

July 2021 – A most challenging month for all Girraween athletes!

Well, as we all know the COVID 19 pandemic has impacted on all our lives massively since the June 2021 newsletter was produced. Athletics has not been immune from this. As a consequence, the cross-country season and associated ANSW events and independent events have either been postponed or cancelled. Nevertheless, there still has been some activity from Girraween athlete's worth noting.

Jason Cutajar, not been able to travel to Queensland for the Gold Coast Marathon did do a virtual run of the same event and posted a very good time in early July. Congratulations Jason on your effort. Later in the month, Steve Mifsud took part in the Aloha Virtual Half Marathon, hosted out of Hawaii. Steve ran this event around his local area and was also very pleased with his time. Congratulations Steve.

While parkrun was not held through July in Greater Sydney due to the current restrictions, there were some Girraween members and friends who took part in parkrun's in the Hunter region. These members could almost set up a Hunter branch of Girraween Athletics Club. Both Andrew and Sharon Free and Danny Martins took part in a number of parkruns across the region in July. In a most recent parkrun at Blue Gum Hills, Danny not only obtained a new pb he was also first across the line, showing us that he is still running well. As we know Andrew and Sharon moved north a couple of years ago and are enjoying like up in the Hunter. Danny made the big move with his young family earlier this year and we wish them all the best in their new locale. Carly Eager who has been living in the UK for some years also posted a very fine time in a parkrun in Essex at the end of the month. Parkrun had been closed for a very long-time last year and this year in the UK and has only just resumed which has made the vast number of participants of UK parkrun very happy. We wish Carly all the best with her continuing endeavours.

While parkrun is not able to be held in Greater Sydney currently, a small number of Girraween athletes participated in the (not) parkrun series, where you can run a 5km time and then post your time on-line. Mischelle Otte, Rod Zammit, Michael Christie and Diane Celnikier all posted a time at different stages through July. Rod Zammit showed he has lost none of his form with a series of fine times.

At time of writing, the NSW Road Relays had been cancelled for 2021. The NSW Team Walks, NSW XC Championships and NSW XC Short Course Championships have all been postponed and are under the TBC column currently. They remain in doubt. Other independent events such as the Westlink M7 Blacktown Running Festival and Mudgee Running Festival have been cancelled for 2021. Other events have either been postponed with no date or pushed back to September and October. These also remain in doubt presently. If people are interested, you can google NSW Running Calendar which lists a series of upcoming events and is a useful resource.

We wish all our members, friends and families all the very best now and we trust everyone is staying safe and well. We also hope where possible, you can still get out and do any training you wish to do in a COVID safe environment. Stay well. Results follow:

28-6-21 – 4-7-21(not) parkruns representing Parramatta parkrun 5km

Sat Michael Christie 36:19

28-6-21 – 4-7-21(not) parkruns representing Rooty Hill parkrun 5km

Sat Rod Zammit 22:53

Sat Mischelle Otte 43:52

3-7-21 Newy parkrun 5km

174th Andrew Free 28:14

311th Sharon Free 47:21(walker)

3-7-21 Maitland parkrun 5km

87th Danny Martins 27:32

4-7-21 Village Roadshow Theme Parks Gold Coast Virtual Marathon

Jason Cutajar 3:09:42

5-7-21 – 11-7-21(not) parkruns representing Parramatta parkrun 5km

Thu Michael Christie 34:17

5-7-21 – 11-7-21(not) parkruns representing Rooty Hill parkrun 5km

Sat Rod Zammit 21:48

Sat Mischelle Otte 1:00:13

10-7-21 Newy parkrun 5km

122nd Andrew Free 28:35

12-7-21 – 18-7-21(not) parkruns representing Parramatta parkrun 5km

Thu Michael Christie 32:18

17-7-21 Newy parkrun 5km

161st Andrew Free 29:19

18-7-21 Aloha Honu Virtual Half Marathon Hawaii USA

Stephen Mifsud 2:00:44

19-7-21 – 25-7-21 (not) parkruns representing Parramatta parkrun 5km

Fri Michael Christie 33:09

24-7-21 Newy parkrun 5km

248th Andrew Free 40:02

24-7-21 Blue Gum Hills parkrun 5km

1st Danny Martins 21:27 (new pb)

26-7-21 – 1-8-21 (not) parkruns representing Parramatta parkrun 5km

Tue Michael Christie 33:26

26-7-21 – 1-8-21 (not) parkruns representing East Richmond parkrun 5km

Sat Diane Celnikier 50:12

31-7-21 Newy parkrun 5km

203rd Andrew Free 28:13

31-7-21 Hadleigh, Essex, UK parkrun 5km

25th Carly Eager 28:21

Michael Christie

(GAP)