

Girraween Athletics Club at State Relays Nov 24-25 2018 SOPAC Homebush

Given the wild and windy weather that Sydney experienced on the Thursday and Friday, both competitors and spectators were relieved to see that by the weekend it had eased down and the conditions on both days at SOPAC were relatively placid in comparison to what had occurred only twenty-four hours earlier.

For this year's edition of the State Relays, Girraween had five teams representing the club over the weekend, the smallest number since Girraween Athletics Club started competing in these relays in 2003. Nevertheless, it was gratifying to see that the club was represented at all, as at one stage it appeared that there were going to be no Girraween teams which would have been a little sad in its fortieth anniversary year. Interestingly two of Girraween's stalwart's in Rob Giesler and Steve Williams who had represented Girraween back in 2003, were again present at SOPAC over the weekend, representing Girraween once again, which was a lovely touch in the club's special anniversary year and illustrates their ongoing commitment to the Girraween cause.

The men's 4 x 100m U18 team kicked off proceedings for Girraween on Saturday and whilst they missed out on making the final it was a meritorious run by the team, given that a number of them were far younger than their opposition. This did not deter them and it was a gutsy effort by all concerned and they will be better for the experience. The other Girraween contingent who competed on Saturday, were the men's 4 x 100m 160+ team and these wily campaigners gave it their best shot in a very strong field that included two time Olympian and former Australian national champion, Josh Ross, who was representing Mingara. The Girraween team were by no means disgraced and while not coming away with a medal, enjoyed the experience.

Sunday saw a very early start with two Girraween teams in action at 9.00am. The women's 4 x 100m U16 team ran a very even and consistent heat and had to be pleased with their efforts, narrowly missing out on making the final by one place, a matter of tenths of a second. There is a lot of potential in this team and we hope to see them back again in 2019. Whilst the sprints were on, the Men's 160+ Javelin Throw team entered the stadium to begin their campaign and the team threw very consistently, finishing in a narrow fourth place, just missing out on a medal by centimetres. They were against tough opposition and while a medal would have been nice, they all gave their best and that's what counted. The final Girraween team to compete was the Men's Open Long Jump team late on a Sunday afternoon. This was a tough competition with the Girraween team competing against teams that were filled with Long Jump specialists. They hung in there and it was nice to see Will Hickling representing Girraween for one last time as he is moving back home early next year and we wish him all the best with this.

All in all it was nice to see Girraween Athletics Club once again represented at these relays and we need to thank a few people. First of all to all our athletes who represented the club

so well over the weekend, congratulations on your efforts. All our athletes who put their hand up over the weekend also deserve our gratitude as a number of Girraween athletes were competing outside their age groups and also in some events they were not specialists in, yet they gave their best this is what counts. Thank you to parents, friends and supporters who turned up at SOPAC over the weekend. This level of support every year is always very much appreciated by the Girraween team that takes part in this event. Thanks also to Claudio and the role he played in chasing up a number of the athletes he coaches to compete at the relays.

In closing, a big thank you 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 manager. This is never an easy job and all Girraween athletes and supporters are most appreciative of Michael's efforts on behalf of everyone. Results follow:

24-11-18

Men's 4 x 100m Relay U18's Prelims- Heat 1

David Elkin

Sanjeev Vijeyaratnam

Neelesh Shrestha

Randy N Cameron

49.43

6th

Men's 4 x 100m Relay 160+

Rob Giesler

Vince Adams

Stephen O'Donnell

Claudio Corvalan

55.51

5th

25-11-18

Women's 4 x 100m U16's Prelims-Heat 2

Bianca N Cameron

Vithussa Srisivaeaswaran

Lojana Vijeyaratnam

Jessie Wong

53.93

4th

Men's Javelin Throw Relay 160+

Dominic Carr

Claudio Corvalan

Stephen O'Donnell

Steve Williams

102.16m

4th

Men's Long Jump Relay Open

Dylan Nagle

Dominic Carr

Stephen O'Donnell

Will Hickling

17.44m

5th

Michael Christie

GAP