October 2013- Another great month of achievement by our athletes

The month of October saw a very busy month for our athletes with the weekly Saturday afternoon All Comers competition in full swing at C V Kelly Park as well as the start of the club premiership, renamed the Treloar Shield in honour of the great Australian sprinter of the 1940s' and 1950's, John Treloar. There were a number of noteworthy performances throughout the month from our athletes as can be seen from the results listed below.

We had a small number of our athletes competing in the early rounds of the Treloar Shield. Divine Aaron ,Lynette Smith, Brad Milosevic, Nicholas Hanna, Matt Stenning and Rob Giesler all performed well in their perspective events in the first two rounds held at Sydney Olympic Park and Illawong. This is a great series to compete in and it's to be hoped that more of our athletes are able to compete in this competition in the lead up to Christmas.

Parramatta parkrun continued throughout October and on most Saturday mornings a small band of Girraween athletes were spotted running some very fine times in the 5km on the fast course along the Parramatta River between Ermington and Rydalmere. This event is continuing to grow in popularity.

A healthy number of athletes also ran in the various events at the first SMC series of runs of the season at Greystanes, with the highlight undoubtedly been Geoff Sheargold's wonderful run in the Half Marathon event, placing second in a very competitive field and running a very good time on what is a challenging course. Michael Christie also reached a landmark, in completing his 100th consecutive 5km event in this series stretching back to October 2002.On reaching that landmark, GAP managed to grab a quick word with him and the upshot of that brief conversation, was that Michael was pretty pleased at reaching that landmark. On the same morning both Stephen Mifsud and Michael Christie were presented with special gold numbered bib's, Stephen's been for his incredible contribution to SMC over a thirty year period of the series existence. This was a wonderful recognition for all his work.

Throughout October, Nicholas Hanna continued his recent fine form of late, with a fine 3rd placing in the 5km run held early in October at the Sydney Regatta Centre as well as competitive runs at the 10km even held as part of the Melbourne Marathon Festival and the Half Marathon at Run for Sydney at the end of the month. This is all on top of his debut marathon last month. He certainly has had little rest, yet he continues to run well. Well done Nicholas.

Both Terry Rose and Lisa Grant competed in events there were a little different, with Terry competing in the Sydney Trail Run held in Centennial Park and Lisa doing an sprint Orienteering event in the middle of the month. They were both put in very fine efforts. Both Lisa Grant and Michael Free are also taking part in the Sydney Summer Series Orienteering events that are held each Wednesday evening at different locations around Sydney, starting

last month and finishing in March 2014. This is a very well-run and competitive series and GAP will be reporting on both Lisa and Michael's progress deeper into this event over the coming months.

October, once again demonstrated the versatility of our athletes over a wide range of events and this will undoubtedly continue throughout the coming months. Results follow:

5-10-13 Western Sydney Marathon events- Regatta Centre Penrith

10km

39th	Richard Frost	48:14

5km

3rd	Nicholas Hanna	18:13
20th	Stephen Mifsud	24:09 (2nd 50-59 cat)

5-10-13 Parramatta parkrun 5km

30th	Terry Rose	23:02
44th	Robyn Smith	25:32
68th	Michael Christie	27:44

5-10-13 Sydney Striders Homebush 10km

9th	Geoff Sheargold	35:53
114th	Graham Sheargold	48:21

12-10-13 Parramatta parkrun 5km

26th	Rod Zammit	22:14
30th	Terry Rose	22:40
51st	Andrew Free	26:14
65th	Michael Christie	27:34

13-10-13 Sydney Trail Running Series Centennial Park

6.5km

10th	Terry Rose	33:58.2 (1st 61+ category)

13-10-13 Garingal Orienteering Sprint

W21 Hand 1/2/3 3.3k 80m

3rd	Lisa Grant	23:01

13-10-13 Melbourne Marathon Festival

The Coffee Club 10km

46th	Nicholas Hanna	37:03

19-10-13 Parramatta parkrun 5km

48th	Rod Zammit	26:38
60th	Michael Christie	27:12
81st	Robyn Smith	29:58 (late starter)

19-10-13 Treloar Shield – Round 1- SOPAC Homebush

Women Pole Vault U17

4th	Divine Aaron	2.50m

Women 200m 35+

1st	Lynette Smith	29.19

Women High Jump 35+

1st	Lynette Smith	1.50m

Women Hammer Throw 35+

1st	Lynette Smith	31.61m

Men 3000m Open

2nd	Brad Milosevic	8:35.34
13th	Nicholas Hanna	10:23.60

Men Hammer Throw 35+

2nd	Matt Stenning	32.59m

Men 200m 50+ - Section 1

6th	Rob Giesler	27.78

Men Triple Jump 50+

5th	Rob Giesler	8.30m

20-10-13 SMC Greystanes

Half Marathon

2nd	Geoff Sheargold	1:21:02.9
30th	Stephen Mifsud	1:49:53.7
38th	Graham Sheargold	1:57:03.9
52nd	Carol Adams	2:08:09.0

10km

15th	Brad Boyle	48:01.6
16th	Rod Zammit	48:04.1
48th	Greg Sargeant	59:47.4

5km

21st	Michael Grogan	24:37.3
29th	Andrew Free	26:11.2
37th	Michael Christie	28:02.9
48th	Caitlin White	30:06.2

26-10-13 Parramatta parkrun 5km

32nd	Terry Rose	24:07
38th	Robyn Smith	25:05
40th	Andrew Free	25:21
53rd	Michael Christie	27:29

26-10-13 Treloar Shield Round 2 – Illawong

Women 100m 35+

3rd	Lynette Smith	14.39

Women 200m 35+

2nd	Lynette Smith	29.87

Women Shot Put 35+

2nd	Lynette Smith	9.12m

Women Discus 35+

1st	Lynette Smith	32.22m

Men 100m 50+

5th	Rob Giesler	13.40

Men 200m 50+ - Section 2

5th	Rob Giesler	28:05

Men Long Jump 50+

4th	Rob Giesler	4.01m

Men Discus 50+

-	Rob Giesler	ND

27-10-13 Run for Sydney- Sydney Olympic Park

Half Marathon

38th	Nicholas Hanna	1:24:21

10km

165th	Danny Martins	42:59
407th	Stephen Mifsud	47:28
537th	Richard Frost	48:46

27-10-13 The Juniors Maroubra Fun Runs

4km

Terry Rose	19:52(1st 60-69 cat)
Michael Christie	(GAP)