

**January 2020 -The battles that count aren't the gold medals. The struggles within yourself, the invisible, inevitable battles inside all of us- that's where it's at.**

This quote from Olympic legend, Jessie Owens in an Olympic year and the first month of a new decade was thought to be most apt in summing up what we are all trying to achieve with our athletics. No matter what discipline we choose or what level we are participating at, it's all about trying to get the best out of ourselves each time we take part in an event and all of us at GAP wish our readers all the best with their athletic pursuits over the coming decade.

The first month of 2020 was another tough one for all our members and friends participating in athletics with the continuing weather conditions proving to be an ongoing factor in all forms of exercise. Despite this, as can be seen by the results listed below, there were a number of fine results from Girraween's members and friends.

The parkrun monolith continued apace and there were some very fine achievements across the month by many Girraween members and friends. New Year's Day began with the only opportunity of the year to be recognised for participating in two parkrun's on the same day and a significant number of Girraween athletes took up this opportunity. Wayne, Helen, Tipene, Gary, Ashley, Shane, David, Terry, Alison, Michelle, Michael C, Andrew and Sharon all did the 'double' and had to be happy with their efforts. Michael G also ran in one event and was race director at another doing a fine job. During January, Nicholas Hanna and Nikil Redipali finished first in a parkrun at Rooty Hill, while Brad Milosevic finished first in a parkrun at Gungahlin in the ACT running a very slick time. This was a fine achievement by all three athletes.

A number of new pb's and milestones were achieved and reached in January by Girraween athletes. Samuel Jackson with two new pb's and Michael Grogan, Sharon Free, Gary Micallef, Helen Collins. Nikil Redipali and Josiah Jackson with one each all did remarkably well to run this quickly in their respective events in the conditions and are to be congratulated for their efforts. Wayne Thurlow reached his 200th parkrun in early January; while Sharon Free ran her 50th parkrun and Michael Christie and Terry Rose hit their 350th parkrun's towards the end of the month. All four athletes were most pleased to tick over another milestone in their respective parkrun journeys.

Our friend Carly Eager was out visiting family and friends from the UK last month and took the opportunity to participate in a number of parkrun's while she was here and it was great catching up with her albeit briefly. Carly is continuing to run well and we wish her all the best upon her return to the UK. The monthly Girraween parkrun event was held at Rooty Hill at the end of January and as can be seen from the results listed below, was once again well supported. Thank you to Rod Zammit for co-ordinating this again. Thank you to our members and friends who continue to support this as well.

While parkrun was the main event where Girraween members and friends were spotted over January, it was not the only one. Symon Grindlay participated in the iconic Narrabeen All-Nighter which is held around the shores of Narrabeen Lake in early January. For the uninitiated the Marathon event consisted of eight laps around the lake. In the conditions Symon had a great run and we congratulate him on another fine achievement.

The SMC Road Race series was held at Smithfield in January and there was a healthy Girraween contingent competing in both the 10km and 5km events. Nicholas Hanna and Shane Clubb ran fine sub fifty minute times in the 10km event in humid conditions while Helen Collins once again ran most consistently and had to be pleased with her effort. In the 5km event both Jason Oldridge and Michael Grogan were prominent with both athletes continuing their fine form of late.

The NSW 5000m Championships were held at SOPAC at the end of January. Shane Clubb ran very well in one of the mixed Community 5000m event's whilst Nikil Redipali finished a very creditable second in an excellent time in the 'D' race at these championships. Nikil is continuing to develop as an athlete and we wish him well with his athletics moving forward.

While at times we may sound like a broken record, the fact is that all our athletes continued to put forward remarkable achievements across January and did not let the harsh conditions deter them. Congratulations to everyone for flying the Girraween flag once again. Results follow:

### **1-1-20 Campbelltown parkrun 5km**

43rd Wayne Thurlow 24:40

### **1-1-20 Rouse Hill parkrun 5km**

73rd Michael Grogan 26:14 (new pb)

### **1-1-20 Werrington Lakes Reserve parkrun 5km**

94th Helen Collins 28:14

### **1-1-20 Lake Mac parkrun 5km**

101st Tipene Robinson 24:53

106th Gary Micallef 27:10

199th Ashley Micallef 33:05

### **1-1-20 Parramatta parkrun 5km**

3rd Geoff Sheargold 17:23

59th Shane Clubb 21:43

148th David Otte 25:22

220th Terry Rose 28:10

222nd Alison Shaw 28:13

232nd	Mischelle Otte	28:33
297th	Michael Christie	31:41

### **1-1-20 The Ponds parkrun 5km**

120th	Greg Sargeant	26:43
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### **1-1-20 Newy parkrun 5km**

255th	Andrew Free	29:40
380th	Sharon Free	37:27 (new pb)

### **1-1-20 Rhodes parkrun 5km**

298th	Alison Shaw	31:10
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### **1-1-20 Rooty Hill parkrun 5km**

2nd	Nicholas Hanna	19:19
14th	Shane Clubb	22:19
41st	Helen Collins	25:20
42nd	Wayne Thurlow	25:28 (200th pr)
73rd	Terry Rose	30:21
85th	Michael Christie	32:49
106th	Mischelle Otte	37:57
107th	David Otte	37:58

### **1-1-20 The Beaches parkrun 5km**

266th	Gary Micallef	39:28
568th	Sharon Free	1:05:37 (walker)
569th	Andrew Free	1:05:38 (walker)
610th	Tipene Robinson	1:09:45 (walker)
611th	Ashley Micallef	1:09:45 (walker)

### **4-1-20 Rooty Hill parkrun 5km**

1st	Nicholas Hanna	19:51
35th	Gary Micallef	27:04
39th	Carly Eager	27:43
41st	Carol Adams	28:16
43rd	Geoff Newey	28:49
44th	Wayne Thurlow	28:52
51st	Rob Eager	31:23
75th	Ashley Micallef	34:19

### **4-1-20 Chipping Norton parkrun 5km**

8th	Rod Zammit	22:05
10th	Shane Clubb	22:27
20th	David Otte	23:52
22nd	Chloe Grogan	26:30
24th	Michael Grogan	26:54
33rd	Mischelle Otte	30:05

#### **4-1-20 Parramatta parkrun 5km**

100th	Stephen Parkins	26:33
127th	Alison Shaw	28:03
189th	Michael Christie	32:30
209th	Terry Rose	34:14
275th	Keith Mayhew	40:29

#### **4-1-20 The Ponds parkrun 5km**

106th	Greg Sargeant	27:01
225th	Claudio Corvalan	32:39
226th	Cristina Sotomayor	32:41

#### **4-1-20 Newy parkrun 5km**

378th	Sharon Free	38:45 (50th pr)
379th	Andrew Free	38:46

#### **4-1-20 Rouse Hill parkrun 5km**

4th	Matt Modini	22:46
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#### **4-1-20 Mosman parkrun 5km**

48th	Michael Free	27:51
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#### **4-1-20 Campbelltown parkrun 5km**

39th	Helen Collins	24:53
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#### **4-1-20 Cottesloe (WA) parkrun 5km**

7th	Adam Etherington	21:47
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#### **4-1/5-1-20 Narrabeen All-Nighter**

##### **Midnight Marathon**

22nd	Symon Grindlay	4:52:16.24
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#### **11-1-20 Parramatta parkrun 5km**

85th	Stephen Parkins	25:26
133rd	Carly Eager	27:40
143rd	Alison Shaw	28:12
159th	Terry Rose	29:12
182nd	Robert Eager	30:27
199th	Michael Christie	32:05
256th	Keith Mayhew	38:25

#### **11-1-20 Rooty Hill parkrun 5km**

8th	Nicholas Hanna	19:57
53rd	Tipene Robinson	26:09
57th	Gary Micallef	26:28 (new pb)
62nd	Geoff Newey	27:28

84th Josiah Jackson 30:04  
109th Samuel Jackson 33:02 (new pb)

**11-1-20 The Ponds parkrun 5km**

154th Cristina Sotomayor 29:02  
261st Laura Corvalan 34:40

**11-1-20 Panania parkrun 5km**

24th David Otte 24:52  
51st Mischelle Otte 28:32

**11-1-20 East Richmond parkrun 5km**

8th Shane Clubb 22:06  
23rd Michael Grogan 25:48

**11-1-20 Rouse Hill parkrun 5km**

3rd Adam Etherington 21:38

**11-1-20 Mosman parkrun 5km**

36th Michael Free 27:05

**11-1-20 Wildflower parkrun 5km**

26th Helen Collins 27:02 (new pb)

**18-1-20 Mosman parkrun 5km**

23rd Michael Free 26:32

**18-1-20 Rooty Hill parkrun 5km**

1st Nikil Redipali 16:59 (new pb)  
8th Jason Cutajar 21:39  
24th Wayne Thurlow 23:56  
59th Carol Adams 27:24  
63rd Geoff Newey 27:43

**18-1-20 Parramatta parkrun 5km**

42nd Shane Clubb 22:14  
91st Stephen Parkins 24:59  
172nd Alison Shaw 29:08  
226th Michael Christie 34:05 (350th pr)  
316th Terry Rose 56:31 (tail walker)

**18-1-20 The Ponds parkrun 5km**

28th Steve Clark 21:57  
94th Michael Grogan 25:25  
106th Greg Sargeant 25:54  
354th Karen Clark 36:34

**18-1-20 Dolls Point parkrun 5km**

88th Mischelle Otte 29:02  
89th David Otte 29:03

**18-1-20 Penrith Lakes parkrun 5km**

10th	Tipene Robinson	27:05
25th	Ashely Micallef	32:06

**18-1-20 Coburg (Vic) parkrun 5km**

79th	Carly Eager	28:18
113th	Robert Eager	31:16

**18-1-20 Rouse Hill parkrun 5km**

3rd	Adam Etherington	22:11
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**18-1-20 Newy parkrun 5km**

248th	Andrew Free	29:26
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**18-1-20 East Richmond parkrun 5km**

98th	Diane Celnikier	40:47
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**19-1-20 SMC Road Race Series Smithfield****10km**

7th	Nicholas Hanna	42:12.1
18th	Shane Clubb	47:32.4
25th	Helen Collins	51:18.9
33rd	Kim Coles	55:16.9
34th	Gary Micallef	56:00.8
36th	David Otte	56:27.1
45th	Terry Rose	1:01:15.4
46th	Alison Shaw	1:01:57.7
52nd	Mischelle Otte	1:10:16.0

**5km**

10th	Jason Oldridge	23:23.0
12th	Michael Grogan	24:30.1
25th	Michael Christie	32:00.7

**25-1-20 Rooty Hill parkrun 5km**

7th	Nicholas Hanna	20:00
11th	Jason Cutajar	21:44
20th	Rodney Zammit	23:00
32nd	Helen Collins	24:43
33rd	Symon Grindlay	24:59
35th	Danny Martins	25:17
37th	Greg Sargeant	25:31
40th	Wayne Thurlow	26:01
46th	Chloe Grogan	26:32
47th	Gary Micallef	26:36

52nd	Michael Grogan	27:07
59th	Kim Coles	27:31
61st	Geoff Newey	27:39
77th	Josiah Jackson	29:45 (new pb)
104th	Samuel Jackson	32:32 (new pb)
114th	Michael Christie	33:34
179th	Mikayla Robinson	42:31 (walker)
180th	Tipene Robinson	42:32 (walker)

### **25-1-20 Parramatta parkrun 5km**

176th	Terry Rose	28:55 (350th pr)
183rd	Alison Shaw	29:13

### **25-1-20 Lawson parkrun 5km**

35th	David Otte	30:20
59th	Mischelle Otte	36:46

### **25-1-20 Gungahlin (ACT) parkrun 5km**

1st	Brad Milosevic	15:21
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### **25-1-20 Rouse Hill parkrun 5km**

12th	Adam Etherington	22:45
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### **25-1-20 Mosman parkrun 5km**

20th	Michael Free	26:09
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### **25-1-20 Lakeview parkrun 5km**

64th	Andrew Free	31:28
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### **25-1-20 NSW 5000m Championships SOPAC**

#### **Mixed 5000m Race '2'**

12th	Shane Clubb	22:35.84
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#### **Men's 5000m Race 'D'**

2nd	Nikil Redipali	16:18.04
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Michael Christie (GAP)

