

November 2015- The measure of who we are is what we do with what we have!

The above quote pretty much sums up the efforts of Girraween's athletes throughout the month of November, where all the Girraween athletes performed remarkably well across a wide variety of events, not only in Australia but overseas as well.

Steve Clark competed in one of the world's great marathons by completing the New York marathon early in the month with close friends and family spurring him on. It was the culmination of a memorable couple of weeks for Steve in the USA and we congratulate him on his fine achievement. Speaking of long distances, Carol Adams competed in the Carcoar Cup marathon amongst the spectacular countryside around Carcoar, in the NSW Central West. Weeks later Carol completed a half-marathon on the challenging SMC course at Greystanes, another great feat of endurance. Towards the end of November, Steve Mifsud competed in the International Marathon challenge in Malta, in an event spread over three days which added up the marathon distance, a very fine effort. These three athletes are incredibly versatile and this versatility was certainly to the fore last month. Steve C, Carol and Steve M are to be congratulated on their amazing performances.

The Treloar Shield continued in November and Girraween was very well represented by Taylor Doyle, Rob Giesler, Nicholas Hanna and Raminder Singh who represented Girraween with distinction at the meet held at the end of the month at Rooty Hill. They are all competing in very strong fields and these athletes held their own amidst strong competition.

Parkrun continues to be very popular for Girraween's athletes with several of them competing at a number of venues throughout Sydney throughout November. Nicholas Hanna and Steve Parkins both set new pb's at events held at The Ponds in November. Given that both these athletes are already running very quickly it was an excellent performance by both athletes. Other

performance's of note came from Adam Etherington, Matt Modini, Wayne Thurlow, Nicole Mantarro, David Otte, Mischelle Otte and Lisa Grant who at different venues put forward a number of very fine times and are to be congratulated on their great running.

SMC once again took place at Greystanes in November and the highlights from a Girraween perspective were the great runs by Geoff Sheargold in the Half-Marathon and Ed Bratovic in the 5km events respectively. Geoff and Ed's performances ensured they placed highly in these events against top-class competition. They are both in fine form currently and these runs augur well for a great summer of competition for both athletes.

The results below also indicated that many of our representatives performed well in a wide range of events which illustrates the depth that currently exists at Girraween Athletics Club. As noted elsewhere, Girraween was also well represented at the State Relays last month and the Summer Competition continues on most Saturday afternoon's at C V Kelly Park, Girraween and remains a popular forum for many of the club's athletes to fine tune their skills in a friendly yet competitive environment. If you haven't popped down for a run or throw so far this season at C V Kelly, keep an eye out for the schedule and come down, as everyone is made to feel most welcome. Results follow:

1-11-15 Sun Herald Summer Starter Homebush

10km

136th	Danny Martins	43:51
324th	Richard Frost	48:15
334th	Stephen Mifsud	48:26

5km

3rd	Nicholas Hanna	18:05
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1-11-15 TCS New York Marathon, New York, USA

31079th	Steve Clark	4:50:13
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7-11-15 Parramatta parkrun 5km

55th Terry Rose 26:40
79th Michael Christie 29:09

7-11-15 Rhodes parkrun 5km

22nd Lisa Grant 23:02

7-11-15 The Ponds parkrun 5km

12th Wayne Thurlow 20:58
35th Nicole Mantarro 23:38
48th Michael Grogan 24:07
56th Greg Sargeant 25:21
71st David Otte 26:46
98th Mischelle Otte 28:59
127th Andrew Free 30:56

7-11-15 NSW 3000m Championships E S Marks Field Moore Park

Men's 3000m Run F

17th Nicholas Hanna 10:05:16

8-11-15 Zurrieq 10km Road Race, Zurrieq, Malta

107th Steve Mifsud 48:09

8-11-15 Carcoar Cup Running Festival, Carcoar NSW

Marathon

52nd Carol Adams 4:59:12

Half Marathon

78th Suresh Raju 3:58:12

8-11-15 Ryde Rollercoaster Run Putney 3.2km

25th Adam Etherington 15:45

14-11-15 Parramatta parkrun 5km

52nd Terry Rose 25:05
77th Michael Christie 28:10

14-11-15 The Ponds parkrun 5km

2nd Nicholas Hanna 18:04 (new pb)
12th Wayne Thurlow 20:48
50th David Otte 25:44

56th Mischelle Otte 27:48

78th Andrew Free 29:48

14-11-15 Curl Curl parkrun 5km

64th Michael Free 27:23

15-11-15 Sunday Age City 2 Sea Melbourne

15km

1010th Steve Clark 1:11.40

5771st Karen Short 1:49.30

20-11-15-22-11-15 Nestle Fitness International Malta Challenge

Marathon

20-11-15 11.2km

93rd Steve Mifsud 57:01

21-11-15 6km

97th Steve Mifsud 30:19

22-11-15 25km

98th (overall) Steve Mifsud 2:21:14 Total: 3:49.04

21-11-15 Parramatta parkrun 5km

79th Michael Christie 28:26

91st Andrew Free 30:01

21-11-15 The Ponds parkrun 5km

18th Wayne Thurlow 20:29

35th Stephen Parkins 22:44

37th Danny Martins 22:51

43rd Nicole Mantarro 23:34

65th Terry Rose 25:08

100th David Otte 28:22

119th Mischelle Otte 29:41

21-11-15 Rhodes parkrun 5km

3rd Nicholas Hanna 18:25

27th Lisa Grant 22:44

21-11-15 Curl Curl parkrun 5km

98th Michael Free 26:25

22-11-15 Belle Property Balmain Fun Run Balmain

5km

41st Adam Etherington 23:09

22-11-15 SMC Greystanes

Half Marathon

2nd Geoff Sheargold 1:22:43.0

45th Carol Adams 2:17:02.4

10km

12th Rod Zammit 45:53.9

27th Mischelle Otte 59:18.1

5km

4th Ed Bratovic 21:41.1

10th Michael Grogan 24:48.0

11th Terry Rose 25:12.7

15th David Otte 27:07.5

22nd Andrew Free 28:56.1

24th Michael Christie 29:37.6

28-11-15 Cronulla parkrun 5km

28th Lisa Grant 23:44

28-11-15 Rhodes parkrun 5km

62nd Mischelle Otte 27:22

63rd David Otte 27:23

76th Andrew Free 29:38

28-11-15 The Ponds parkrun 5km

5th Matt Modini 19:19

24th Adam Etherington 22:21

25th Stephen Parkins 22:27 (new pb)

66th Greg Sargeant 25:45

102nd Karen Short 28:50

28-11-15 Parramatta parkrun 5km

46th Terry Rose 24:36

83rd Michael Christie 28:20

87th Katrina Russell 29:17

28-11-15 Treloar Shield Round 5 Blacktown International

Sportspark Rooty Hill

Men's 100m 50+ Section 2

2nd Rob Giesler 13.84

Men's 200m 50+

6th Rob Giesler 28.75

Men's 400m 50+

5th Rob Giesler 71.06

Women's 100m Open Section 2

8th Taylor Doyle 15.10

Men's 1500m Open

13th Nicholas Hanna 4:58.20

Women's Long Jump All Ages

24th Taylor Doyle 4.14m

Men's Long Jump All Ages

25th Rob Giesler 3.95m

Men's Shot Put 60+

4th Raminder Singh 7.22m

Men's Hammer Throw 60+

5th Raminder Singh 20.17m

Michael Christie (GAP)