

January 2012- Girraween's finest start 2012 strongly

The first month of the new saw a number of fine performances from our athletes across a variety of events. with strong performances by our small team of athletes at the NSW Combined Event Championships a very tight outdoor pentathlon competition and setting an Australian record along the way.

Well done, Lynette. Carol Adams, another athlete who continues to amaze, started the new year off with Narrabeen All Night Ultra Maraton event, completing a touch over eighty-nine kms in the 12 hr event half marathon at the Sydney Marathon Clinic, a great feat of endurance. Our small band of athletes continued rounds of the ANSW Club premierships, where one of our youngest athletes, Eliza Trevena making her debut wonderful performances. Eliza is to be congratulated in putting herself forward to compete at this level premierships results were tallied up, Girraween finished a credible 18th out of 41 clubs competing in this result given the small number of athletes who represent Girraween each Saturday in this competition. Girraween are to be congratulated on their efforts over the season. SMC at Smithfield later in the month competing across the three races where our runners once again acquitted themselves well. Monica Juhart again achieved a fine result in the Trishave Sprint series at Kurnell, finishing as the 2nd women across strength to strength. Suresh Raju was also spotted out and about competing in the Running Wild trail and competed admirably. Once again, a month of competition, that illustrates the amazing versatility great to see Geoff Crumpton home from hospital and we all hope that he continues making great progress the arena asap. Results follow:

7-1-12 Resolution Run Sydney Olympic Park- Homebush

5.5km Fun Run 7 Walk

16th Stephen Mifsud 24:13

33rd Terry Rose 26:45

11km Fun Run

10th Nicholas Hanna 43:42

170th Roger Mar 1:03:34

7-1-12/8-1-12 Narrabeen All Nighter 12hr & Ultra Marathon Race- Narrabeen

23rd Carol Adams 89.014 km (4th women)

7-1-12/8-1-12 NSW Combined Event Championships- Blacktown

Outdoor Pentathlon W40

1st Lynette Smith 3091 pts

4th Robyn Smith 1548 pts
M34 &U
1st Steve Clark 2915 pts
M65+
1st Raminder Singh 1129 pts

8-1-12 ANSW Permit Meet NSW Throwers Club- Greystanes
Shot Put M45-49
1st Peter Tutty 6.48m

14-1-12 NSW Club Premiership Round 8 SOPAC- Homebush
Mixed Javelin Throw All Ages
6th Lynette Smith 34.05m
Girls 60M U14
5th Eliza Trevena 9.12
Men 60m 50+
6th Rob Giesler 8.46
Mixed Shot Put All Ages
7th Lynette Smith 10.00
Girls 200m U14
6th Eliza Trevena 31.04
Women 200m 35+
3rd Lynette Smith 29.17
Men 200m 50+
5th Rob Giesler 28.09
Women Long Jump All Ages
10th Eliza Trevena 4.15m
Men 5000m 'D' Race Open
6th Nicholas Hanna 18:47:59

14-1-12 Running Wild Narrowneck Night Run- Long Course 20km
192nd Suresh Raju 2:40:33

15-1-12 SMC -Smithfield
21.1km

65th Ray Yorke 1:58:09
72nd Carol Adams 2:04:15

10 km

28th Stephen Mifsud 44:46
41st Richard Frost 47:57
68th Steve Clark 56:46
69th Roger Mar 56:55

5km

6th Michael Grogan 20:56
14th Terry Rose 23:46
19th Michael Christie 25:26
26th Caitlin White 26:30
42nd Sharon Free 32:00
44th Joe Butler 33:22

15-1-12 Trishave Triathlon Sprint Series -Kurnell

42nd Monica Juhart 1:08:07 (2nd woman overall) (2nd 30-34 cat)

19-1-12 NSW Club Premiership Round 9 SOPAC -Homebush

Girls 100m U14

3rd Eliza Trevena 14.97

Women 100m 35+

3rd Lynette Smith 14.71

Women 400m 35+

2nd Lynette Smith 1.09.72

Men 1500m Open

7th Brad Milosevic 4.04.47

Women Triple Jump U14

3rd Eliza Trevena 9.40m

Women Discus 35+

1st Lynette Smith 32.09m

22-1-12 ANSW Permit Meet Throwers Club of NSW- Greystanes

Hammer Mens 45-49

1st Matt Stenning 33.51m

Discus Women U14

2nd Bethany Parker 26.29m

Discus Mens 45-49

1st Matt Stenning 28.14m

Shot Put Women U14

2nd Bethany Parker 10.18m

26-1-12 Revesby Workers Menai Charity Fun Run- Menai

8.2km

17th Nicholas Hanna 34:31

Michael Christie (GAP)