

May 2016 – A month of consistency from Girraween’s athletes!

The month of May saw a number of fine performances from Girraween representatives across a wide range of events. The consistency of performance from many of the club’s athletes was a standout throughout an un-seasonally warm month for the last month of Autumn. Whilst the West Met cross country season was in full swing, Girraween athletes flew the flag with distinction elsewhere.

Early in May a number of Girraween athletes took part in the Sydney 10 around the roads of Sydney Olympic Park. This fast course has a habit of bringing the best out of runner’s and the 2016 version of the event was no exception. There were eye-catching performances from many of Girraween’s athletes particularly from Geoff Sheargold, Lisa Grant and Rod Zammit who all notched great sub forty-five minute times.

The following day the Mother’s Day Classic was held in Parramatta Park and a small band of Girraween runners were spotted out and about on a crisp morning. Whilst there were a number of fine performances the most distinguished came from one of Girraween’s finest up and coming distance runners in Adriana Busic who almost cracked the eighteen minute mark for the 4km event. Her younger sister Renata also ran strongly to make it under the twenty minute mark in the same event. It is to be hoped that we see a lot more of these runner’s over the remainder of the 2016 winter season, as they both have enormous potential.

The twenty-fifth version of the SMH Half Marathon was held in Sydney in the middle of May. Both Geoff Sheargold and Rod Zammit ran most strongly to record very quick times on this course. The remarkable Stephen Mifsud completed his twenty-fifth SMH Half-Marathon a most amazing achievement, one of the few runners to do so. Congratulations Steve on another fine milestone. It would be remiss not to mention the determination of Mischelle Otte in completing this event. Mischelle picked up an injury in the very early stages of the race at around the 3km mark. Yet for the remainder of the race, she struggled on and finished the event after a long battle. Congratulations Mischelle on your remarkable endeavour.

The last SMC events of the 2015/2016 season took place at Greystanes later in the month and the standout efforts from the Girraween contingent came from Ed Bratovic in the 5km and Rod Zammit in the 10km event. These two gentlemen throughout this series maintained a very high level of performance and this continued through to the very end. Well done to Ed

and Rod for maintaining such a high level of excellence over a long period.

As ever, parkrun once again proved popular for Girraween's runners. There were a number of consistent performances throughout May and athletes such as Wayne Thurlow, David Perry, Stephen Parkins and Mischelle and David Otte all competed very well. David Perry, Terry Rose and Lisa Grant also achieved pb's during May, never an easy task considering the very quick times these runners are always achieving.

The finest effort from a Girraween athlete in May came at the very end of the month with Nicholas Hanna's excellent sub eighty minute run in the Noosa Half-Marathon in Queensland. Nicholas is a runner who has achieved a number of fine results over recent years and this was another fine effort from one of Girraween's quite achievers. Well done Nick from all your friends at Girraween. Results follow:

7-5-16 Sydney 10 Sydney Olympic Park 10km

79th	Geoff Sheargold	34:58	(NB All places/Times are Net ones here)
321st	Lisa Grant	42:09	
328th	Rod Zammit	42:27	
471st	Stephen Mifsud	46:57	
649th	Mischelle Otte	56:06	
662nd	David Otte	57:41	
669th	Rob Eager	58:20	
711th	Andrew Free	1:06:33	

7-5-16 The Ponds parkrun 5km

9th	Wayne Thurlow	19:47	
28th	David Perry	21:43	(new pb)
68th	Adam Etherington	24:20	

7-5-16 Parramatta parkrun 5km

26th	Stephen Parkins	22:57	
83rd	Michael Christie	29:39	

7-5-16 Rhodes parkrun 5km

83rd	Terry Rose	23:58	(new pb)
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8-5-16 Mother's Day Classic Parramatta Park 8km

50th	Nicole Mantarro	38:18	
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4km

33rd	Steve Clark	17:44
39th	Adriana Basic	18:01
60th	Terry Rose	18:58
76th	Renata Basic	19:23
559th	Lynette Clark	29:33

14-5-16 Rhodes parkrun 5km

103rd	Andrew Free	31:36
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14-5-16 The Ponds parkrun 5km

10th	Wayne Thurlow	21:15
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14-5-16 Parramatta parkrun 5km

50th	Terry Rose	26:29
60th	David Otte	27:15
85th	Michael Christie	29:52

15-5-16 SMH Half-Marathon Sydney

183rd	Geoff Sheargold	1:24:44
1034th	Rod Zammit	1:37:41
4036th	Stephen Mifsud	1:55:51
8496th	Mischelle Otte	2:31:32

21-5-16 The Ponds parkrun 5km

8th	Nicholas Hanna	19:01
29th	Wayne Thurlow	21:36
55th	Nicole Mantarro	23:21
184th	Mischelle Otte	29:55
185th	David Otte	29:55

21-5-16 Parramatta parkrun 5km

41st	Stephen Parkins	23:03
100th	Michael Christie	30:08

22-5-16 SMC Greystanes**Half-Marathon**

52nd	Carol Adams	2:11:45.0
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10km

15th	Rod Zammit	46:53.8
26th	Michael Grogan	55:39.6
28th	Mischelle Otte	57:27.1

5km

3rd	Ed Bratovic	21:09.4
24th	David Otte	29:15.6
27th	Michael Christie	29:38.5

28-5-16 Parramatta parkrun 5km

8th	Geoff Sheargold	18:46
39th	Stephen Parkins	22:54
89th	Michael Christie	29:52
100th	Andrew Free	32:05

28-5-16 Rhodes parkrun 5km

20th	Lisa Grant	21:02 (new pb)
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28-5-16 The Ponds parkrun 5km

33rd	Wayne Thurlow	22:10
34th	David Perry	22:12
218th	Karen Short	31:31

28-5-16 Curl Curl parkrun 5km

98th	Michael Free	25:53
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28-5-16 Albury-Wodonga parkrun 5km

80th	Mischelle Otte	27:16
96th	David Otte	28:14

29-5-16 Noosa Ultimate Sports Festival**Half Marathon**

27th	Nicholas Hanna	1:19:55
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Michael Christie (GAP)