

NSW Cross Country Relays Miranda Park Miranda 1-6-13

Whilst the weather was overcast to begin with and the rain arrived later on in the afternoon to make it uncomfortable for our runners, they were happy that the course was not in a bad state, which had been the case on some previous occasions.

Whilst this year, there were to be no medals, there were still some very fine performances. Girraween had five teams compete this year, one more than 2012, which was great to see. In four of the five teams there were runners who were running outside their correct classification yet they all did a fine job, illustrating the Girraween philosophy of giving everyone a run who wanted one.

Within the team performances over the course of the afternoon there were some very fine individual efforts. Lisa Grant ran a great first leg for our Open Female team, running quicker than her last appearance in this event back in 2011. Brad Milosevic ran an explosive first leg in the Open Men's event reeling in runners on his second loop of the course and running a great sub twelve minute leg for his team. Other performances of note were the efforts of off Geoff Sheargold and Nicholas Hanna who carried their good recent form into this event with sub fourteen- minute efforts. Without a doubt one of the eye-catching efforts of the day was that of Lochlan James running for Girraween 'A' in the Open Male event. When one considers that when at West Met, Lochlan who runs in the U10 category and normally does the 2km event, was stepping up outside his distance in this instance, his achievement of running at approximately 4:30 per km pace for the entire race shows us all that he has enormous raw talent to go with his undoubted potential. We all look forward to watching this young man's progress in the years ahead. It would also be remiss of me not to mention the sterling efforts of Graham Sheargold on Saturday who not only ran a great leg for the 55+ Males team, which coincidentally finished a very creditable sixth place, he also backed up shortly thereafter to run a leg for the Girraween 'A' team in the Open male event, a most remarkable effort given the nature of this course. Graham's wonderful gesture also ensured that no one missed out having a run. Carly Eager also did a fine job running for the Girraween 'B' team in the Open Male event. All in all ,our athletes did a fine job against some very stiff opposition as many of the events had large no's. Without a doubt, Saturday's experience will stand our runners in good for future ANSW events over the remainder of the 2013 winter season.

A big thank you to Steve Clark, who even though he knew he wouldn't be able to run, still made the long drive down to Miranda to ensure that all our teams were entered and ready to go. Thanks Steve. Thanks also to our supporters who encouraged our runners whilst out on the course, this level of support means a lot to our athletes at events like this. Results follow:

Open Female 4 x 4km

Lisa Grant	15:40		
Karen Short	21:33		
Jean Davis	20:18		
Heidi Juhart	19:58	Total: 1:17:29	17th

55+ Males 4x 4km

Stephen Mifsud	16:54
Terry Rose	18:22

Graham Sheargold	17:58		
Andrew Free	20:14	Total: 1:13:38	6th

Open Male 4x4km

Girraween 'A'

Brad Milosevic	11:30		
Graham Sheargold	18:05		
Lochlan James	17:59		
David Perry	16:20	Total: 1:03:54	23rd

Girraween 'B'

Nicholas Hanna	13:56		
Geoff Sheargold	13:33		
Carly Eager	19:23		
Rodney Zammit	19:11	Total: 1:06:03	26th

45+ Males 4x4km

Stephen Parkins	17:54		
Stephen O'Donnell	17:15		
Roger Mar	21:21		
Robert Eager	19:59	Total: 1:16:29	16th

Michael Christie	(GAP)		
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