

NSW Short Course Cross Country Championships Upjohn Park Rydalmere 3-8-13

Saturday saw a beautiful day for running at the challenging Upjohn Park course for the 2013 edition of these championships.

However, first of all before we get onto the running, I would just like to send a big thank you on behalf of all at Girraween to David Perry and George Milosevic who were both involved in volunteering in setting up and pulling down the course. They did an enormous amount of work and our thanks go out to them in ensuring that Girraween had some representation amongst the volunteers. Thanks guys. It would also be remiss of me not to mention the efforts of Lynette Smith who spent the day officiating out on the far reaches of the course and by all accounts did a top class job keeping all the runners in line and on track. Great work Lynette.

The day began with a fun run and even though there are no official results available, a number of our athletes ran the 2.5km course. Steve Clark finished 2nd in the mens category and picked up a well-deserved silver medal. It was a good warm up for the main event later on in the day. On Saturday we had three ladies run in two different events and Rowena Milliss, Robyn Smith and Karen Short all did a fine job. A special mention for Rowena,, who had been very unwell all week but still managed to put in a great run considering the circumstances. Great running Rowena and it will stand her in good stead for the upcoming summer season when she tackles the 800m and 1500m on the track.

Our next event saw our over 55 men run well and Stephen Mifsud, Terry Rose and Roger Mar all put in strong performances. Sadly we did not have enough runners to form a team this year in this category due to injury, illness and travel commitments. Hopefully we can put in a team in 2014.

The last event of the day for Girraween runners was the tough 7.5 km event. Three times around this course is very challenging and all our runners acquitted themselves well. Both Steve Clark and Michael Grogan ran solidly, posting very competitive times within their category. In the next category up, the 45+ , both Brad Boyle and Stephen Parkins stuck to their guns well, running well under the forty minute mark. Great stuff guys. There were four Girraween representatives in the Men's U35 or Open Category in Brad Milosevic, Geoff Sheargold, Nicholas Hanna and Danny Martins and these gentlemen ran very well. Brad Milosevic finished a very creditable sixth and our other three runners were not far behind. The great news to report, was as a result of Brad, Geoff, Nick and Danny's great runs, Girraween finished 3rd in the Men's Open Teams event, only behind the Sydney University and Bankstown Sports, both clubs with many many more runners and far more resources than Girraween and in front of many other far bigger clubs. There is no doubt, that in picking up an Open Mens bronze medal at these Championships, it is one of the great achievements by a Girraween team in the clubs thirty-five year history. The guys certainly punched above their weight on Saturday and deserve the heartiest congratulations from all our members. Congratulations from all of us at Girraween guys. All in all it was a day of terrific athletic endeavour by all our runners. Results follow:

Womens U14 2.5km

17th Rowena Milliss 10:51

Womens Open (U35) 5km

37th Karen Short 29:00

Womens 45-54 5km

6th Robyn Smith 26:35

Mens 55-64 5km

14th Stephen Mifsud 23:08

19th Terry Rose 24:44

29th Roger Mar 29:51

Mens Open(U35)

7.5km

Teams Open (U35)

6th Brad Milosevic 24:41

3rd Total: 1:57:31.00

24th Geoff Sheargold 28:16

28th Nicholas Hanna 29:14

32nd Danny Martins 35:20

Mens 35-44 7.5km

29th Steve Clark 36:56

31st Michael Grogan 39:49

Mens 45+ 7.5km

34th Brad Boyle 36:45

37th Stephen Parkins 38:55

Michael Christie (GAP)