

## **December 2012- The 'wow' factor at work- Girraween's athletes wow everyone with their great performances!**

The final month of 2012 saw Girraween's athletes compete in a number of events far and wide. As happens' at this time of year, this month's report also includes some results from last month which were not included in the November 2012 issue due to their unavailability at that time.

To begin with it is worth mentioning the wonderful effort's of two of our younger athletes in Aimee O'Brien and Bethany Parker who whilst competing for Kings Langley in the Little A's State Relays in November won a gold medal in the U14 Shot/Discus event. As part of a team that came 1<sup>st</sup> out of 13 teams, this was a wonderful achievement, as we all know how hard it is to win a medal at a State Relays event, let alone a gold. Warm congratulations from everyone at Girraween to both Aimee and Bethany on their wonderful achievement.

Rebecca Norton made the journey south to Hobart, representing NSW in the Australian All Schools Championships at the beginning of December and was very competitive in her events and picked up a great silver medal as part of the U18 NSW team in the 4 x 100m relay as well as putting in a solid effort in her 200m event. Well done Rebecca.

Throughout December, the ANSW Club Premiership continued each Saturday afternoon at a number of venues and the following athletes, Todd Owen, Ryan Owen, Rob Giesler, Nicholas Hanna, Matt Stenning, Danny Martins, Michael Grogan, Taylor Doyle, Rowena Milliss, Lynette Smith and Steve Clark all represented the club at some stage over the month at these events. It was great to see Taylor Doyle and Lynette Smith make a return to the track after a lengthy absence and they both competed very well. Todd Owen, Ryan Owen, Nicholas Hanna and Rob Giesler were other stalwarts who flew the Girraween flag well throughout December and are to be complimented on their efforts in many challenging events. One of our youngest athletes, Rowena Milliss, also made an appearance in the last meet of the year and ran a great time in her 800m at Homebush in very warm conditions. This young lady has enormous potential, there is no doubt about that. All our athletes who competed in these ANSW events are to be congratulated for representing Girraween so well. It is to be hoped in 2013 that more of our athletes avail themselves of the opportunity to join them in these ANSW events, as it is important as a club that we have a presence at these meets.

One of the highlights of this or any other month was the appearance of Brad Milosevic in the Zatopek 10 held in Melbourne in early December. This event, doubling as the Australian 10,000m championships is one of the highlights of the Australian athletics calendar. So for Brad to not only compete in this event but to run well was one of the highlights of his career to-date and as we have seen elsewhere Brad was kind enough to share his experiences of competing with the elite of Australian distance running. It was a historic moment for Girraween Athletics Club, as it is believed that Brad was the first of our members to run in the Zatopek 10. A nice touch worth mentioning is that Brad also proudly wore his royal blue Girraween singlet in this event, which stood out in the TV coverage. Great stuff. We look forward to following his career closely in the years ahead.

While many of our athletes were busy on the track and in the field through December we also had a number of our athletes competing in various road events. Both Geoff and Graham Sheargold travelled to the United States and ran in the Las Vegas half marathon, where Geoff finished in the top fifty, an amazing result given his somewhat unorthodox preparation. We had a number of our runners also competed in the various SMC events with some fine times been run, particularly in the shorter events. We should also mention the efforts of Caitlin White at SMC. You won't see her name in the 5km results, as she didn't finish the race. Instead, whilst competing in her event, she went to the assistance of a fellow runner who was in the 10km and who had collapsed and was in a great deal of difficulty. Caitlin, stayed with him and gave the appropriate level of assistance till help arrived. Thankfully, the runner in question did recover. Caitlin's compassion and concern is a great example to us all and she is a wonderful role model for all our athletes. Lisa Grant is also continuing to compete well in the 2012/2013 Sydney Summer Series Orienteering

competition, and at almost the half way point of the season is running a close second in the Open Women's category with continual consistent performances. Well done Lisa.

As can be seen by our other results our athletes also gave it their best shot in a number of other challenging events, including various off road events as well as the shorter road events.

All in all December 2012 was a month to remember as can be seen by the results below and our athletes certainly had the 'wow' factor in everything they achieved. Results follow:

### **11-11-12 Deep Space Mountain Marathon and Half Marathon Honeysuckle Creek ACT**

#### **Half Marathon- Male**

31<sup>st</sup> Peter Tutty 2:22.47

### **24-11-25-11-12 Little A's NSW State Relays SOPAC Homebush**

#### **U14 Girls Shot Put/Discus**

1<sup>st</sup> Aimee O'Brien/Bethany Parker ( part of Kings Langley team) 2290 pts

### **25-11-12 Running Wild Glenbrook**

#### **Half Marathon**

91<sup>st</sup> Brad Boyle 2:58.02

### **30-11-12- 2-12-12 Australia All Schools Championships Hobart**

#### **Girls 200m U18 Preliminaries**

##### **Heat 2**

4<sup>th</sup> Rebecca Norton 25.44

#### **Girls 4 x 100m Relay U18**

2<sup>nd</sup> ( NSW 'A' ) including Rebecca Norton 47.26

### **1-12-12 ANSW Club Premiership Round 3 Campbelltown**

#### **Men 100m 50+**

6<sup>th</sup> Rob Giesler 13.45

#### **Boys 100m U17**

9<sup>th</sup> Todd Owen 12.25

#### **Boys 400m U17**

3<sup>rd</sup> Todd Owen 1:00.58

#### **Men 3000m Steeplechase Open**

1<sup>st</sup> Nicholas Hanna 12:36.43

#### **Men Hammer Throw Open**

4<sup>th</sup> Matt Stenning 34.93m

#### **Men Triple Jump 50+**

2<sup>nd</sup> Rob Giesler 9.12m

#### **Men Discus 35+**

4<sup>th</sup> Matt Stenning 29.24m

### **2-12-12 Balmain Fun Runs- Balmain**

#### **10km**

215<sup>th</sup> Roger Mar 55:29

#### **5km**

63<sup>rd</sup> Terry Rose 24:35 ( 3<sup>rd</sup> 60-69 cat)

### **2-12-12 Zappos.com Rock 'N' Roll Las Vegas Half Marathon Las Vegas USA**

47<sup>th</sup> Geoff Sheargold 1:23.20

1622<sup>nd</sup> Graham Sheargold 1:53.08

### **8-12-12 Park Run St Peters 5km**

54<sup>th</sup> Terry Rose 24:38

### **8-12-12 ANSW Club Premiership Round 4 Blacktown**

#### **Men 60m Open**

19<sup>th</sup> Danny Martins 8.79

#### **Men 60m 50+**

6<sup>th</sup> Rob Giesler 8.62

**Women 60m Open**

17<sup>th</sup> Taylor Doyle 9.31

**Men 200m Open**

36<sup>th</sup> Danny Martins 30.48

**Men 200m 50+**

7<sup>th</sup> Rob Giesler 28.08

**Men 800m Open**

19<sup>th</sup> Danny Martins 2:41.78

**Men 800m 35+**

7<sup>th</sup> Michael Grogan 2:38.54

**Men 3000m Open**

5<sup>th</sup> Nicholas Hanna 10:50.41

7<sup>th</sup> Danny Martins 13:04.64

**Men 3000m 35+**

5<sup>th</sup> Michael Grogan 12:24.56

**Men Long Jump 50+**

4<sup>th</sup> Rob Giesler 4.03m

**Women Long Jump Open**

6<sup>th</sup> Taylor Doyle 4.41m

**Men Javelin 35+**

6<sup>th</sup> Michael Grogan 26.22m

**8-12-12 Zatopek 10 (Australian 10,000m Championships) Melbourne**

15<sup>th</sup> Brad Milosevic 30:12:10

**15-12-12 Park Run St Peters 5km**

31<sup>st</sup> Terry Rose 23:43

**15-12-12 ANSW Club Premiership Round 5 SOPAC Homebush****Boys 100m Hurdles U17**

1<sup>st</sup> Todd Owen 15.34

**Women 100m Open**

28<sup>th</sup> Taylor Doyle 15.18

**Men 100m 50+**

6<sup>th</sup> Rob Giesler 13.66

**Boys 400m U17**

11<sup>th</sup> Todd Owen 55.16

22<sup>nd</sup> Ryan Owen 1:00.52

**Men 400m 50+**

10<sup>th</sup> Rob Giesler 1:07.02

**Men 5000m Open**

12<sup>th</sup> Nicholas Hanna 18:03.25

**Men Shot Put 50-59**

13<sup>th</sup> Rob Giesler 7.65m

**Women Long Jump All Ages**

15<sup>th</sup> Taylor Doyle 4.26m

**Mixed Long Jump All Ages**

13<sup>th</sup> Rob Giesler 4.27m

**16-12-12 SMC Greystanes****21.1km**

49<sup>th</sup> Carol Adams 2:07:44

**10km**

6<sup>th</sup> Nicholas Hanna 39:14

33<sup>rd</sup> Brad Boyle 49:08

59<sup>th</sup> Roger Mar 57:33

**5km**

3<sup>rd</sup> Geoff Sheargold 17:23

18<sup>th</sup> David Perry 21:46

|                  |                  |       |
|------------------|------------------|-------|
| 22 <sup>nd</sup> | Michael Grogan   | 22:25 |
| 25 <sup>th</sup> | Steve Clark      | 23:49 |
| 29 <sup>th</sup> | Terry Rose       | 24:07 |
| 49 <sup>th</sup> | Michael Christie | 27:53 |
| 51 <sup>st</sup> | Andrew Free      | 29:27 |
| 53 <sup>rd</sup> | Sharon Free      | 29:41 |
| 72 <sup>nd</sup> | Joe Butler       | 35:23 |

### **22-12-12 ANSW Club Premiership Round 6 SOPAC Homebush**

#### **Men 200m Hurdles U17**

|                 |           |       |
|-----------------|-----------|-------|
| 1 <sup>st</sup> | Ryan Owen | 31.10 |
|-----------------|-----------|-------|

#### **Men 60m Open**

##### **Section 3**

|                 |             |      |
|-----------------|-------------|------|
| 6 <sup>th</sup> | Steve Clark | 7.64 |
|-----------------|-------------|------|

#### **Men 60m 50+**

|                 |             |      |
|-----------------|-------------|------|
| 4 <sup>th</sup> | Rob Giesler | 8.51 |
|-----------------|-------------|------|

#### **Women 200m 35+**

|                 |               |       |
|-----------------|---------------|-------|
| 2 <sup>nd</sup> | Lynette Smith | 29.52 |
|-----------------|---------------|-------|

#### **Men 200m Open**

##### **Section 5**

|                 |             |       |
|-----------------|-------------|-------|
| 3 <sup>rd</sup> | Steve Clark | 24.14 |
|-----------------|-------------|-------|

#### **Men 200m 50+**

##### **Section 1**

|                 |             |       |
|-----------------|-------------|-------|
| 5 <sup>th</sup> | Rob Giesler | 27.91 |
|-----------------|-------------|-------|

#### **Women 800m U14**

|                  |                |         |
|------------------|----------------|---------|
| 13 <sup>th</sup> | Rowena Milliss | 2:44.50 |
|------------------|----------------|---------|

#### **Men 400m Hurdles U17**

|                 |           |         |
|-----------------|-----------|---------|
| 3 <sup>rd</sup> | Todd Owen | 1:01.57 |
|-----------------|-----------|---------|

|                 |           |         |
|-----------------|-----------|---------|
| 5 <sup>th</sup> | Ryan Owen | 1:13.43 |
|-----------------|-----------|---------|

#### **Men 3000m Steeplechase Open**

|                 |                |          |
|-----------------|----------------|----------|
| 8 <sup>th</sup> | Nicholas Hanna | 12:31.40 |
|-----------------|----------------|----------|

#### **Women Discus Open**

|                 |               |        |
|-----------------|---------------|--------|
| 1 <sup>st</sup> | Lynette Smith | 32.64m |
|-----------------|---------------|--------|

#### **Women Javelin 35+**

|                 |               |        |
|-----------------|---------------|--------|
| 1 <sup>st</sup> | Lynette Smith | 32.09m |
|-----------------|---------------|--------|

#### **Men Long Jump >5.00m All Ages**

|                 |           |       |
|-----------------|-----------|-------|
| 4 <sup>th</sup> | Todd Owen | 6.05m |
|-----------------|-----------|-------|

#### **Men Long Jump All Ages**

|                 |             |       |
|-----------------|-------------|-------|
| 7 <sup>th</sup> | Rob Giesler | 4.07m |
|-----------------|-------------|-------|

### **29-12-12 Park Run St Peters 5km**

|                 |                |       |
|-----------------|----------------|-------|
| 7 <sup>th</sup> | Nicholas Hanna | 19:16 |
|-----------------|----------------|-------|

Michael Christie (GAP)