

## **August 2021 – The challenge continues!**

In terms of athletics there was not a lot on in August due to the ongoing pandemic and associated lockdowns in the Greater Sydney area. However, it is worthwhile mentioning a few achievements. Please also note that the West Met Cross-Country virtual series has been continuing through July and August and these results appeared elsewhere in the weekly reports about these events.

The last official parkrun in Sydney or surrounds was held in July. As a consequence, there are no official results from Girraween athletes for parkrun locally. There is at time of writing no indication as to when parkrun will resume due to the current lockdowns and public health orders. However, parkrun has resumed in the UK and one of Girraween's favourite people in Carly Eager has been able to participate in her local parkrun in the UK and managed a new pb into the bargain. Congratulations Carly. GAP asked Carly to let us all know what she has been up to with her running in the UK and Carly was kind enough to contribute to this month's newsletter which we have below. Thank you for your contribution Carly.

### **Carly's Contribution**

For those of you who don't know me, I am Carly Eager, daughter of the famous Robert Eager. I've lived in England for just over 5 years but was a member of Girraween for 15 years before that.

So, what is happening in the UK running world, I hear you ask? Well... Park run is back! We had well over a year without Parkrun here, but it returned on 24/07/21 to the overwhelming happiness of runners from Devon to Dorset and everywhere in between. My local is in Hadleigh country park in Essex. It's a beautiful park which borders the Thames estuary. Plenty of big hills, all trail and lovely views...as well as a herd of cows you might have to run around. My first run back, I was a little rusty, but then on the second week in, I managed to beat my course PB by 36 seconds. Must have been all that time when everything was cancelled and we could only run!

Over here, I run with London Frontrunners. They love a trip to the pub as much as the running itself. We have had training on and off over the last year and a bit, but as of two weeks ago, post training pub trips are back! The nice cold drink with friends was worth just about killing myself trying to 'sprint' through the pyramid session. (Anyone who knows me, knows I can't sprint!!)

We are lucky to have other events happening again. I volunteered last week at the 'Big Half' which is a run that goes through central London, the highlight being running over Tower Bridge (sometimes mistaken for London Bridges... it's the famous one anyway). It was great to volunteer on behalf of my club here (obviously Girraween will always be number one!) and cheer on the runners. But the highlight was the whistle, supplied for the purpose of telling people off- mainly pedestrians trying to run in front of the runners. Great fun!

My next big event, is the Windsor River Trail run (a half marathon). The race starts in central Windsor and mainly follows the trail along side the river (called a Tow Path as it's original

purpose was for horses to walk along while 'towing' boats) It's very flat so should be a fast course, and goes past the castle so who knows, might even see Lizzy! I did catch a glimpse on a recent trip to Edinburgh, but that's a story for another day.

I hope everyone stays safe, follows the rules and that you can all be back running together again soon, and I can come over for a run too! Unti then, Go Girra!!!

Kind Regards

### **Carly Eager**

While parkrun has not been on a small number of Girraween members and friends did post times in not parkrun where you can run or walk 5km anywhere over the week and then post this under your home parkrun. A big shout out to Diane Celnikier, Terry Rose, Andrew Free and Michael Christie who at various times through August managed to get out for a run or walk and post a time. Well done to all concerned.

While there is uncertainty as to the future of both ANSW and independent events over the immediate future we thought we would provide an update on events that may be of interest. This is of course current at time of writing and dates or arrangements will undoubtedly change as circumstances change over the next month or two. Please note this is by no means an exhaustive list.

### **ANSW/Run NSW events**

NSWXC Short Course Championships – cancelled 2021

NSWXC Championships (rescheduled to Sept 24/25 2021) this will undoubtedly change. No new details currently.

NSW Team Walks and Long Walks – TBC

Sydney Half (rescheduled to Oct 10) This is also unknown

Anniversary 5km TBC

### **Independent events**

Blackmores Sydney Running Festival (Virtual) Sept 19 – Oct 17

Sun Herald City2Surf (Virtual) Oct 17 – Oct 24

Bay Run Oct 10- unlikely

SMC Road Race Series	26 September	(will not be held)
	24 October	unknown
	21 November	unknown
	19 December	unknown

We hope this helps and if any of our readers are aware of any other events or changes to events that will occur or have occurred, please let us know and we will endeavour to advertise this.

We hope everyone continues to stay safe. Where possible we also hope that you are all able to get out for a run, walk or any training in a COVID safe manner. At this time, we have no way of knowing if or when there will be a summer season of athletics. However, once there is any news, we will certainly let everyone know. Results follow:

**2-8-21 – 8-8-21 (not) parkruns representing Parramatta parkrun 5km**

Wed Michael Christie 33:21

**7-8-21 Hadleigh parkrun, Essex UK 5km**

26th Carly Eager 27:24 (new pb)

**9-8-21 – 15-8-21 (not) parkruns representing Parramatta parkrun 5km**

Tue Michael Christie 33:58

Sat Terry Rose 37:00

**9-8-21 – 15-8-21 (not) parkruns representing East Richmond parkrun 5km**

Sun Diane Celnikier 45:28

**16-8-21 – 22-8-21 (not) parkruns representing Parramatta parkrun 5km**

Tue Terry Rose 32:05

Tue Michael Christie 34:01

**16-8-21 – 22-8-21 (not) parkruns representing Newy parkrun 5km**

Fri Andrew Free 28:42

**16-8-21 – 22-8-21 (not) parkruns representing East Richmond parkrun 5km**

Sat Diane Celnikier 44:20

**23-8-21 – 29-8-21 (not) parkruns representing Parramatta parkrun 5km**

Fri Michael Christie 32:52

Sat Terry Rose 30:58

**23-8-21 – 29-8-21 (not) parkruns representing East Richmond parkrun 5km**

Sun Diane Celnikier 45:20

**28-8-21 Hadleigh parkrun Essex UK 5km**

40th Carly Eager 28:30

Michael Christie (GAP)