

## **February 2016- Girraween athletics truly amazing!**

First of all, GAP would like to sincerely apologise to those athletes whose results were missed last month. The staff at GAP must also have been in holiday mode through January when composing those results and we have included them in this month's report. The staff at GAP try their best, but occasionally from time to time material gets missed. Thanks for your understanding.

February saw yet again a number of very fine performances across a variety of events and usually in very hot and steam conditions. Our athletes stuck to their task well throughout the month.

One of the highlights of the month was Brad Milosevic's great win in the NSW 10,000m championships held at SOPAC towards the end of the February. This event was held in warm and steamy conditions and Brad prevailed over a stellar field including Australian Olympic Games marathon representative Jeff Hunt, England Commonwealth Games marathon representative Ben Moreau and UTN's Matthew Cox to name a few. A very good field, yet Brad's effort in the conditions was superb. He continues to train and race at a very high standard and all at Girraween wish him well over the next couple of months.

In the NSW Junior Championships held early in the month, Brendon Neich, Teagan Neich and Nathan Moffit all competed well. As can be seen by the results listed below both Brendon and Teagan picked up well deserved medals in some of their events with Brendon been crowned NSW champion in the U16 Hammer, a very fine achievement indeed. Both Brendon and Teagan were also selected in the NSW team to compete in the Australian Junior championships to be held in Perth in March, a great recognition of their excellent form over the summer. Congratulations from all at Girraween on their achievements.

The remarkable Raminder Singh competed in the NSW Masters Championships held at SOPAC towards the latter part of the month on a very warm weekend. Yet, across the two days Raminder competed in an extraordinary eleven events, picking up five medals in the process. Raminder was the only Girraween athlete at these championships this year, but he certainly made his presence felt. Raminder is a great role model to all Girraween athletes across the summer season with his smiling face and positive attitude, wherever he competes, whether it is down at C V Kelly for Girraween's weekly All-Comers meets or when competing further afield. He will certainly have earned a rest over the winter. Well done Raminder.

Parkrun, once again proved incredibly popular throughout February for our members, with a strong Girraween presence at a number of venues throughout the month. There were yet again a number of fine performances. Michael Grogan, Keith Mayhew, Lisa Grant and David Perry ran pb's, a remarkable effort by these athletes given the conditions at times. Stephen Parkins, Wayne Thurlow, David Perry, Michael Grogan and Lisa Grant's consistently quick times were other highlights across the month. The parkrun concept continues to grow and Girraween members are amongst the strongest supporters of these events.

A small contingent of Girraween athletes were also spotted at SMC out at Greystanes in February. Ed Bratovic's great time in the 5km was a highlight as was the ongoing consistency of Mischelle Otte in the 10km event and David Otte in the 5km event, as both Mischelle and David have been running very well throughout this series.

It would be most remiss of me not to mention the effort of Taylor Doyle who is continuing to compete across a series of meets as she endeavours to put qualifying marks down to enable her selection for the Australian team for the 2016 Rio Paralympic Games. The next couple of months will be crucial for Taylor and all at Girraween wish her all the very best as she continues this amazing quest to fulfil a dream.

All in all it had been a great month of athletic achievement by Girraween's athletes and the headline for this newsletter got it right, Girraween's athletes are truly amazing! Results follow:

### **2-1-16 Yamba parkrun 5km**

16th	Steve Clark	22:30
41st	Karen Short	28:00

### **16-1-16 Penrith Lakes parkrun 5km**

125th	Robert Eager	28:51
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### **16-1-16 Shellharbour parkrun 5km**

22nd	Lisa Grant	23:19 (first female home)
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### **23-1-16 Rhodes parkrun 5km**

26th	Lisa Grant	22:25
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### **5-2-16-7-2-16 NSW Junior and Youth Championships SOPAC**

#### **5-2-16**

#### **Women's Hammer U14**

3rd	Teagan Neich	29.15m
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#### **Men's Shot Put U16**

8th	Brendon Neich	12.13m
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**Men's 400m U16- Heat 2**

7th	Nathan Moffitt	65.00
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**6-2-16****Women's Javelin U14**

7th	Teagan Neich	36.55m
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**Men's Hammer U16**

1st	Brendon Neich	49.15m
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**Women's Shot Put U14**

3rd	Teagan Neich	10.11m
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**7-2-16****Women's Discus U14**

5th	Teagan Neich	26.95m
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**Men's Discus U16**

12th	Brendon Neich	37.08m
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**6-2-16 The Ponds parkrun 5km**

10th	Wayne Thurlow	20:00
49th	Michael Grogan	23:43 (new pb)
101st	Greg Sargeant	26:43

**6-2-16 Rhodes parkrun 5km**

53rd	Carly Eager	26:20
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**6-2-16 Mosman parkrun 5km**

41st	Michael Free	27.41
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**6-2-16 Campbelltown parkrun 5km**

67th	Mischelle Otte	27:35
69th	David Otte	27:46

**6-2-16 Parramatta parkrun 5km**

34th	Stephen Parkins	22:48
50th	Terry Rose	24:30
92nd	Michael Christie	28:50

**6-2-16 The SMH Sun Run Dee Why- Manly****7km**

9th	Nicholas Hanna	27:06
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**10km**

675th	Stephen Mifsud	49:31
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**13-2-16 Rhodes parkrun 5km**

11th	Lisa Grant	21:37
93rd	Carly Eager	29:42
95th	Andrew Free	29:46

### **13-2-16 The Ponds parkrun 5km**

24th	David Perry	59:59 (timing failed)
40th	Nicole Mantarro	59:59 (timing failed)

### **13-2-16 Parramatta parkrun 5km**

34th	Stephen Parkins	23:23
48th	Terry Rose	24:29
87th	Michael Christie	29:41
90th	Katrina Russell	29:56

### **13-2-16 Curl Curl parkrun 5km**

115th	Michael Free	27:04
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### **13-2-16 Campbelltown parkrun 5km**

5th	Wayne Thurlow	19:43
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### **13-2-16 NSW Open 5000m Championships SOPAC Homebush**

#### **Race 'C' Open**

21st	Nicholas Hanna	17:38.95
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#### **Race 'A' Open**

5th	Brad Milsoevic	14:29.34
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### **20-2-16 The Ponds parkrun 5km**

8th	Wayne Thurlow	19:40
27th	David Perry	22:37
74th	Greg Sargeant	25:43
291st	David Otte	42:25
292nd	Mischelle Otte	42:27

### **20-2-16 Parramatta parkrun 5km**

37th	Stephen Parkins	23:12
57th	Terry Rose	24:53
107th	Andrew Free	30:07
110th	Michael Christie	30:17

### **20-2-16 Rhodes parkrun 5km**

14th	Lisa Grant	21:39
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### **20-2-16 Penrith Lakes parkrun 5km**

27th	Wayne Jeff	24:03
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### **20-2-16 Cronulla parkrun 5km**

35th	Michael Free	30:05
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## **20-2-16-21-2-16 NSW Masters Championships SOPAC Homebush**

### **Men's Hammer 5kg 65-69**

3rd Raminder Singh 20.68m

### **Men's Long Jump 65-69**

4th Raminder Singh 2.46m

### **Men's Weight Throw 65-69**

3rd Raminder Singh 8.20m

### **Men's Javelin Throw 600g 65-69**

4th Raminder Singh 19.35m

### **Men's 100m 65-69**

6th Raminder Singh 19.51

### **Men's Triple Jump 65-69**

2nd Raminder Singh 5.47m

### **Men's Shot Put 65-69**

3rd Raminder Singh 7.44m

### **Men's High Jump 65-69**

--- Raminder Singh NH

### **Men's Discus Throw 65-69**

4th Raminder Singh 24.52m

### **Men's 60m 65-69**

3rd Raminder Singh 11.55

### **Men's 400m 65-69**

--- Raminder Singh DNF

## **21-2-16 SMC Greystanes**

### **Half Marathon**

45th Carol Adams 2:13.52.6

### **10km**

15th Rod Zammit 48:32.8

39th Mischelle Otte 59:47.0

### **5km**

4th Ed Bratovic 21:27.1

9th Michael Grogan 23:51.9

10th Terry Rose 25:15.1

17th David Otte 27:47.3

22nd Andrew Free 30:09.5

25th Michael Christie 31:28.8

## **26-2-16-28-2-16 NSW Open, U23 & Para Championships SOPAC Homebush**

**26-2-16**

### **Women's Long Jump Para- amb**

3rd	Taylor Doyle T38	4.20m
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**27-2-16**

### **Men's 10,000m Open**

1st	Brad Milosevic	29:46.66
12th	Nicholas Hanna	36:48.94

**28-2-16**

### **Women's 100m Para-amb**

3rd	Taylor Doyle T38	14.46
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### **27-2-16 Parramatta parkrun 5km**

35th	Stephen Parkins	23:23
48th	Terry Rose	25:36
80th	Keith Mayhew	29:29 (new pb)
83rd	Michael Christie	29:40

### **27-2-16 Rhodes parkrun 5km**

17th	Lisa Grant	21:29 (new pb)
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### **27-2-16 Curl Curl parkrun 5km**

126th	Michael Free	28:21
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### **27-2-16 The Ponds parkrun 5km**

7th	Wayne Thurlow	19:44
19th	David Perry	22:04(new pb)
32nd	Nicole Mantarro	23:21
65th	Greg Sargeant	25:39

### **28-2-16 Sri Chinmoy Iron Cove**

#### **7km Male 60-69**

4th	Terry Rose	36:00
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Michael Christie	(GAP)
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