

Girraween at State Relays Nov 16/17 2013 Sydney Olympic Park Homebush

The recently concluded State Relays saw a wonderful effort by the Girraween team, winning one gold, one silver and three bronze medals, the second highest no that a Girraween team has won at these relays since Girraween started competing in 2003. However, the team's performance was not just about medals but more importantly about the effort each and every athlete put in whilst representing Girraween across the weekend. There were performances to remember.

Conditions on Saturday morning were fine and not too hot as our U18's men's team took the track for the 1500m walk and they performed very consistently to pick up a well-deserved bronze medal. Our women's Masters Shot Put team of Lynette Smith, Jean Davis, Robyn Smith and Karen Short were involved in a closely fought competition in their event, before finally prevailing to pick up Girraween's first Gold Medal in the State Relays in the club's history, a wonderful achievement. It was very fitting that Lynette Smith was part of this team, as it was at her instigation and a great deal of enthusiasm that she persuaded the relevant committee members back in 2003 that Girraween should participate in these State Relays, and a long tradition was born. Our women's U14 Shot Put team shortly afterwards picked up a well-deserved bronze medal, with Tayla Jobson doing a great job to back up so soon after her work in the 1500m walk earlier in the day. After this event, our sprinters took to the stage and our teams in the Men's Open 4x100m and Men's 160+ 4x100m event did a fine job against tough competition and even though they did not progress out of their heats, nevertheless they ran their hearts out. Our Women's 120+ 4x100m team also had a run, but sadly they were disqualified. It was a learning experience for them and they did enjoy the experience of running at Homebush. The afternoon rounded off with the efforts of our Men's 4 x 800m 120+ and Women's 4 x 800m U 14's team's, and whilst they were outside the medals, there were some very fine individual run's by Steve Clark and Rowena Milliss for their perspective teams.

Sunday saw the day begin with inclement weather which proceeded to worsen during the day, till it was belting down with rain by the time our last team took to the track in the middle of the afternoon. Proceedings began with the efforts of our Men's Open 4x200m team, who whilst not making it out of their heat, ran incredibly well, considering that not one member is actually classified as an Open athlete. It was exciting that Girraween still was able to field a team in such a big event. Our Women's U14 Discus team were next in action and picked up a well-deserved bronze medal, backing up from Saturday's efforts with another fine performance. Our Men's U16 4x100m were next in action and also did a fine job against very stiff opposition, again competing with a young team and showing enormous potential in the process. Our Men's 120+ 4 x 400m team ran a mighty race in finishing fourth and were by no means disgraced with each member of the team running a wonderful time. One could not have asked for more. Girraween's last team to take the track on Sunday were the Men's 120+ 4 x 1500m team, and they had to contend with fierce driving wind and sweeping rain. All members stuck to their task gamely and even though the team's final runner, Gary Micallef was running the last leg on his own, in horrific conditions, his teammates stuck it out to welcome him home and for their efforts in this challenging event, they picked up a well-earned silver medal. Robyn Smith during this event was the lap scorer for the team and did a phenomenal job in the conditions keeping the team on track. Thanks Robyn.

It had been a weekend to remember and there were so many highlights. The three medals won by Tayla Jobson across three different events was a wonderful effort, followed closely behind by two medals won by Mikayla Ozols, Willow Way and Kharrinnee Somasundaram whose great work in the throwing events was another highlight. The effort of Thomas Norton and Rowena Milliss, in their perspective events was another sight to behold and these young athletes have enormous potential. It was a privilege to watch them run. Our resident ironmen in Steve Clark who completed in six events and Rob Giesler who competed in five across the weekend were inspirational, and a great example to our members. Hannah Crossland, one of Girraween's newer members stepped up to run as part of our teams in the Men's Open 100m & 200m events and ran incredibly well. We all hope next year that we can find some ladies teams for her to run in as her efforts certainly deserve

Men's 4 x 800m 120+

Steve Clark

Michael Grogan

Michael Christie

Rob Giesler 11:35.42 4th

Women's 4 x 800m U14

Willow Way

Mikayla Ozols

Adriana Basic

Rowena Milliss 11:53.49 11th

17-11-13

Men's 4 x 200m Open Heat 2

Steve Clark

Hannah Crossland

Rob Giesler

Thomas Norton 1:49.00 8th

Women's Discus U14

Tayla Jobson

Kharrinnee Somasundaram

Mikayla Ozols

Willow Way 69.15m 3rd **Bronze**

Men's 4 x 100m U16 Heat 2

Thomas Norton

Dylan Nagle

Nick Morgan

Brendon Neich 55.51 5th

Men's 4 x 400m 120+

Rob Giesler

Peter Matthews

Darren Falzon

Steve Clark 4:18.62 4th

Men's 4 x 1500m 120+

Steve Clark

Rob Giesler

Michael Christie

Gary Micallef 26:33.86 2nd **Silver**

Michael Christie (GAP)