

## **NSW Road Relays University of Newcastle- Ourimbah 13-7-13**

***On a fine winters afternoon for running, a number of Girraween teams tackled the quick course looping around the Central Coast campus of the University of Newcastle at Ourimbah.***

***Whilst there were no medals on this occasion, that did not take away from the effort of all our runners across all our teams. They all did a fine job, giving their all. There were some individual highlights across the various events. Lachlan James found himself once again running in our Open male team and acquitted himself well running with the big boys, so much so, that at the conclusion of his run, found himself been interviewed by the local NBN TV network, much to his surprise. Brad Milosevic, backing up only six days after his fine run at the Gold Coast Half-Marathon the Sunday before also ran well despite his heavy workload recently. Another highlight was the fact that we had two women's teams in the Open event, a first for Girraween in recent memory and all the ladies ran well. I want to pay a special tribute to our two Lynette's. Lynette Smith, who dragged herself away from officiating duties to help the Girraween cause. Thanks for that Lynette. Lynette Clark who ran the 4km, when it was way out outside her comfort zone, stuck to her task well and got the job done. Great stuff Lynette. Without their efforts we would not have had two ladies teams. Our mens 55+ male team, also ran very well, and were not that far outside the medals in a very competitive field. They have been running very well this season.***

***There were other highlights on Saturday and not all on the road. The great vocal support from George Milosevic, was appreciated by all our runners out on the course. Thanks George. The support of all our runners as they ran through the finishing area for the first time from all their team-mates was another highlight and appreciated by all our runners taking part in their events. The yummy and appropriately designed Girraween cup cakes, who sources tell me were provided by Karen Short was another nice touch. Thanks Karen. The very funny moment when Terry Rose crossed the finishing mat to complete his leg of the relay and couldn't find Clive who was not in the finishing chute. Clive suddenly appeared out of nowhere like the latest Girraween superhero to run. Terry and all the Girraween supporters were very much relieved. For a brief moment it appeared that Terry may have had to go around again. Thankfully he didn't. Roger Mar. What can one say. Whilst Roger was not part of an official Girraween team on the day, everytime one looked out on the road he appeared to be running in an event. We were able to track down one time for him, which appeared in the Male 35+ category, but he was sighted on other occasions running in various events out on the course. I'm not sure how many circuits he actually did, but one cannot deny the effort he put in on Saturday. A very big thank you to Steve Clark for co-ordinating all our teams on the day, never an easy job, but he made it all run smoothly. Thanks Steve, we all appreciated the work you put in for all of us.***

***Anyway, it was a memorable day of athletic endeavour by all Girraween teams. If anyone asked what word summed up the day for me, it was camaraderie. The wonderful support for all our runners from their team-mates and the underlying philosophy of giving everyone a run is a great part of the Girraween ethos and what helps make these events so memorable for all concerned. Results follow:***

### **Open Male 4x 4km**

<b>Brad Milosevic</b>	<b>12:14</b>		
<b>Lachlan James</b>	<b>18:42</b>		
<b>Steve Clark</b>	<b>16:50</b>		
<b>Rod Zammit</b>	<b>18:20</b>	<b>Total: 1:06:06</b>	<b>15<sup>th</sup></b>

### **35+ Male 4x 4km**

<b>Roger Mar</b>	<b>21:43</b>
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### **Open Female 4x 4km**

## **Girraween 'A'**

<i>Lisa Grant</i>	<b>16:16</b>		
<i>Lynette Smith</i>	<b>19:12</b>		
<i>Lynette Clark</i>	<b>27:51</b>		
<i>Robyn Smith</i>	<b>19:47</b>	<b>Total: 1:23:06</b>	<b>9<sup>th</sup></b>

## **Girraween 'B'**

<i>Carly Eager</i>	<b>19:37</b>		
<i>Katrina Russell</i>	<b>22:08</b>		
<i>Jean Davis</i>	<b>21:21</b>		
<i>Karen Short</i>	<b>21:36</b>	<b>Total: 1:24:42</b>	<b>10<sup>th</sup></b>

## **Male 45+ 4x 4km**

<i>Stephen Parkins</i>	<b>17:54</b>		
<i>Robert Eager</i>	<b>19:53</b>		
<i>Michael Christie</i>	<b>20:31</b>		
<i>Andrew Free</i>	<b>20:48</b>	<b>Total: 1:19:06</b>	<b>9<sup>th</sup></b>

## **Male 55+ 4x 4km**

<i>Stephen Mifsud</i>	<b>16:59</b>		
<i>Graham Sheargold</i>	<b>17:56</b>		
<i>Terry Rose</i>	<b>18:16</b>		
<i>Clive Kidson</i>	<b>17:55</b>	<b>Total: 1:11:06</b>	<b>5<sup>th</sup></b>

*Michael Christie*      **(GAP)**