

## **NSW Short Course Cross Country Championships Upjohn Park Dundas 1-8-15 & West Met Non-Points Score Runs Rydalmere 8-8- 15.**

This report unusually includes two lots of reports/results due to the small number of Girraween athletes appearing on both days. Nevertheless, there were some great performances by Girraween representatives.

### **Dundas**

Brad Milosevic stole the show for Girraween with his great second place in the men's NSW Open Short Course Cross event at Upjohn Park at the beginning of August. Brad ran most strongly throughout and finished narrowly behind the winner Scott Westcott from the Hunter club. Brad's effort augured well for the remainder of his programme in the 2015 winter season. Ed Bratovic was the other Girraween representative in this event and ran most strongly.

It was nice to see a healthy number of women contesting the 5km event at the Short Course championships. Both Lisa Grant and Carly Eager ran most consistently in the Open category. Robyn Smith also ran well finishing very high within her age category. Lynette Clark stuck to her guns well in this event, running a distance that was well outside her comfort zone on a testing course. Her perseverance paid off though as she collected a well-deserved bronze medal in her age category. Lynette was most surprised, but it was one of the Girraween highlights on the day.

Girraween's veterans also took part in the 5km event and Mark Milliss, Roger Mar, Rob Eager and Keith Mayhew all hung in well. While at times they found it challenging, particularly towards the back end of the 2.5km loop they all finished and lived to tell the tale.

Michael Christie took part in the Open Mixed 2.5km fun run to kick off proceedings and was thankful that he only had to run one loop of the course for a change. He finished fifth overall in a very miniscule field. The numbers were surprisingly low, as in the past this has always been a well patronised event. Hopefully this will change in 2016. Results follow:

### **Open Women's 35 & under 5km**

27th Lisa Grant 22:14

36th Carly Eager 26:16

### **Women's 45-49 5km**

6th Robyn Smith 26:28

### **Women's 60-64 5km**

3rd Lynette Clark 40:26 (Bronze medal)

### **Men's 55-59 5km**

16th Mark Millis 29:01

18th Roger Mar 32:04

### **Men's 60-64 5km**

6th Robert Eager 29:20

### **Men's 70+ 5km**

10th Keith Mayhew 35:59

### **Open Men's 7.5km**

2nd Brad Milosevic 23:52 (Silver Medal)

### **Men's 45-49 7.5km**

16th Ed Bratovic 34:57

### **West Met Mixed 2.5km Fun Run**

5th Michael Christie (no official time available)

### **Rydalmere**

A small number of Girraween athletes participated in the 2km and 4km

West Met non-points-scoring events held at Rydalmore the day before the City2Surf. While the numbers were small there was no lack of enthusiasm from both the Girraween athletes present as well as those from the other clubs. Michael Christie led the small contingent of Girraween athlete's home in the 2km event followed by Keith Mayhew and a fast finishing Roger Mar. Chloe Grogan had one of her finest runs of the season with her dad Michael not far behind.

The 4km event saw Danny Martins run a very slick time on the quick Rydalmore course followed by Michael Grogan and Keith Mayhew doing very well to back up so soon after their 2km exploits. The organisers of West Met deserve a vote of thanks for putting this event on as many of last Saturday's runners were not running the City2Surf and were thankful for the opportunity to have a run. Results follow:

### **2km**

21st	Michael Christie	10:36
22nd	Keith Mayhew	11:13
23rd	Roger Mar	11:15
24th	Chloe Grogan	11:24
25th	Michael Grogan	11:26

### **4km**

17th	Danny Martins	17:12
21st	Michael Grogan	21:12
25th	Keith Mayhew	24:27

Michael Christie            (GAP)

