

March 2019-'I believe you make life what you want it to be; you can reach goals you never thought you could if you keep at it'

The above quote is apt in relation to the achievements of Girraween's athletes through the month of March 2019. The results below in many instances show that goals can be achieved if you keep working hard; the reward will come.

Lauren Tisdale is a case in point. Lauren was the only Girraween Athletics Club athlete who competed in the NSW Championships in March. Lauren hit the 3.00m mark in the pole vault achieving a new personal best in the process at these championships. No mean feat. Two weeks later at an ANSW All Comers meet at SOPAC, Lauren raised her personal best yet again to 3.10m. That's two new personal bests in the space of a fortnight. Given the pole vault is an incredibly technical event often affected by the elements, this was an extraordinary achievement by Lauren. All at Girraween Athletics send their congratulations to her and wish her all the best as she continues her career in this challenging discipline.

At a ANSW All Comers meet at SOPAC in March a number of Girraween athletes in Lauren Tisdale, Vince Adams, Puja Srestha, Claudio Corvalan and Cristobel Corvalan representing Girraween well competing in a variety of events. These All Comers meets are important and while it was one of the last meets of the 2018-2019 summer season, it was still pleasing to see Girraween represented at this meet and all our athletes are to be congratulated for stepping up to take part in this level of competition.

The parkrun concept continues to grow and Girraween athletes continued to support parkrun well at a number of venues in March. Geoff Sheargold finished the month off strongly by finishing in first place in the last two Parramatta parkruns in March, no mean feat. Geoff is running most consistently at this time. Steve Oldridge reached his 100th parkrun early in March and is to be congratulated on reaching this significant milestone. Well done Steve. Greg Sargeant, two and Adam Etherington, Mischelle Otte, Andrew Free, David Perry, Chloe Grogan, Michael Grogan and Michael Christie all gained new pb's in March which they were most satisfied with. Another Girraween parkrun event was held at Rouse Hill in March on a very misty morning. But all runners were thankful that it was a little cooler than their last trip to Rouse Hill in January. A big thank you to Rod Zammit for coming up with this concept over the 2018-2019 summer season. It has undoubtedly been successful in publicising the Girraween Athletics Club.

The iconic Six Foot track race was held in March and this year Girraween had two representatives in Geoff Sheargold and Rod Zammit. It was Geoff's eighth Six Foot, no mean feat and he turned in another fine performance. It was Rod's debut and at the 22km mark he was hit by cramp. Nevertheless he battled on gamely and he was able to finish under the seven hour cut off. It was an epic performance by Rod and we send both Geoff and Rod our congratulations on their fine achievement.

The SMC Road series was held at Greystanes in March and the conditions that confronted all runners was appalling with torrential rain soaking all competitors for the entire event. Nevertheless, there were a number of fine performances by Girraween athletes. Stephen Mifsud had another very fine run in the Half Marathon. There were eye-catching performances by both Tony Coles and Rod Zammit in the 10km event. The 5km saw solid efforts by both Steve Oldridge and Michael Grogan. Our young contingent in Chloe Grogan and Hayley Zammit both put in excellent runs. Yet all things considered the winner on the day overall, was definitely the rain. Girraween representative's stuck to their task well in the circumstances.

Early in March the well regarded Orange Running Festival was held in, you guessed it in Orange in the NSW Central West. A number of Girraween Athletes took part. Tony Coles, with first place in his category and Stephen Mifsud with second place in his category both ran very well in the Half Marathon. Both Graham Sheargold and Suresh Raju also competed in this race and hung in well all things considered. Kim Cole had a run in the 10km event and ran very solidly.

At the very end of March the inaugural RunWest event was held, with two runs. The 12km race started at Sydney Motorsport Park at Eastern Creek with competitors running around the circuit, through Eastern Creek, the soon to be open Sydney Zoo at Bungarribee Park, the Western Sydney Parklands, part of the Rooty Hill parkrun course and finishing in Rooty Hill near the railway station. The 4km started in the international Sports Park at Rooty Hill, then down and back up Eastern Rd Rooty Hill and finishing at the same location as the 12km event. A big number of Girraween athletes took part in both events. Tony Coles had a superb run in the 12km event, whilst Danny Martins was not far behind with an excellent effort. Shane Clubb was also not far behind Danny with a fine run. Two of the remarkable performances came from Hannah Hamilton who finished second in the 12-15 category, with a great run in just over the hour. Congratulations Hannah. Chloe Grogan was third in the 0-11 category with an excellent effort. Well done Chloe. It was most refreshing to see such a great Girraween turnout supporting this 12km run. The stand out performances from a Girraween perspective in the 4km came from Adam Etherington who was first in his category with a speedy time, followed by Kim Coles who came second in her category. Congratulations to both Adam and Kim. A really nice touch was the participation in the 4km event by the Farrugia and Zammit clans, with both families completing the distance and living to tell the tale. On a serious note, the 4km event is about family participation at all ages and this was illustrated by both families. Well done to everyone and it's to be hoped that in 2020 the organisers cater to the needs of all families in the shorter event. It would also be remiss of me not to mention our Girraween volunteers who were spotted at West HQ fulfilling a valuable role. Thank you to Wayne Thurlow, Steve Williams, John Smith, Brad Milosevic and George Milosevic for giving up their Sunday to add their invaluable experience to the volunteer workforce at their location. They did a superb job and from a Girraween participant's perspective it was a very nice touch to see a friendly face after the trek to West

HQ from the finish line. Thanks on behalf of everyone guys. Mischelle and David Otte who have been race directors since the beginning of Rooty Hill parkrun deserve great praise for their role and Mischelle had been named a special ambassador in recognition of her efforts in encouraging the parkrun community to support RunWest. By all accounts it was successful as there were a large number of parkrunners participating in both events. Great stuff Mischelle. This event has enormous potential in the years ahead and it is to be hoped that the organisers of the 2020 event take on board the feedback they will receive from the inaugural version in 2019.

In March, Brad Milosevic ran his first marathon since August 2017 at the Lake Biwa Mainichi marathon in Japan in chilly conditions. Whilst it was a hard day at the office for Brad, nevertheless it was another learning experience in his ongoing marathon journey and we wish him well as he continues to explore all possibilities in this event into the future.

While not listed in the results, Lisa Grant completed another Sydney Summer Series of Orienteering held on a Wednesday evening over the summer months at different venues around Sydney. Lisa was 1st in the Open Women's category. In a remarkable display of consistency Lisa's average over the best twelve races was 100 each race which is the highest you can average. It was a very high class competition and Lisa is to be congratulated on her fine achievement. Michael Free is another Girraween athlete who competes in this competition on a regular basis and Michael had a very fine season finished 17th out of eighty-seven competitors in an excellent season. Well done to both Lisa and Michael on their efforts.

We may sound like a broken record sometimes, but Girraween's athletes continue to amaze and March 2019 was no exception to this. The quote at the head of this report was certainly true and all Girraween representatives can be proud of their achievements. Results follow:

2-3-19 Rhodes parkrun 5km

28th	Lisa Grant	21:21
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2-3-19 Rooty Hill parkrun 5km

42nd	Greg Sargeant	25:57
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81st	Wayne Thurlow	29:45
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131st	Keith Mayhew	38:19
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2-3-19 Rouse Hill parkrun 5km

16th	Rod Zammit	23:51
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2-3-19 Parramatta parkrun 5km

30th	Shane Clubb	21:58
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75th	Stephen Parkins	25:16
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95th	Terry Rose	26:05
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111th	Andrew Free	26:59
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132nd	Graham Sheargold	28:24
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162nd Michael Christie 30:09
257th Sharon Free 39:14
281st Lynette Clark 42:26

2-3-19 The Ponds parkrun 5km

540th Karen Clark 1:02:35 (walker)

2-3-19 Cowpasture Reserve- Camden parkrun 5km

25th Steve Oldridge 23:00 (100th pr)

2-3-19 North Sydney parkrun 5km

46th Michael Free 26:26

3-3-19 Orange Running Festival- Orange

Athletics First Half Marathon

19th Tone Coles 1:33:35 (net) (1st 50-59 cat)
102nd Stephen Mifsud 1:49:33 " (2nd 60+ cat)
246th Graham Sheargold 2:16:49
281st Suresh Raju 2:36:44

Westfund Health Fun Run 10km

176th Kim Coles 59:22

9-3-19 The Ponds parkrun 5km

485th Karen Clark 51:39 (walker)

9-3-19 North Sydney parkrun 5km

74th Michael Free 25:53

9-3-19 Curl Curl parkrun 5km

42nd Lisa Grant 21:29

9-3-19 Cowpasture Reserve- Camden parkrun 5km

29th Steve Oldridge 23:07

9-3-19 Rooty Hill parkrun 5km

3rd Nicholas Hanna 19:31
32nd Chloe Grogan 25:28
33rd Michael Grogan 25:29
37th Greg Sargeant 25:51
88th Ashley Micallef 33:14
119th Keith Mayhew 38:02

9-3-19 Parramatta parkrun 5km

53rd Shane Clubb 22:05
121st Stephen Parkins 25:51
174th Terry Rose 28:03
226th Michael Christie 30:55
334th Lynette Clark 39:03
349th Andrew Free 41:27 (photographer)

9-3-19 Taman Pulu Udu (Malaysia) parkrun 5km

20th David Otte 25:16

45th Mischelle Otte 29:55

9-3-19 Hadleigh- Essex (UK) parkrun 5km

75th Carly Eager 29:54

9-3-19 Six Foot Track Katoomba- Jenolan Caves 45km

147th Geoff Sheargold 4:50:27

799th Rod Zammit 6:42:48

10-3-19 NSW Open, U23 & Para Championships SOPAC

Women Pole Vault Open

7th Lauren Tisdale 3.00m (new pb)

10-3-19 Lake Biwa Mainichi Marathon Japan

87th Brad Milosevic 2:26:26

16-3-19 Rooty Hill parkrun 5km

3rd Nicholas Hanna 19:53

19th David Perry 23:05

20th David Otte 23:11

36th Greg Sargeant 25:31 (new pb)

16-3-19 Parramatta parkrun 5km

6th Geoff Sheargold 18:44

89th Stephen Parkins 25:31

119th Andrew Free 27:45

149th Terry Rose 30:13

192nd Keith Mayhew 36:18

200th Lynette Clark 37:50

245th Michael Christie 1:08:32 (tail walker)

16-3-19 Willoughby parkrun 5km

60th Michael Free 25:20

16-3-19 Curl Curl parkrun 5km

21st Lisa Grant 21:22

16-3-19 The Ponds parkrun 5km

13th Adam Etherington 21:27(new pb)

199th Karen Clark 31:29

16-3-19 Wanstead Flats (UK) parkrun 5km

105th Carly Eager 28:20

17-3-19 SMC Greystanes

Half Marathon

30th Stephen Mifsud 1:56.20

51st Carol Adams 2:28.04.2

10km

5th	Tony Coles	41:54.0
15th	Rod Zammit	50:02.3
27th	Terry Rose	59:05.6

5km

6th	Steve Oldridge	23:00.0
8th	Chloe Grogan	24:57.6
10th	Michael Grogan	29:42.2
18th	Hayley Zammit	29:52.2
19th	Michael Christie	30:18.9

23-3-19 Rooty Hill parkrun 5km

40th	Mischelle Otte	25:31 (new pb)
41st	David Otte	25:32
42nd	Greg Sargeant	25:32
64th	Wayne Thurlow	27:58
100th	Ashley Micallef	32:43
152nd	Mikayla Robinson	45:15
153rd	Tipene Robinson	45:41

23-3-19 The Ponds parkrun 5km

220th	Karen Clark	29:57
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23-3-19 Cowpasture Reserve Camden parkrun 5km

30th	Steve Oldridge	23:55
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23-3-19 Shellharbour parkrun 5km

18th	Adam Etherington	23:20
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23-3-19 North Sydney parkrun 5km

73rd	Michael Free	26:45
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23-3-19 Woy Woy parkrun 5km

3rd	Lisa Grant	21:36
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23-3-19 Rhodes parkrun 5km

163rd	Andrew Free	26:53 (new pb)
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23-3-19 Rouse Hill parkrun 5km

16th	Shane Clubb	24:08
20th	David Perry	24:43(new pb)
26th	Rod Zammit	25:38
33rd	Chloe Grogan	26:17 (new pb)
34th	Michael Grogan	26:18 (new pb)
54th	Hayley Zammit	29:07
72nd	Michael Christie	32:21 (new pb)

23-3-19 Parramatta parkrun 5km

1st	Geoff Sheargold	17:22
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94th	Stephen Parkins	24:39
119th	Terry Rose	26:10
286th	Keith Mayhew	38:51
295th	Lynette Clark	40:17

23-3-19 ANSW All Comers SOPAC

Men's 100m

71st	Claudio Corvalan	13.54
80th	Vince Adams	15.54

Men's 200m

47th	Vince Adams	33.41
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Women's Pole Vault

1st	Lauren Tisdale	3.10m (new pb)
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Men's Triple Jump 7m & 9m Board

	Puja Srestha	foul
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Men's Javelin 600g

12th	Cristobel Corvalan	25.09m
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Men's Javelin 600g

2nd	Vince Adams	22.44m
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Men's Javelin 800g

4th	Claudio Corvalan	29.20m
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24-3-19 Sri Chinmoy Iron Cove

7km Male 60-69

3rd	Terry Rose	38:56
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14km Male 50-59

10th	Michael Free	1:23:40
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30-3-19 Rooty Hill parkrun 5km

24th	Greg Sargeant	25:25 (new pb)
37th	Wayne Thurlow	28:58
45th	Mischelle Otte	29:30
46th	David Otte	29:32

30-3-19 Curl Curl parkrun 5km

14th	Lisa Grant	21:52
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30-3-19 Parramatta parkrun 5km

1st	Geoff Sheargold	17:40
32nd	Stephen Parkins	25:43
53rd	Michael Christie	32:11
66th	Keith Mayhew	36:23
82nd	Terry Rose	1:05:07 (tail walker)

30-3-19 Rhodes parkrun 5km

101st	Andrew Free	28:13
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30-3-19 Cowpasture Reserve- Camden parkrun 5km

19th Steve Oldridge 24:11

31-3-19 RunWest

12km

89th Tony Coles 51:01
269th Danny Martins 57:08
415th Shane Clubb 1:00:28
434th Hannah Hamilton 1:00:52 (2nd 12-15 cat)
547th David Otte 1:03:00
652nd David Perry 1:04:38
757th Stephen Mifsud 1:06:31
901st Chloe Grogan 1:08:28 (3rd 0-11 cat)
902nd Michael Grogan 1:08:28
989th Carol Adams 1:09:58
1078th Andrew Free 1:11:19
1173rd Terry Rose 1:12:45
1184th Tipene Robinson 1:12:53
1320th Mischelle Otte 1:15:47
1447th Michael Christie 1:16:55
1834th Gary Micallef 1:24:29
2466th Lynette Clark 1:44:54
3010th Mikayla Robinson 2:42:00
3014th Ashley Micallef 2:42:03

4km

15th Adam Etherington 16:27 (1st 40-49 cat)
99th Kim Coles 20:46 (2nd 50-59 cat)
695th Ashleigh Farrugia 33:25
697th Katherine Farrugia 33:27
704th Karen Farrugia 33:37
1190th Joseph Farrugia 41:34
1191st Chloe Farrugia 41:37
1572nd Richard Frost 47:14
1867th Rosemary Zammit 52:09
1868th Kristy Zammit 52:10
1871st Zach Zammit 52:13
1873rd Rod Zammit 52:17
1875th Hayley Zammit 52:22
2076th Harry Zammit 55:56

Michael Christie (GAP)

