

Girraween at State Relays Nov 15/16 2014 Sydney Olympic Park Homebush

The recently concluded State Relays at Homebush saw a fine effort by all our athletes in at times tricky conditions. The team in 2014 came home with one silver medal. However the teams performances was much more than about medals, it was as much about enjoying the experience and going out and giving their best which is what they all did.

Well what were the highlights? Naturally the effort of our silver medal winning U18 men's walk team of Dylan Nagle, Brendon Neich, Luke Jobson and Elijah Harris is at the top of the tree. It was a wonderfully consistent performance and by the end they were not far off the pace, a wonderful performance by all members of this team.

Our U18 ladies throwing teams did an amazing job in the circumstances. All team members were well under the requisite age and throwing weights well above what they were used to. However they all stuck to their guns and did wonderfully well. They should all be very proud of their efforts and illustrated the Girraween philosophy of just getting out there and having a go.

Our ladies master's shot put team, did an amazing job getting out to the throwers circle given all their injuries last Saturday. In the circumstances, it would have been easy to pull out of the event, they didn't, gave it their best shot (so to speak) and were very competitive in the circumstances. Well done ladies.

Amazingly Girraween were able to put two teams in the men's 4 x 100m 160+ event on the Saturday. The fact that the 'B' team was able to get on the track was a feat in itself. Roger turned up expecting to run, what to do, what to do, as this wasn't planned. However, no challenge is too difficult to overcome and despite not expecting to run, our team managers for the weekend, Michael Grogan and Wayne Thurlow put the runners on, dragged Katrina Russell from her comfortable spot of rest and bingo with Roger there was a team. He had got to run and that was the main thing. Whilst they didn't win, this can do attitude encapsulates so well what Girraween athletics has always been about, give everyone a go and have some fun at the same time. It was wonderful to see. It would be remiss of me not to mention the efforts of our other Girraween team in this event who ran a very solid race, finishing just out of the medals.

Another highlight from Sunday was the performance of our 4 x 1500m's team in the Open event on Sunday. There was only one Girraween athlete who fitted into this category, two could have run in the U18 event and one in the 160+ event. Despite running against teams that had incredible depth, all our runners did a fine job in the circumstances and their combined time was very creditable indeed. Great stuff guys.

While mentioning a few of our teams, all our athletes represented Girraween well and should be very proud of their efforts. A big thank you goes to Michael Grogan, who organised our teams leading up to this event, and did a wonderful job in trying circumstances. Thanks mate. Wayne Thurlow and Michael Grogan managed our teams over the weekend and did a top notch job. Thank you to all the parents of our younger athletes who got them there and supported all our athletes so well. To all our athletes, you did an amazing job, representing Girraween well in often challenging circumstances. Your support of your fellow athletes when they were competing was also a great highlight and always is. It had been a great weekend of athletics. Results follow:

15-11-14

Men 4 x 1500m Race Walk U18

Dylan Nagle

Brendon Neich

Luke Jobson

Elijah Harris 29:59.71 2nd **Silver**

Women Shot Put Masters

Karen Short

Katrina Russell

Jean Davis

Lynette Smith 28.57m 5th

Men 4 x 100m 160+

Steve O'Donnell

Vince Adams

Steve Parkins

Steve Clark Girraween 'A' 53.59 5th

Wayne Thurlow

Michael Grogan

Katrina Russell

Roger Mar Girraween 'B' 63.68 7th

16-11-14

Women Shot Put U18

Tayla Jobson

Harine Somasundaram

Teagan Neich
Mikayla Ozols 32.81m 8th

Women Discus U18

Tayla Jobson
Harine Somasundaram
Teagan Neich
Miklayla Ozols 95.96m 7th

Women Shot Put Open

Jean Davis
Lynette Smith
Katrina Russell
Heidi Juhart 27.30m 10th

Men Shot Put Masters

Raminder Singh
Michael Grogan
Steve Clark
Peter Matthews 29.17m 7th

Women 4 x 400m 160+

Heidi Juhart
Jean Davis
Lynette Smith
Katrina Russell 5:14.83 5th

Men 4 x 1500m Open

Danny Martins
Peter Matthews
Dylan Nagle
Luke Jobson 21:06.72 12th

Michael Christie (GAP)