

NSW Road Relays University of Newcastle Ourimbah 12-7-14

On a cool clear winter's afternoon a healthy number of Girraween athletes represented their club at the ANSW road relay championships at the Ourimbah campus of the University of Newcastle. This course is a good one and it was the third time that this event has been held here.

Whilst on this occasion, no medals were forth-coming, nevertheless there were some fine performances by our teams who in most instances punched well above their weight. One of the highlights was the great sub twelve minute leg run by Brad Milosevic less than a week after his Gold Coast epic, which was also one of the fastest runs of the day. It was also great to see Lachlan James step up and compete in an Open team as well. Two other eye-catching performances came from Rowena Milliss and Carly Eager who competed for one of our Open Men's team and did a great job. It would also be remiss of me not to mention the sterling efforts of David Perry and Stephen O'Donnell who backed up and ran twice, no easy task thus ensuring all our runners were able to have a run on the day. They both ran very consistently. Well done guys.

A big thank you to Steve Clark who did all the initial leg-work in organising our teams and to Carly Eager who co-ordinated any last minute changes to teams over the last days leading up to this event. All our members appreciated their efforts. Our runners who represented Girraween on the day deserve great praise for volunteering to represent their club in the face of at times tough competition and they all gave it their best shot. Congratulations to all concerned.

In closing it had been another great day of camaraderie amongst our athletes and they all appreciated the great support from their team-mates and Girraween supporters as they made their way around the course. Results follow:

U12 Male 4 x 2km Girraween 'A'

Daniel O'Donnell	10:38
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Open Male 4 x 4km Girraween 'A'

Nicholas Hanna	14:30		
Stephen O'Donnell	19:12		
David Perry	17:33		
Danny Martins	16:35	1:07.50	13th

Girraween 'B'

Brad Milosevic	11:50
Lachlan James	20:15

Rowena Milliss	17:25		
Carly Eager	19:34	1:09.04	14th

35+ Male 4 x 4km Girraween 'A'

Michael Grogan	19:50		
Stephen Parkins	18:51		
Robert Eager	21:16		
Jean Davis	20:57	1:20.54	7th

45+ Male 4 x 4km Girraween 'A'

David Perry	17:55		
Andrew Free	20:35		
Robyn Smith	19:15		
Stephen O'Donnell	19:44	1:17.29	9th

55 + Male 4 x 4km

Clive Kidson	17:45		
Mark Milliss	20:02		
Graham Sheargold	18:40		
Terry Rose	18:36	1:15.03	8th

Michael Christie	(GAP)		
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