

August 2019- Girraween Athletics Club- An Epic- !!



August 2019 proved to be an excellent month of athletic achievement by Girraween representatives with a number of memorable efforts throughout the month.

You can't go past the performances of Girraween's athletes at the NSW Short Course Cross-Country Championships held at Upjohn Park Dundas early in the month. Girraween came away with a total of six medals at these championships - the greatest single day at a NSW Winter Championships in the club's forty year history. Brad Milosevic incredibly came away with three, winning the Open Men's Championships, picking up another gold in the 30-34 category as well as being part of the Men's 30-39 team along with Geoff Sheargold, Shane Clubb and Tipene Robinson who picked up a well-deserved bronze. It was a tremendous run by Brad in the Open Championship race and he built up his lead gradually with a well-paced race. Lisa Grant picked up a gold medal in the 30-34 Women's category, Tony Coles silver in the 55-59 Men's category, and Graham Sheargold, Andrew Free, Stephen Mifsud and Rob Eager in the 60-69 Men's team event picked up a well-earned silver medal. Congratulations to all these runners who did a remarkable job. It would also be remiss of me not to mention our other athletes who represented Girraween on the day and did a fine job. Thank you to Andrew Free for organising our teams and ensuring that ANSW did reward our athletes where appropriate. Girraween also operated the canteen and provided marshals on the day and thank you to all our volunteers who helped out in setting up and packing away the canteen, working on the canteen throughout the day and marshalling out on the course throughout the day. You all did an amazing job. George and Judy Milosevic were instrumental in assisting with the BBQ and it is due to their fine work that GAC continues the high standard of culinary delights emanating from this production. It certainly was a day to remember.

The Sun-Herald City to Surf was once again held in August and there was a great representation from Girraween members and friends with a number of excellent efforts. Geoff Sheargold was the first Girraween athlete across the line with a time in the low fifty minute region, a very fine performance. Lisa Grant and Steve Clark were other athletes who caught the eye with times just over the hour, another very fine effort by both athletes. Lynette Gillies also completed the course with a very fine performance. Given Lynette's major health issues only a few months before, it was indeed remarkable and her run was incredibly inspirational to us all and we were all very excited for her. Lynette Gillies, you are a star!

The indomitable Brad Milosevic also competed in the Australian Cross-Country Championships at Kembla Grange in August and in a very high standard field, finished well inside the top ten with another excellent effort. He continues to run to a very high standard and we all wish Brad well as he continues his athletic journey.

What can one say about parkrun? A rhetorical question to be sure, but nevertheless it continues to develop and Girraween athletes' performances throughout August were indeed remarkable. Adam Etherington gained three new pb's, Wayne Thurlow two and Steve Clark, Amelia Clark, Carly Eager, Shane Clubb and Lynette Gillies one each. It's never easy to gain a new pb, but the fact that there were a number of athletes to do this was eye-catching to say the least. Adam Etherington's three new pb's was one of the more remarkable efforts at parkrun in recent times given that his times were in the region of the twenty to twenty-one minute range on challenging courses. Well done Adam. At the end of the month a number of Girraween athletes took on pacers duties at Rooty Hill parkrun and they all did a remarkable job. It's always a tricky task and due to their fine work, there were a number of new pb's by athletes on the day. Congratulations to all concerned.

The Run NSW Greater Bank Sydney Half Marathon was held around Sydney Olympic Park towards the end of the month and there were a number of fine efforts by Girraween representatives. Both Tony Coles and Nicholas Hanna ran under ninety minutes and Rod Zammit was not far over the ninety minute mark - all running excellently. It was also nice to see both Wayne Thurlow and Michael Grogan rolling back the years in tackling the Half and both runners should be pleased with their efforts. Both Kim Coles and Terry Rose also had a run in the 7km fun run and enjoyed the experience, running well.

The Mudgee Running festival saw a small Girraween contingent make the trip west in August to enjoy country hospitality and have a run into the bargain. Tony Coles, Graham Sheargold and Suresh Raju all had a run in the Half-Marathon and did well, with Tony coming first in the 50-59 category with an excellent run. Tony is having an amazing winter season in 2019 and his running is continuing to go from strength to strength. Both Kim Coles and Terry Rose had fine runs in the 10km Fun Run at Mudgee with Terry finishing third in the 60-69 category, with another consistent effort.

There is no doubt that August 2019 was a month to remember for Girraween Athletics Club, given the level of performance by so many of Girraween's athletes. It was exciting to see so many of Girraween athletes perform so well across a range of events. But it was also just as exciting to see so many of Girraween athletes giving their best across a whole range of events and representing the club so well and that's of course something that always sticks in the memory. Results follow:

3-8-19 Parramatta parkrun 5km

76th	Alison Shaw	26:41
101st	Terry Rose	28:31
171st	Andrew Free	33:04
184th	Michael Christie	34:23

3-8-19 Rooty Hill parkrun 5km

5th	Nicholas Hanna	19:28
23rd	David Otte	23:45
38th	Greg Sargeant	25:49
62nd	Mischelle Otte	29:54
91st	Keith Mayhew	34:59

3-8-19 Rouse Hill parkrun 5km

6th	Adam Etherington	21:45
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3-8-19 The Ponds parkrun 5km

103rd	Cristina Sotomayor	26:13
137th	Claudio Corvalan	28:00
160th	Karen Clark	29:27

3-8-19 Cowpasture Reserve Camden parkrun 5km

24th	Steve Oldridge	22:36
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3-8-19 Waratah Series Short Course & Little A's Cross Country Championships Upjohn Park Dundas

U7 Girls 1km

17th	Mikayla Robinson	7:23
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50+, 60+, 70+, 80+m Men's & Women's 4km

55-59 Men's 4km

2nd	Tony Coles	16:29	(Silver)
14th	Gary Micallef	22:25	

60-64 Men's 4km

8th	Graham Sheargold	20:24
10th	Andrew Free	22:43
12th	Stephen Mifsud	24:02

65-69 Men's 4km

6th	Rob Eager	24:19
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60-69 Men's 4km Team's (Silver)

Graham Sheargold	6	
Andrew Free	7	
Stephen Mifsud	9	
Rob Eager	10	32pts

Greater Fun Run 2km

7th	Shane Clubb	9:22
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U11 Girl's 2km

5th	Chloe Grogan	8:33
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Open, 30+, 40+, Men's 6km

1st	Brad Milosevic	18:42	(Gold)
32nd	Geoff Sheargold	22:58	
48th	Shane Clubb	31:04	
50th	Tipene Robinson	31:16	
51st	Michael Grogan	31:38	
52nd	Mark Milliss	37:56	

30-34 Men's 6km

1st	Brad Milosevic	18:42	(Gold)
6th	Geoff Sheargold	22:58	
8th	Tipene Robinson	31:16	

35-39 Men's 6km

7th	Shane Clubb	31:04
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40-44 Men's 6km

4th	Michael Grogan	31:38
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45+ Men's 6km

14th	Mark Milliss	37:56
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30-39 Men's 6km Team's (Bronze)

Brad Milosevic	1	
Geoff Sheargold	8	
Shane Clubb	11	
Tipene Robinson	12	32 pts

Open, 30+, 40+ Women's 4km

14th	Lisa Grant	27:43
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30-34 Women's 4km

1st	Lisa Grant	27:43	(Gold)
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10-8-19 Rooty Hill parkrun 5km

4th	Nicholas Hanna	19:27
6th	Rod Zammit	20:57
22nd	David Otte	24:49
34th	Carol Adams	26:40
36th	Chloe Grogan	27:01

37th Michael Grogan 27:01

10-8-19 Rouse Hill parkrun 5km

4th Adam Etherington 21:27 (new pb)

10-8-19 Parramatta parkrun 5km

41st Stephen Parkins 24:06

104th Andrew Free 30:02

105th Shane Clubb 30:21

163rd Keith Mayhew 38:48

171st Terry Rose 41:12 (walker)

189th Michael Christie 46:50 (walker)

10-8-19 The Ponds parkrun 5km

76th Cristina Sotomayor 26:21

107th Claudio Corvalan 27:45

10-8-19 North Sydney parkrun 5km

36th Michael Free 25:24

10-8-19 Cowpasture Reserve Camden parkrun 5km

24th Steve Oldridge 22:36

10-8-19 Shelley (WA) parkrun 5km

4th Tony Coles 19:40

69th Kim Coles 27:52

11-8-19 Sun Herald City 2 Surf 14km

258th Geoff Sheargold 52:14

3,338th Lisa Grant 1:03:16

4,586th Steve Clark 1:05:36

10,088th Shane Clubb 1:12:20

13,088th Graham Sheargold 1:15:34

19,707th Alison Shaw 1:22:09

20,220nd Gary Micallef 1:22:37

22,704th Greg Sargeant 1:24:58

27,585th Rob Eager 1:29:52

29,111th Terry Rose 1:31:39

30,069th Stephen Mifsud 1:32:48

31,288th Ashley Micallef 1:34:17

31,202nd Tipene Robinson 1:34:17

32,914th Mark Milliss 1:36:23

33,872nd Andrew Free 1:37:37

37,403rd Suresh Raju 1:42:38

52,361st Lynette Gillies 2:17:58

17-8-19 Parramatta parkrun 5km

9th	Geoff Sheargold	17:13
68th	Stephen Parkins	24:08
121st	Alison Shaw	27:35
236th	Keith Mayhew	35:50
253rd	Lynette Clark	39:25
278th	Michael Christie	48:24 (walker)
283rd	Andrew Free	52:03 (walker/photographer)

17-8-19 Rooty Hill parkrun 5km

4th	Nicholas Hanna	19:23
24th	Wayne Thurlow	23:53 (new pb)
25th	Rod Zammit	23:54
42nd	Carol Adams	25:53

17-8-19 The Ponds parkrun 5km

9th	Steve Clark	20:59 (new pb)
277th	Amelia Clark	35:00 (new pb)

17-8-19 North Sydney parkrun 5km

63rd	Michael Free	27:08
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17-8-19 Willoughby parkrun 5km

26th	Lisa Grant	21:57
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17-8-19 Cowpasture Reserve Camden parkrun 5km

10th	Steve Oldridge	22:14
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17-8-19 Bathurst parkrun 5km

88th	Terry Rose	31:36
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17-8-19 Hadleigh- Essex (UK) parkrun 5km

35th	Carly Eager	28:00 (new pb)
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17-8-19 Taree parkrun 5km

14th	David Otte	23:36
59th	Mischelle Otte	31:47

18-8-19 Mudgee Running Festival Mudgee

Pieter Van Gent/Lowe Wines Half Marathon

14th	Tony Coles	1:30:40 (1st 50-59 cat)
149th	Graham Sheargold	2:04:18
226th	Suresh Raju	2:46:03

Wilpinjong 10km Fun Run

112th	Kim Coles	57:16
138th	Terry Rose	1:00:11 (3rd 60+ cat)

24-8-19 Rooty Hill parkrun 5km

28th	Wayne Thurlow	23:51 (new pb)
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32nd	David Otte	24:18
83rd	David Perry	30:11
107th	Keith Mayhew	33:34

24-8-19 Parramatta parkrun 5km

89th	Stephen Parkins	25:35
126th	Andrew Free	28:05
199th	Terry Rose	31:40
257th	Lynette Clark	38:26
285th	Michael Christie	45:40 (walker)

24-8-19 The Ponds parkrun 5km

433rd	Karen Clark	55:04 (walker)
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24-8-19 Rouse Hill parkrun 5km

5th	Adam Etherington	21:22 (new pb)
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24-8-19 North Sydney parkrun 5km

52nd	Michael Free	25:14
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24-8-19 Willoughby parkrun 5km

32nd	Lisa Grant	21:31
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24-8-19 Hadleigh-Essex (UK) parkrun 5km

47th	Carly Eager	28:23
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24-8-19 Australian Cross Country Championships Kembla Grange

Men's Open 10km

7th	Brad Milosevic	31:00
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25-8-19 Run NSW Greater Bank Sydney Half Marathon, Sydney Olympic Park

Greater Bank Sydney Half

141st	Tony Coles	1:28:33
156th	Nicholas Hanna	1:29:22
214th	Rod Zammit	1:33:40
392nd	Wayne Thurlow	1:45:31
417th	Shane Clubb	1:46:48
448th	Michael Grogan	1:48:58
649th	Stephen Mifsud	2:06:52
654th	Alison Shaw	2:07:54

Greater Bank 7km

78th	Kim Coles	39:45
107th	Terry Rose	44:04

31-8-19 Rooty Hill parkrun 5km

4th	Brad Milosevic	18:51 (pacer)
9th	Nicholas Hanna	20:15 (pacer)
18th	Shane Clubb	21:54 (new pb)
25th	Rod Zammit	22:16 (pacer)

45th	Wayne Thurlow	25:03	(pacer)
56th	Tipene Robinson	25:59	(pacer)
58th	Symon Grindlay	26:05	(pacer)
73rd	Michael Grogan	27:36	(pacer)
113th	Keith Mayhew	33:33	
124th	Mischelle Otte	35:00	(pacer)
133rd	Lynette Clark	37:46	(new pb)

31-8-19 The Ponds parkrun 5km

14th	Adam Etherington	20:44	(new pb)
122nd	Cristina Sotomayor	27:06	
139th	Claudio Corvalan	28:00	
238th	Karen Clark	32:17	

31-8-19 Parramatta parkrun 5km

41st	Stephen Parkins	24:19	
106th	Terry Rose	28:05	
187th	Andrew Free	39:22	

31-8-19 North Sydney parkrun 5km

41st	Michael Free	25:16	
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31-8-19 Willoughby parkrun 5km

25th	Lisa Grant	22:14	
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31-8-19 Cowpasture Reserve Camden parkrun 5km

26th	Steve Oldridge	23:01	
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31-8-19 Broadbeach Water's parkrun 5km

44th	Alison Shaw	27:07	
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31-8-19 GreenWay parkrun 5km

145th	Michael Christie	33:43	
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Michael Christie	(GAP)		
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