

NSW Cross Country Championships - Nowra - 22-06-2013

Nowra Report Despite signs of foreboding on the drive down to Nowra (rain, mist , pretty-dam-cold temperatures all the way) there was a surprise in store with the local conditions at Willandra being quite "mild" (for Nowra) and may even be described as pleasant for most of the day with the rain staying (mostly) away - even the dark black cloud that usually turns up around 4pm was absent - though some light rain was about -----

In any event, the weather mattered little as we celebrated Brad, Nick & Geoff doing their best to put Girraween on the map in the main event - and so they did!

Brad Milosevic put in a great performance to come in 3rd and collect a Bronze Medal for Girra , also Geoff Sheargold (46th) and Nick Hanna (55th) finished with great times and done the Club proud in this event. Also Lisa did a great job in the Open Women's Female event (8k) and the Males Over 55 Team finished a creditable 4th (out of 5 teams). A great day at Nowra, with competitor numbers up 266% on the 2011 year turnout - yes 8 'Girraweeners' came along for the days competition and they were well supported by the Linley Grant and George Milosevic support crew. After an obligatory stop off at the Berry Pie Shop all competitors headed home - looking forward to next years Nowra event - also hope to see some more Girraween competitors come along next year!

Results of the day are below -

Nowra results Men 55+ 8km:

23rd Stephen Mifsud - 38:44

25th Graham Sheargold - 39:15

46th Robert Eager - 45:58

49th Roger Mar - 47:59

Open Women 8km: 16th Lisa Grant - 34:30

Open Men 12km: 3rd Brad Milosevic - 39:04

46th Geoff Sheargold - 47:06

55th Nick Hanna - 48:09

Rob Eager 24/06/2013