

## **Girraween Athletics Club at ANSW State Relays Nov 4-5 2017 SOPAC Homebush**

The 2017 version of the ANSW State Relays saw an un-seasonally wet weekend for this year's State Relays, particularly on the Saturday. Having said this, it was a change from the warmer weather of 2016 at Blacktown. Across the weekend, six teams represented Girraween across a variety of events.

Saturday saw three Girraween teams competing. The Men's U18 team came second in their heat making through to the final in a compelling performance. Given the depth of competition in this event and the fact that the 100 metres could not be considered this team's specialty it was a fine performance by all four athletes and they are to be congratulated for their efforts.

The women's U18 High Jump Relay team had a tough competition in challenging weather conditions. Given that this was young team with a number of members performing above their normal age category, it was a meritorious effort. The important point to be made in these circumstances is that Girraween were able to place a team in this event in the first instance, which given the small registered numbers this season was a real bonus and all members are to be congratulated for putting their hand up to compete.

The third team of the day saw the venerable Men's 160+ Javelin take to the field and they were successful in winning only the second Gold Medal for Girraween at these State Relays since 2003, and first since 2013. Interestingly, they were also the first male Girraween team to win a gold medal at these relays. So therefore, the team of Steve Williams, Claudio Corvalan, Michael Grogan and Stephen O'Donnell deserve great praise for their efforts and our heartiest congratulations. It was also very fitting that former club president Steve Williams was involved in this team, since he was president back in 2003 when the first Girraween teams competed at these State Relays and for the ensuing nine seasons after this.

Sunday saw improved weather conditions and a further three Girraween teams competing. The Men's Long Jump Relay team competed in the open category and once again acquitted themselves well in a competition where three of the four members were competing well above their age categories and against team teams that were chock full of specialists. It was another gutsy performance by all four team members.

Sunday also saw the Men's Shot Put 160+ Relay team of Claudio Corvalan, Michael Grogan, Stephen O'Donnell and Rob Giesler have a great completion and they came away with a

well-deserved bronze medal. A very special mention to Rob Giesler who filled in at late notice to ensure this team was able to compete. Without Rob putting his hand up, there may have been no team. Thanks Rob. All members threw to the best of their ability and it was very fitting that the team came away with a medal.

The sole Girraween track team on Sunday, the men's 4x100m 200+ team ran most consistently in their event and had to be pleased with their efforts, as when one looked at the times, they were not far away from a medal. It was another sterling performance by a Girraween team.

Congratulations to all Girraween members who competed over the weekend. This can be an intimidating event at times, given the size of representation of many of the bigger clubs, yet the important thing to always remember is that Girraween Athletics Club continues to have a presence at this type of event. Each and every athlete who put their hand up over the weekend to compete for Girraween not only deserves our congratulations, but our gratitude. It was noticeable across a number of events that Girraween athletes were not only competing outside their age groups but also their speciality yet this never deterred them. Everyone gave their best and that's what matters. Thank you also to parents, friends and supporters who ventured out to SOPAC over the weekend. This level of support every year is always very much appreciated by the Girraween team that take part in this event.

In closing, a big thank you once again to Michael Grogan our summer competition manager who organised the teams, co-ordinated the teams over the weekend with a minimum of fuss in a calm and efficient manner. This is never an easy job and all Girraween athletes and supporters are most appreciative of Michael's efforts on behalf of everyone. Thank you Michael once again from all at Girraween. Results follow:

**4-11-17**

**Men 4 x 100m Relay U18 – Prelims- Heat 3**

Dylan Nagle  
Elijah Barret  
Tyson Smith  
Sean Brazier

47.44

2nd

### **Men 4 x 100m Relay U18- Final**

Dylan Nagle

Elijah Barret

Tyson Smith

Sean Brazier

47.59

9th

### **Women High Jump Relay U18**

Monica McRae

Adriana Busic

Abbie Stone

Renata Busic

2.95m

6th

### **Men Javelin Throw Relay 160+**

Steve Williams

Claudio Corvalan

Michael Grogan

Stephen O'Donnell

96.97m

1st

**Gold**

**5-11-17**

### **Men Long Jump Relay Open**

Dylan Nagle

Sean Brazier

Elijah Barret

Will Hickling

19.62m

5th

### **Men Shot Put Relay 160+**

Claudio Corvalan

Michael Grogan

Stephen O'Donnell

Rob Giesler

30.72m

3rd

**Bronze**

### **Men 4 x100m Relay 200+**

Claudio Corvalan

Rob Giesler

Stephen O'Donnell

Wayne Thurlow

53.59

7th

Michael Christie

(GAP)

