

September 2021 - Girraween's athletes continue to hang in!

Well September 2021 saw another month of lockdown in the Greater Sydney area as the pandemic continued. Consequentially, athletics once again was impacted with the final ANSW winter events that were still scheduled for September and October finally cancelled. This was no surprise, as private events that were also scheduled during this time were also either cancelled for 2021 or turned into a virtual event, such as the Blackmores Sydney Running Festival. The Sun Herald City to Surf is also now a virtual event, slated for October.

At the time of writing there is a light at the end of the tunnel. The increasing vaccination rate has led to a proposed easing of restrictions later in October. At this time, even though advice has been that there will be a return to community sport once the 80% vaccination rate is reached in the NSW community which is believed to be in the latter part of October, there are still unknowns. Discussions will be held between the NSW Dept of Health and the NSW Office of Sport to work through the logistics of this. It remains to be seen when athletics, whether it be for Little A's or Seniors via LANSW & ANSW does return. The same applies to externally held privately organised events. There are still unknowns, so it will be a matter of as they say, watching this space.

Despite the issues facing the community, Girraween members and friends were still out and about participating. Carly Eager in the UK managed to take part in local parkrun's and continues to run well. Carly was planning to run in the Royal Windsor Trail Run (Half Marathon) in early October, so we will be able to tell you how she went in our October newsletter.

A small number of Girraween members and friends in Diane Celnikier, Mischelle and David Otte, Andrew Free, Terry Rose and Michael Christie posted times throughout September as part of the not parkrun series held weekly, where you can run your 5km and then post a time. It was heartening to see and there were fine times posted. Congratulations to all concerned.

The Blackmores Sydney Running Festival transferred into a virtual event, held from the middle of September through to the middle of October. At this time therefore you can still enter and post a time. The remarkable Stephen Mifsud has taken up the challenge and already has run the Half Marathon and Family Fun Run, both on the same day as well as the 10km run. He has also posted fine times into the bargain. Congratulations Steve. Danny Martins one of our Girraween friends now living in the Hunter Valley also completed the Half Marathon as part of this Running Festival and posted a fine time. Excellent work Danny. These are both exceptional efforts by Steve and Danny in the circumstances.

As you have may have seen elsewhere, Girraween athletes also participated in the September West Met Virtual Track Challenge which has recently concluded. Each week there were fine times posted by many of Girraween's athletes across the various distances. Thank you once again to David Archbold West Met convenor, for putting this series on.

We hope all our members and friends continue to stay healthy and keep safe. It appears that for the time been, that virtual events will continue to be held, and therefore there will

be opportunities to participate in these. Once again if any of our members and friends do participate in these events, please don't hesitate to forward any results through so we can place them in our monthly newsletter. Thank you. Once we do have any updated information on the resumption of athletics withing a safe environment we will let our members and friends know. Results follow:

30-8-21 – 5-9-21 (not) parkruns representing Parramatta parkrun 5km

Fri Terry Rose 31:49

Fri Michael Christie 35:15

30-8-21 – 5-9-21 (not) parkruns representing East Tichmond parkrun 5km

Sun Diane Celnikier 48:09

4-9-21 Hackney Marshes UK parkrun 5km

168th Carly Eager 27:26

6-9-21 – 12-9-21 (not) parkruns representing Parramatta parkrun 5km

Wed Michael Christie 33:23

Sun Terry Rose 33:53

11-9-21 Hadleigh parkrun Essex UK 5km

21st Carly Eager 27:41

13-9-21 – 19-9-21 (not) parkruns representing Parramatta parkrun 5km

Sat Michael Christie 34:21

13-9-21 – 19-9-21 (not) parkruns representing Rooty Hill parkrun 5km

Sun David Otte 32:45

Sun Mischelle Otte 34:18

13-9-21 – 19-9-21 (not) parkruns representing East Richmond parkrun 5km

Sun Diane Celnikier 50:17

19-9-21 Blackmores Virtual Sydney Running Festival

Blackmores Virtual Half Marathon

Stephen Mifsud 1:59:07

Blackmores Virtual 3.5km Family Fun Run

Stephen Mifsud 29:22

20-9-21 – 26-9-21 (not) parkruns representing Parramatta parkrun 5km

Wed Michael Christie 32:50

Sun Terry Rose 32:11

20-9-21 – 26-9-21 (not) parkruns representing Newy parkrun 5km

Wed Andrew Free 28:13 (new pb)

20-9-21 – 26-9-21 (not) parkruns representing East Richmond parkrun 5km

Thu Diane Celnikier 47:23

20-9-21 – 26-9-21 (not) parkruns representing Rooty Hill parkrun 5km

Sun David Otte 31:58 (new pb)

Sun Mischelle Otte 32:28

27-9-21 – 3-10-21 (not) parkruns representing Parramatta parkrun 5km

Tue Michael Christie 32:56

Sat Terry Rose 31:40

27-9-21 – 3-10-21 (not) parkruns representing Rooty Hill parkrun 5km

Sun David Otte 30:39 (new pb)

28-9-21 Blackmores Virtual Sydney Running Festival

Blackmores Virtual Half Marathon

Danny Martins 1:54:43

30-9-21 Blackmores Virtual Sydney Running Festival

Blackmores Virtual 10km Bridge Run

Stephen Mifsud 58:51

Michael Christie

(GAP)