

September 2020 – The athletes from Girraween Athletics continue their remarkable story!

September saw another month of events cancelled or pushed back to 2021. As you will have seen elsewhere, the 2021 West Met cross-country season concluded, after sixteen consecutive weeks. This was remarkable, as early in the season it appeared there would be no West Met at all. David Archbold convenor of West Met was extraordinary in ensuring we had a cross-country season and all West Met athletes were grateful for his work on everyone's behalf.

Early in the month, the terrific trio of Jason Cutajar, Rod Zammit and Wayne Thurlow participated in the Run with the World virtual event, running in the 60km Solo category over the first weekend of the month. It was a very fine effort by all three athletes to complete that distance and there were fine times posted. They were all happy with their performances and it continued all three athletes very fine records in Run with the World events through 2020.

SMC at Smithfield resumed in September under strict COVID safety guidelines and the events were run on a very damp morning with consistent rain, a rare event. Despite the inclement weather there were numerous fine performances. Both Michael Kammerer and Jason Oldridge were spotted out on the Half-Marathon course and both athletes posted fine times in the circumstances. The 10km highlights saw both Geoff Sheargold and Tony Coles post sub fifty-minute times with Geoff finishing first overall, continuing his very fine form of late. The highlight in the 5km from a Girraween perspective, was the excellent run by Chloe Grogan posting a fine sub five-minute km time. All Girraween's athletes performed admirably on the day.

The end of September saw both Cristobel and Claudio Corvalan travel over to Chatswood to compete in UTS Norths first Northern Zone meet of the 2020-2021 season. Both athletes finished first in their respective event's which bodes well for the upcoming summer season and we wish both Cristobel and Claudio well for the season ahead.

The (not) parkrun series of events continued through September where athletes post a 5km time while representing their home parkrun. Andrew Free, Rodney Zammit, Diane Celnikier, Geoff Newey, Terry Rose and Michael Christie were Girraween athletes who at one time or the other posted a 5km time in September. Rod Zammit posted a very fine series of times, showing everyone that he has not lost any form over the winter, rather that he continues to run at a high level. Well done Rod.

Overall, Girraween's athletes should be pleased with maintaining such high standard performances over September. It's never easy, not knowing when your next competitive result is likely to be, so in the circumstances all Girraween athletes should be proud of their efforts. Results follow:

31-8-20 – 6-9-20 (not) parkruns representing Newy parkrun 5km

Tue Andrew Free 32:09

31-8-20 – 6-9-20 (not) parkruns representing East Richmond parkrun 5km

Sat Diane Celnikier 41:45

31-8-20 – 6-9-20 (not) parkruns representing Parramatta parkrun 5km

Sat Michael Christie 32:31

4-9-20 – 6-9-20 Run with the World

Running 60km Solo 'One Hit'

2nd Jason Cutajar 5:02:34

3rd Rod Zammit 5:14:59

5th Wayne Thurlow 5:20:56

7-9-20 – 13-9-20 (not) parkruns representing Parramatta parkrun 5km

Wed Michael Christie 32:17

Fri Terry Rose 31:20

7-9-20 – 13-9-20 (not) parkruns representing East Richmond parkrun 5km

Fri Diane Celnikier 40:34

7-9-20 – 13-9-20 (not) parkruns representing Newy parkrun 5km

Sat Andrew Free 31:17

7-9-20 – 13-9-20 (not) parkruns representing Rooty Hill parkrun 5km

Sat Rod Zammit 20:01

Sat Geoff Newey 29:41

14-9-20 – 20-9-20 (not) parkruns representing Parramatta parkrun 5km

Fri Terry Rose 31:20

Fri Michael Christie 32:54

14-9-20 – 20-9-20 (not) parkruns representing Newy parkrun 5km

Sat Andrew Free 32:26

14-9-20 – 20-9-20 (not) parkruns representing Rooty Hill parkrun 5km

Sat Rod Zammit 22:55

14-9-20 – 20-9-20 (not) parkruns representing East Richmond parkrun 5km

Sun Diane Celnikier 42:14

20-9-20 SMC Smithfield

Half Marathon

21st Michael Kammerer 1:33:35.8

33rd Jason Oldridge 1:47:45.2

10km

1st Geoff Sheargold 38:11.7

4th Tony Coles 40:15.6

23rd Shane Clubb 50:39.0

27th Kim Coles 54:44.0

28th Gary Micallef 56:07.2

5km

13th	Chloe Grogan	24:33.9
16th	Michael Grogan	25:35.0
18th	Stephen Mifsud	25:56.5
24th	Alison Shaw	29:01.3
27th	Michael Christie	30:00.4

21-9-20 – 27-9-20 (not) parkruns representing Parramatta parkrun 5km

Fri	Michael Christie	32:50
-----	------------------	-------

21-9-20 – 27-9-20 (not) parkruns representing East Richmnd parkrun 5km

Fri	Diane Celnikier	41:58
-----	-----------------	-------

21-9-20 – 27-9-20 (not) parkruns representing Rooty Hill parkrun 5km

Sat	Rod Zammit	22:29
-----	------------	-------

26-9-20 UTS Norths Northern Zone Rotary Field Chatswood**Boys U 16 Javelin 700g**

1st	Cristobel Corvalan	37.76m
-----	--------------------	--------

Men 40-49 Shot Put 7.26kg

1st	Claudio Corvalan	
-----	------------------	--

Michael Christie (GAP)