

## **NSW Cross Country Relays Miranda Park Miranda 28-5-16**

It's amazing how quickly this event comes around. Is it really twelve months ago since it was held? Well obviously the answer is yes, as once again it was held last Saturday and Girraween was represented by three teams on this occasion, the smallest number of teams since GAP started covering this event back in 2010.

Brad Milosevic once again headed up the Open Men's team and once again provided Girraween with the fastest individual leg of the day, a fine effort indeed considering his recent workload. This was another fine effort by Brad. Michael Grogan ran very consistently and Jean Davis and Mark Milliss gave of their best on the challenging Miranda course.

The 35+ Men's team was headed by the indefatigable Wayne Thurlow who ran a great sub sixteen minute leg to head up this teams challenge. Stephen O'Donnell and Katrina Russell's efforts were most notable and Steve Clark anchored the team well with a strong final leg.

Rod Zammit led the way for the Girraween 45+ Men's team with a very strong first leg and this was followed with excellent performances by Rob Eager and Ed Bratovic who continued his fine form of late. Wayne Thurlow ran the last leg in remarkable style backing up from his fine leg for the 35+ Men's team a little while before. Wayne as a warm-up for the afternoon's exertions had also run parkrun in the morning. His endurance of late is remarkable.

Whilst there were no medals forthcoming this year, the efforts of all our athletes could not be faulted. They all gave their best and that's all one can ask. GAP pays tribute for their effort and perseverance in representing Girraween this year in such fine style. The club is fortunate to have each and every one as a member of Girraween. This year was the first since 2010 that Girraween were unable to field a women's only team, which was a pity. Let's hope that 2017 sees a change of fortune in this regard. Finally, we would like to pay tribute to our organiser Steve Clark, who once again did a first class job in putting the teams together and managing them on the day. The club really appreciates the effort that Steve makes on behalf of all its athletes Thanks Steve. Results follow:

**Open Males 4 x 4km**

Brad Milosevic	12:29		
Michael Grogan	19:10		
Jean Davis	23:36		
Mark Milliss	23:29	Total: 1:18:44	25th

**35+ Males 4 x 4km**

Wayne Thurlow	15:37		
Stephen O'Donnell	20:40		
Katrina Russell	22:55		
Steve Clark	18:19	Total: 1:17:31	12th

**45+Males 4 x 4km**

Rod Zammit	17:02		
Rob Eager	21:17		
Ed Bratovic	17:17		
Wayne Thurlow	16:16	Total: 1:11:47	10th

Michael Christie (GAP)