June. Over 89km, this is one of the world's great races and this year was an 'up' year, meaning that the course was heading steadily uphill for the majority of the distance. The conditions were absolutely appalling with hot and humid temperatures over 30C and with hot winds. Bruce Fordyce, an absolute legend of the sport and nine time winner of the event and who has been running this event for over thirty years, called it the worst conditions for an 'up' year in his memory. Yet somehow, as athletes were dropping out all around her Carol completed the event within the required timeframe. This was an extraordinary achievement given the conditions. Congratulations Carol.

There were other fine performances throughout the month. There was a good representation of Girraween runners at the last two events of the 2012/2013 SMC season, held in appalling conditions at Greystanes. It was very very wet and cold. One of the highlights here was Geoff Sheargold's very fine time in the 10km run in the last SMC event of the season, backing up from running at Nowra the afternoon before. This was a very fine effort. On the same morning Graham Sheargold and Stephen Mifsud also ran well after competing at Nowra the afternoon before, showing their endurance. Well done guys. Steve Clark also made a welcome return, tackling the 10km distance for a change and considering he has done no training at all for this distance, his time of a little over forty-five minutes was extraordinary.

Another event in June that saw a number of Girraween athletes competing in on a regular basis, was the Parramatta parkrun held along the Parramatta River each Saturday morning between Ermington and Rydalmere over 5km on the bike paths. There was some consistent running, also highlighted by the fact that for one of the events towards the end of the month, six Girraween athletes turned up for a run, the largest number since the event started in March 2013. This was great to see and it is to be hoped that as the cross country season draws to a close later in the year, that a few more of our members give this event a go, as it's free and it's a very fast course and at only over 5km, it is certainly something that will appeal to many of our athletes.

As the month drew to a close a small number of our athletes were in the final stages of preparing for the Gold Coast Half marathon and we will be reporting on their progress in the July newsletter. All in all, it has been another great month of achievement by our Girraween athletes. Results follow:

2-6-13 SMC Greystanes

10km

38 th	Terry Rose	53:20.1
39 th	Greg Sargeant	53:43.3
56 th	Roger Mar	59:19.0

5km

15 th	Stephen Mifsud	22:59.2
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27 th	Andrew Free	26:37.0
32 nd	Michael Christie	29:03.0

2-6-13 Comrades Marathon Durban to Pietermaritzburg South Africa 89km

7788 th	Carol Adams	11:38:13
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8-6-13 Parramatta parkrun 5km

22 nd	Terry Rose	22:58
39 th	Michael Christie	25:28

9-6-13 Sri Chinmoy Centennial Park

7km Male 50-59

12 th	Michael Christie	40:09
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7km Male 60-69

3 rd	Terry Rose	34:52
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15-6-13 Parramatta parkrun 5km

33 rd	Terry Rose	23:51
45 th	Michael Christie	26:44

22-6-13 Parramatta parkrun 5km

9 th	Danny Martins	21:18
10 th	David Perry	21:23
13 th	Stephen Parkins	22:43
24 th	Rod Zammit	24:23
34 th	Michael Christie	26:04
38 th	Robyn Smith	26:39

23-6-13 Sydney Trail Runners Winter Series Race 1 Kuringai Wildflowers Gardens

10km

74 th	Carol Adams	1:30:58.8
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23-6-13 SMC Greystanes

10km

4 th	Geoff Sheargold	36:34.0
23 rd	Steve Clark	45:42.1
30 th	Graham Sheargold	47:29.3
40 th	Terry Rose	49:42.8
48 th	Greg Sargeant	54:48.6
57 th	Roger Mar	58:11.5

5km

12 th	Stephen Mifsud	21:59.1
15 th	David Perry	22:29.7
26 th	Andrew Free	26:07.0
28 th	Michael Christie	26:46.0

29-6-13 Parramatta parkrun 5km

21 st	Terry Rose	24:07
31 st	Andrew Free	26:43
34 th	Michael Christie	27:08

Michael Christie (GAP)