

## **Girraween at State Relays Nov 26-27 2016 Blacktown International Sportspark Rooty Hill**

The 2016 version of the State Relays saw a very warm Saturday welcome Girraween's athletes at Rooty Hill. Across the weekend, eight teams represented Girraween in a variety of events with a mix of ages present.

Saturday's competition began, with very consistent performances from Girraween's Men's Masters Javelin team and the Women's Shot Put Masters teams. While they didn't gain a medal, both teams threw very consistently and were most pleased with their efforts. Shortly afterwards our 400m teams took to the track in the Men's U18 category and the Women's U16 category and all runners stuck to their task well. Both teams had a number of athletes who were competing in categories well above their normal age, yet they did not let the age difference deter them with all members of both teams giving their all. For example, Daniel O'Donnell who was eight years under the age limit yet, put in a very gutsy performance. There were also a number of pb's in the women's U16 team and these members were very excited about their performance.

The 4x100m U18 men's team was the third Girraween team to fight well above their age with Cristobel Corvalan in this race been eight years under the U18 age category, yet ran his leg of the race like a seasoned veteran. It was another amazing performance. We stress the age variations here, as if both these boys and girls did not step up and perform well above their normal age category, Girraween would not have had teams in these races. The members of these three teams deserve our congratulations for representing Girraween so admirably.

The highlight of the day was the 160+ Men's 4x 100m race where Girraween picked up their only medal on the weekend, a well-earned bronze medal. The team of Stephen O'Donnell, Rob Giesler, Claudio Corvalan and Steve Clark put in an extraordinary effort to capture the bronze medal, with Steve Clark's anchor leg standing long in the memory for those who saw it. Steve's withering burst down the home strait almost captured the team an unlikely silver medal. It was an epic.

The second day of competition was a little cooler and two Girraween teams flew the flag on Sunday. The Men's Open Long Jump team finished in a very creditable fourth place, with all members jumping close to their best. It was a most consistent performance from all four athletes. The Men's Master's Shot Put team wound up proceedings as far as Girraween were concerned for the meet, with a very good effort in their competition finishing in fifth place. They were pleased with their total distance.

These relays over the weekend, saw Cristobel Corvalan, Elijah Barret, Vithussa Srisivaeaswarn, Cate Ryan and Will Hickling make their debut for Girraween Athletics Club at this event and we trust they enjoyed their experience. They all performed well, despite their nerves. The efforts of our athletes who stepped up well outside their comfort zone to perform so well, was also a highlight. Their enthusiasm ensured that Girraween were able to enter teams in events that otherwise would not have been possible and they deserve great praise for this. We also thank the parents who came along and supported their children along with their team-mates. This support was very much appreciated by the rest of the small but enthusiastic Girraween contingent. The efforts of all our representatives were a credit to Girraween Athletics Club.

Lastly, but by no means least, a big thank you to Michael Grogan our summer competition manager who organised all the teams, co-ordinated the teams over the weekend with a minimum of fuss in a calm and efficient manner and stayed on top of everything. This is never an easy job and all Girraween athletes and supporters were most appreciative of his efforts on behalf of everyone. Thank you Michael, from all at Girraween. Results follow:

## **26-11-16**

### **Men's Javelin Throw Masters**

Raminder Singh

Michael Grogan

Claudio Corvalan

Steve Clark

102.20m

5th

### **Women's Shot Put Masters**

Karen Short

Jean Davis

Lynette Clark

Cate Ryan

24.85m

5th

### **Men's 4x400m U18**

Dylan Nagle

Elijah Barret

Daniel O'Donnell

Nathan Moffitt

4:23.45

6th

### **Women's 4 x 400m U16**

Monica McRae

Renata Busic

Adriana Busic

Vithussa Srisivaeaswaran

4:43.62

5th

### **Men's 4x 100m U18 (Preliminaries)**

Dylan Nagle

Elijah Barret

Cristobel Corvalan

Nathan Moffitt

53.42

12th

### **Men's 4 x 100m 160+**

Stephen O'Donnell

Rob Giesler

Claudio Corvalan

Steve Clark

51.58

3rd **Bronze**

**27-11-16**

### **Men's Open Long Jump**

Will Hickling

Dylan Nagle

Nathan Moffitt

Elijah Barret

18.97m

4th

### **Men's Shot Put Masters**

Raminder Singh

Michael Grogan

Rob Giesler

Stephen O'Donnell

30.01m

5th

Michael Christie

(GAP)