

## **July 2017 Girraween athletes continue a great winter season!**

July 2017 began with a massive effort by Girraween Athletics Club who provided both the BBQ/Canteen and Marshals for the ANSW Short-Course Cross-Country Championships at Upjohn Park Dundas. To our members, friends and supporters who assisted a big thank you. It was an incredible effort by our people who gave up a Saturday afternoon and all of Sunday to ensure that this was a great fund-raising success. There were many positive comments directed to Girraween for the great canteen/BBQ that was run and to the wonderful job our members and friends did as marshals around the course. Girraween Athletics Club is a small club, so to be able run the day as well and efficiently it was done, is a great credit to all concerned. Thanks again one and all. A big shout also goes out to Geoff and Graham Sheargold, Stephen Parkins and Mark Milliss who managed to compete in these Championships most admirably and were happy with their performances on the testing Upjohn Park course. These four gentlemen managed to fit in their run in the middle of their volunteering duties to.

In one of his last hit-outs in early July in preparation for the World Championships Marathon in London in early August, Girraween's Brad Milosevic finished a great third in the Sydney Harbour 10km with a very slick sub thirty minute time. At time of writing, Brad is making his final preparations with the Australian Athletics team based at Tonbridge south of London before heading up to London. All at Girraween Athletics Club wish Brad all the best for his Australian debut next Sunday evening Australian time when he tackles the World Championships Marathon around the streets of London. Brad's athletics journey from our small club in Western Sydney to the world stage has been an extraordinary one and he goes with all our support and best wishes on Sunday.

In early July, Raminder Singh competed in the NSW Throwers Permit meet at Greystanes and as is usual at these events competed very consistently. This series of events for the throwing community over the winter months continues to be a very important part of their ongoing training and competition and is well supported.

The parkrun series of events continued to be popular despite the many cold mornings in July. Although it must be said it was a little warmer where one of our members in Stephen Parkins was partaking in some parkrun tourism on his Australian trip throughout Queensland in July. Stephen ran a number of parkruns in the Sunshine state and showed he has lost none of his form with a very good series of runs.

Andrew Free also managed to fit a parkrun in South Australia on his driving holiday which he would have been most enthused about. There were also a number of consistent performances from Girraween members and friends at parkrun in July including from messrs Wayne Thurlow and Terry Rose who are having a very consistent season.

The Festival of the Feet took place at Lake Gillawarna near Georges Hall halfway through the month and Carol Adams, Michael Free and Terry Rose ran very well in their respective events on what is a most challenging and hilly course. Congratulations to all three runners on their achievements in these events.

In July, there was an ANSW Winter Track and Field event held at Campbelltown and a small Girraween contingent dusted off the winter cobwebs and competed most admirably. Abbie Stone, Maisie Stone, Nathan Moffitt and Rob Gielser competed in a series of events at that meet, and given it is the off-season for track and field in Australia, their performances were most noteworthy and all athletes deserve great credit for their efforts.

At the end of the month a healthy number of Girraween members and friends took part in various events that made up the Westlink M7 Blacktown Running Festival which all started from the Blacktown International Sports Park complex at Rooty Hill. There were a number of noteworthy performances across all distance. The performance of Carol Adams in completing another marathon and both Nicholas Hanna and Steve Mifsud in running so solidly in the Half Marathon were of great note, particularly given the day started to heat up quickly. All three athletes stuck to their tasks well. David Perry's run in the 5km was another highlight. However, without a doubt the performances of the day came from three Girraween runner's in the 10km event. Two of Girraween's youngest athletes in Chloe Grogan and Maisie Stone tackled the 10km run, an event that GAP knows is well outside their normal distance. Yet both Chloe and Maisie did a remarkable job in completing this event so strongly in conditions that were warming up and on a course that has its fair share of hills. Congratulations to both Chloe and Maisie on their remarkable run's. Now Rob Giesler was spotted on Sunday and we all know Rob is primarily a sprinter and field event's man. GAP has seen him over a summer competition on a very rare occasion give 800m a go and we do recall him even running in a 1500m. When, Rob said he was running the 10km in support of Maisie, the GAP correspondent almost fell over with shock. Rob's effort in going so far outside his comfort zone in support of one of his athletes is testament not only to the fine coach that he is, but more importantly the type of person he is. Rob you are a star! We look forward with interest to hearing about Rob's experience and we trust he recovers well this week. The remainder of Girraween's athletes also did a fine job in their respective events. The Blacktown Running Festival continues to grow and we hope to see a number of Girraween athletes give it another go in 2018.

July had been another remarkable month for Girraween athletes far and wide as can be seen from the results listed below. Congratulations to all our athletes who gave their all through July. Results follow:

### **1-7-17 The Ponds parkrun 5km**

249th Maisie Stone 37:24

### **1-7-17 Rooty Hill parkrun 5km**

38th Wayne Thurlow 25:13

52nd Carol Adams 26:53

62nd Mischelle Otte 27:53

72nd Keith Mayhew 30:14

81st David Otte 32:06

### **1-7-17 Parramatta parkrun 5km**

36th Stephen Parkins 23:56

59th Terry Rose 27:00

86th Michael Christie 30:40

### **1-7-17 Willoughby parkrun 5km**

56th Michael Free 24:41

### **1-7-17 Sydney Striders 10km Sydney Olympic Park**

6th Geoff Sheargold 36:21:5

148th Graham Sheargold 53:24.6

### **1-7-17 Southern Cross University 10km Gold Coast**

1910th Rob Eager 59:46

### **2-7-17 Throwers Club of NSW ANSW Permit Meet Greystanes**

#### **Men's Hammer 70-74**

1st Raminder Singh 23.78m

#### **Men's Discus 70-74**

1st Raminder Singh 25:34m

#### **Men's Shot Put 70-74**

1st Raminder Singh 7.93m

### **2-7-17 NSW Short Course Cross Country Championships Upjohn Park Dundas**

#### **Open Male 7.5km**

28th Geoff Sheargold 28:39

#### **Male 55+ 5km**

17th Stephen Parkins 23:53

18th Mark Milliss 30:35

**Male 60+ 5km**

9th Graham Sheargold 26:42

**8-7-17 Rooty Hill parkrun 5km**

18th Wayne Thurlow 25:03

30th Carol Adams 27:37

44th Mischelle Otte 30:42

55th David Otte 34:09

**8-7-17 Parramatta parkrun 5km**

2nd Geoff Sheargold 17:23

45th Graham Sheargold 24:25

65th Terry Rose 27:09

86th Keith Mayhew 29:45

112th Michael Christie 31:39

**9-7-17 Real Insurance Sydney Harbour Runs****10km**

3rd Brad Milosevic 29:45

**5km**

19th Nicholas Hanna 18:28

**15-7-17 Rooty Hill parkrun 5km**

23rd Wayne Thurlow 24:32

46th Carol Adams 29:57

48th Mischelle Otte 31:06

**15-7-17 The Ponds parkrun 5km**

142nd Maisie Stone 28:41

**15-7-17 Parramatta parkrun 5km**

58th Graham Sheargold 26:30

66th Terry Rose 27:20

147th Michael Christie 1:03:50 (tail walker)

**15-7-17 Hervey Bay (QLD) parkrun 5km**

35th Stephen Parkins 24:23

**15-7-17 Lochiel (SA) parkrun 5km**

111th Andrew Free 32:18

**15-7-17 Willoughby parkrun 5km**

49th Michael Free 23:48

## **16-7-17 Georges River Festival of the Feet Lake Gillarwana**

### **Half Marathon**

49th Carol Adams 2:22:05

### **14km**

28th Michael Free 1:16:28

### **7km**

58th Terry Rose 44:00

## **22-7-17 Rooty Hill parkrun 5km**

35th Wayne Thurlow 25:29

60th Michael Christie 30:39

78th David Otte 35:29

## **22-7-17 Parramatta parkrun 5km**

110th Terry Rose 31:59

## **22-7-17 Airlie Beach parkrun 5km**

18th Stephen Parkins 24:22

## **23-7-17 Payce Sutherland to Surf 11km**

413th Stephen Mifsud 51:30

## **23-7-17 NSW Winter Track and Field Series Campbelltown**

### **Men's 100m Open**

18th Nathan Moffitt 13.27

19th Rob Giesler 13.77

### **Men's 200m Open**

12th Nathan Moffitt 27.84

13th Rob Giesler 30.20

### **Women's 1500m Open**

11th Maisie Stone 6:39.29

### **Men's High Jump Open**

NH Nathan Moffitt

### **Women's High Jump Open**

3rd Abbie Stone 1.50m

## **29-7-17 Rooty Hill parkrun 5km**

26th Wayne Thurlow 26:09

48th Michael Christie 30:27

65th David Otte 36:38

66th Mischelle Otte 36:46

**29-7-17 Parramatta parkrun 5km**

90th Terry Rose 28:30  
150th Michael Christie 37:34

**29-7-17 Riverway (QLD) parkrun 5km**

47th Stephen Parkins 23:48

**30-7-17 M7 Westlink Blacktown Running Festival****Marathon**

112th Carol Adams 5:03:27.5

**Half Marathon**

19th Nicholas Hanna 1:29:07.5  
58th Stephen Mifsud 1:44:11.0

**10km**

152nd Chloe Grogan 1:00:04.4  
153rd Michael Grogan 1:00:12.5  
156th Maisie Stone 1:00:41.6  
179th Mischelle Otte 1:03:41.8  
187th Rob Giesler 1:05:30.2

**5km**

29th David Perry 22:24.0  
79th Terry Rose 29:02.5  
93rd Michael Christie 29:59.7  
120th David Otte 34:43.0

Michael Christie (GAP)