

June 2017- Girraween's athletes warm up winter with a series of great performances.

June is the month when the series of cross-country and long distance events really kick in to gear and June 2017 was no exception with Girraween's athletes been spotted far and wide giving their best. In saying that, there was still the opportunity for Girraween's throwers, sprinters and jumpers to compete which they did very well when the opportunity presented itself.

The highlight of the month from a Girraween perspective came when Brad Milosevic won the NSW Cross Country Championships for the first time near Nowra. After a series of podium finishes over recent years in this event, this was a wonderful achievement by Brad. He finished over forty seconds ahead of the second place getter in a dominant performance, on this incredibly challenging course and without a doubt it was one of his greatest run's to date. At time of writing Brad is in the final stages of his preparations for London and all at Girraween wish him well as he represents Australia in the marathon at the IAAF world championships in early August. The fine efforts of both Graham Sheargold and Rob Eager also deserve a mention in the NSW Cross Country Championships where they were the only other Girraween athletes at Nowra and did a splendid job in their 8km run.

Girraween iconoclast, Lynette Smith headed north in June to compete in the Australian Masters Athletics Championships in Darwin and came home with another bagful of medals including two golds in an incredibly consistent performance across a number of days throughout the championship. After a mini-break from the sport it was great to see Lynette back competing so well at these Championships showing all and sundry that she is still a force to be reckoned with in Australian Masters Athletics. Well done Lynette.

Over the June long weekend, Lisa Grant took the opportunity to travel south and compete in the Australian 3 Day Orienteering event held at Wagga Wagga and surrounds. Lisa was competing against the elite orienteering athletes in the country and against top class fields, Lisa acquitted herself admirably and we trust that she enjoyed this experience.

While we are in the midst of winter, Girraween's throwers have still been busy. Tayla Jobson, Teagan Neich, Brendon Neich and Raminder Singh were all spotted out at Greystanes in early June competing in the NSW Throwers event held at the Gipps Rd complex. These four athletes competed very well in their chosen disciplines and given the distances they threw must have been pleased with their performances.

The parkrun series continued to be popular for Girraween members, despite the onset of the colder weather on Saturday mornings throughout June. Danny Martins picked up a well-deserved pb in June and there were also fine performances at the Rooty Hill parkrun half way through the month by two of Girraween's younger athletes in Chloe Grogan and Hayley Zammit who both ran great sub thirty minute times that morning. Given that both athletes rarely run 5km, it was a very fine effort and Chloe and Hayley deserve our congratulations on their efforts. There were a number of consistent performances from other Girraween athletes through June including Wayne Thurlow, Stephen Parkins, Mischelle Otte, David Otte and Keith Mayhew who continued their ongoing fine form.

Both Wayne Jeff and Peter Tutty competed in the 25km Woodford to Glenbrook run up in the Blue Mountains towards the end of June and given the nature of that course, had be most satisfied with their efforts as it is one of the more challenging trail runs on the calendar. Congratulations to both gentlemen on their performance and we hope they recovered well from their exertions.

Given that it is the middle of winter, there are not many track events on the calendar. Yet halfway through the month, a small Girraween contingent competed at a pre-departure meet at SOPAC. Congratulations to Claudio Corvalan, Vithuss Srisivaeaswaran and Taylor Doyle who gave it their best shot in tough conditions. Speaking of track, a shout goes out to Nicholas Hanna who ran the 5000m at a Community Nitro event at SOPAC in June, a rare event for this time of year, Nicholas ran a very solid sub nineteen minute time and given that he had been placed in the wrong heat, it was a fine performance by Nick.

June had been another remarkable month of athletic achievement by Girraween's athletes which can be seen by the results below. Congratulations to all concerned. Results follow:

3-6-17 Rooty Hill parkrun 5km

3rd	Nicholas Hanna	19:15
33rd	Terry Rose	26:20
42nd	Michael Grogan	27:08
52nd	Maisie Stone	27:57

3-6-17 Parramatta parkrun 5km

101st	Michael Christie	29:09
116th	Andrew Free	30:40
148th	Keith Mayhew	35:07

3-6-17 Cooks River parkrun5km

27th Michael Free 23:14

3-6-17 St Peters parkrun 5km

312th Mischelle Otte 32:07

321st David Otte 32:41

4-6-17 Throwers Club of NSW Permit Meet Greystanes

Hammer Women's U18

1st Tayla Jobson 50.50m

Hammer Women's U16

1st Teagan Neich 40.66m

Hammer Men's U18

1st Brendon Neich 53.88m

Hammer Men's 70-74

1st Raminder Singh 22.87m

Women's Discus U18

2nd Tayla Jobson 26.42m

Women's Discus U16

1st Teagan Neich 28.47m

Men's Discus U18

4th Brendon Neich 39.57m

Men's Discus 70-74

1st Raminder Singh 22.39m

Women's Shot Put U18

2nd Tayla Jobson 11.38m

Women's Shot Put U16

1st Teagan Neich 10.68m

Men's Shot Put U18

4th Brendon Neich 11.86m

Men's Shot Put 70-74

1st Raminder Singh 8.07m

9-6-17-12-6-17 Australian Masters Athletics Championships Darwin NT

9-6-17

W45 Discus

3rd Lynette Smith 29.42m

10-6-17**W45 Shot Put**

3rd Lynette Smith 8.89m

W45 Javelin

1st Lynette Smith 31.53m

W45 High Jump

1st Lynette Smith 1.46m

11-6-17**W45 Throw's Pentathlon**

2nd Lynette Smith 3053 points

10-6-17 – 12-6-17 Australia 3 Day Orienteering Wagga Wagga NSW**10-6-17****Women's 21Elite 5680m Middle Distance**

14th Lisa Grant 1:14:35

11-6-17**Women's 21Elite 8930m Long Distance**

15th Lisa Grant 3:04:22

12-6-17**Women's 21Elite 2600m Sprint Distance**

15th Lisa Grant 27:11

10-6-17 Rooty Hill parkrun 5km

22nd Danny Martins 25:39 (new pb)

26th Wayne Thurlow 26:31

29th Carol Adams 27:04

39th Mischelle Otte 29:52

48th David Otte 34:21

10-6-17 Parramatta parkrun 5km

46th Terry Rose 26:36

60th Michael Christie 29:34

69th Keith Mayhew 33:36

10-6-17 The Ponds parkrun 5km

116th Maisie Stone 30:19

10-6-17 Willoughby parkrun 5km

97th Michael Free 41:50 (tail runner)

10-6-17 NSW Pre-Departure Meet SOPAC Homebush

Men's 100m Open

27th Claudio Corvalan 13.90

Women's 400m Open

8th Vithuss Srisivaeaswaran 1:06.35

Women's Long Jump Open

11th Vithuss Srisivaeaswaran 4.56m

15th Taylor Doyle 3.56m

17-6-17 Parramatta parkrun 5km

49th Stephen Parkins 24:22

67th Terry Rose 26:41

86th Michael Christie 28:41

126th Andrew Free 32:35

17-6-17 Rhodes parkrun 5km

46th Lisa Grant 22:46

17-6-17 Rooty Hill parkrun 5km

16th Rod Zammit 21:29

41st Wayne Thurlow 25:48

60th Carol Adams 28:54

62nd Mischelle Otte 29:07

67th Chloe Grogan 29:40

69th Hayley Zammit 29:48

70th Michael Grogan 29:50

17-6-17 XCC Challenge incorporating the NSW Cross Country Championships

Nowra

Men's 10km Open

1st Brad Milosevic 32:07

Men's 8km 60-64

10th Graham Sheargold 45:46

12th Rob Eager 48:09

24-6-17 Rooty Hill parkrun 5km

27th	Wayne Thurlow	24:32
52nd	Danny Martins	29:12
54th	Mischelle Otte	29:33
90th	David Otte	41:40

24-6-17 Parramatta parkrun 5km

84th	Terry Rose	28:17
119th	Keith Mayhew	31:58
132nd	Michael Christie	33:30

24-6-17 Rhodes parkrun 5km

160th	Andrew Free	32:13
210th	Sharon Free	42:19

24-6-17 Community Nitro Event T-Shirt Challenge SOPAC Homebush**Mixed 5000m Run Open**

11th	Nicholas Hanna	18:42.23
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25-6-17 Woodford to Glenbrook 25km

89th	Wayne Jeff	2:07:28
155th	Peter Tutty	2:24:14

Michael Christie (GAP)