

September 2013- Girraween athletes bound into spring with renewed enthusiasm!

The first month of spring saw Girraween's athletes attack many and varied events with great enthusiasm as is illustrated by their efforts in the results which are listed below. As is usual, there were a number of fine performances across the board.

A small number of Girraween runners attended Parramatta parkrun each Saturday morning along the Parramatta River between Ermington and Rydalmere and there were fine performances. Nicholas Hanna continued his fine form and came second one morning with a great sub eighteen minute time. At various stages throughout the month there were also fine performances from Terry Rose, Andrew and Sharon Free, Rod Zammit and Danny Martins to name a few. This event continues to grow in stature.

Carol Adams continued to run well in the longer distance events putting in very solid performances at both the Hidden Half marathon and the Centennial Park Ultra half way through the month. Whilst mentioning the longer runs it would also be remiss of me not to forget Brad Boyle who ran very strongly in two Running Wild track events at the end of August and September respectively in the Blue Mountains. These events are very challenging on difficult terrain, yet Brad put in two very fine efforts over long distances.

September also saw the annual Blackmores Running festival held and a number of Girraween athletes tackled the marathon, half marathon and bridge run. Nicholas Hanna made his marathon debut and slogged away in very warm conditions where he was outside his comfort zone, yet managed to stick to his task well. Another highlight was Geoff Sheargold's speedy effort in the Bridge Run where his thirtieth placing was very meritorious.

Two of our field athletes in Tayla Jobson and Matt Stenning also competed well at the NSW Throwers Club meet held at Greystanes towards the end of September, showing everyone that our field athletes are competing all year around. Sometimes they may slip under the radar but they always put a lot of work in preparing for their competitions, which are always very competitive at all levels.

Michael Free continues his remarkable comeback, not only competing at the occasional parkrun but also having a shot at an orienteering event for the first time in a long time and finishing an incredible sixth out of a field of thirty-five competitors. This was another amazing effort showing us all that he has lost none of his competitive spirit. Great stuff Michael. As a small aside, Lisa Grant won this same event, a great preparation for her, as she readies herself for the upcoming 2013/2014 Summer Series of Orienteering, where she always competes at an incredibly high standard and we wish her well for the upcoming season.

Steve Mifsud was overseas for much of the month and managed to fit in a few runs, including the prestigious Berlin Marathon. It was apparent from the early splits that Steve was very very unwell, yet he hung in bravely for his finishers medal and the incredible

experience of running in the event where a new world record was set. It's a moment that will always stay with him. Closer to home, Terry Rose was also spotted at many a Sunday run, flying the Girraween flag well and also continuing his good recent form across a variety of events.

The advent of spring also saw the start of our summer competition on a Saturday afternoon back at C V Kelly Park after a two year absence and the early signs are good with attendance figures up. Our summer competition manager, Robyn Smith is doing a fine job ensuring the results are been sent through to our members in a timely fashion, which is very much appreciated. With the help of all our members and friends she is also ensuring that the program continues to run smoothly and in a timely manner. Thank you Robyn for a great start to the season. Results follow:

25-8-13 Running Wild Trail Run- Mt Portal Blue Mountains

Long Course 16.5km

81st Brad Boyle 1:51:40

31-8-13 North Lakes Qld parkrun 5km

52nd Michael Free 28:50

1-9-13 SIDS Stampede – Windsor

5km

17th Terry Rose 25:30 (2nd 60-69 cat)

7-9-13 Parramatta parkrun 5km

19th Terry Rose 24:05

38th Michael Christie 26:54

58th Andrew Free 29:54

59th Sharon Free 29:54

8-9-13 Hidden Half Marathon & NSW Championships- Lake

Gillawarna

Half Marathon

16th Nicholas Hanna 1:19:01

131st Carol Adams 1:53:28

3km

18th Terry Rose 12:59

14-9-13 Parramatta parkrun

2nd Nicholas Hanna 17:56

25th Rod Zammit 22:59

37th Terry Rose 24:41

43rd Andrew Free 25:59

49th Michael Christie 26:37

78th Danny Martins 36:19 (NB: Started very late for this run)

15-9-13 Centennial Park Ultra 100km and 50km

50km

69th Carol Adams 5:26:08

15-9-13 Garingal Orienteering Willoughby Spring Festival

Short Moderate 5km

1st Lisa Grant 36:22
6th Michael Free 47:22

21-9-13 Parramatta parkrun 5km

20th Rod Zammit 23:05
22nd Terry Rose 23:09
45th Michael Christie 27:42

22-9-13 Blackmores Sydney Running Festival

Blackmores Sydney Marathon (Incorporating NSW Marathon Championships)

182nd Nicholas Hanna 3:12:04 (10th place in NSW Championships)

Blackmores Half Marathon

4095th Steve Clark 1:56:37(net time)

Blackmores Bridge Run 9km

30th Geoff Sheargold 33:26
241st Danny Martins 39:22
638th Richard Frost 43:04
977th Michael Grogan 44:43
1088th Terry Rose 45:11
12477th Mark Laird 1:21:18

22-9-13 NSW Throwers Club of NSW ANSW Permit Meet Greystanes

Women Hammer U14

2nd Tayla Jobson 34.22m

Men Hammer 40-44

1st Matt Stenning 35.25m

Women Discus U14

3rd Tayla Jobson 20.24m

22-9-13 Attard AC Malta 10km

np Steve Mifsud 47.00 (nb: no official place/time available at time
of going to press)

28-9-13 Parramatta parkrun 5km

16th Terry Rose 22:35
48th Michael Christie 27:13

29-9-13 Orange Blossom Fun Runs- Castle Hill

4km

27th Terry Rose 18:47:10 (2nd 60-69 cat)

29-9-13 Sarah Hilt Foundation Fun Run- Camden 5km

65th Michael Christie 29:04

29-9-13 BMW Berlin Marathon Berlin –Germany

26,891st Steve Mifsud 5:32:03

29-9-13 Running Wild Long Race Series Race 1 – Glenbrook

34km

21st Brad Boyle 4:08:40

Michael Christie (GAP)