

June 2012- 'The race does not always go to the swift, but to the ones who keep running' Girraween athletes continue to live this philosophy!

The month of June again saw a number of fine achievements by Girraween athletes who indeed kept running. The month was bookended by fine performances by two athletes who traveled to different parts of planet earth and achieved fine results. Carol Adams lived her dream and returned to her native South Africa to run in the world famous Comrades marathon between Pietermaritzburg and Durban, a distance of eighty-nine kilometers. It was a remarkable achievement in front of her family and friends, one to be very proud of. At the end of June, Peter Tutty returned to New Zealand and competed in the rugged and challenging Escape from Tane's Forest off road run near Nelson and survived to tell the tale. I'm sure both Carol and Peter will have some fascinating stories to tell next time we see them. This was a remarkable effort by both athletes. That aside there were also other fine efforts as can be seen in the results, which are listed below. At the last SMC series of races for the 2011/2012 season held at Smithfield, a remarkable seventeen athletes from Girraween competed in the three races held on that day. While there were fine efforts across the board by our athletes, the highlight undoubtedly was Geoff Sheargold winning the 10km event in a very smart time. This was at the head of a very big field. Congratulations Geoff, a fine effort in the midst of his heavy schedule of training. Girraween also had runners throughout June compete in a variety of other events such as the Woodford to Glenbrook, Sri Chinmoy series of runs at Iron Cove, Cooks River Fun Runs, Southern Cross University 10km on the Gold Coast to name but a few. Once again showing the versatility of this clubs athletes and their willingness to travel near and far to have a run. In summary, it was another fine month of athletic accomplishment. Results follow:

3-6-12 MS Fun Run North Sydney- 8km

65th Terry Rose 39:17 (M60+ 1st 60-69 cat)

3-6-12 Comrades Marathon Pietermaritzburg to Durban, South Africa 89km

7,212th Carol Adams 10:49.21 (Gun Time)

10-6-12 Manly Soft Sand Classic

9km

45th Stephen Mifsud 50:41

10-6-12 Sri Chinmoy Iron Cove

14km

Male U50

4th Nicholas Hanna 56:08

7km

Male 50-59

5th Michael Christie 37:19

Male 60-69

4th Terry Rose 32:19

17-6-12 Mini Mos Runs Mosman

5km

9th Nicholas Hanna 17:08 (2nd 20-29 cat)

17-6-12 SMC Smithfield

30km

62nd Carol Adams 3:18.20

10km

1st Geoff Sheargold 36:15

32nd Richard Frost 45:28

37th Brad Boyle 46:15

40th Stephen Mifsud 46:20

50th Greg Sargeant 48:08

54th Steve Clark 49:31

64th Caitlin White 54:06

80th Roger Mar 1:03.20

86th Joe Butler 1:07.43

5km

12 th	Michael Grogan	21:44
13 th	Peter Tutty	21:54
14 th	Terry Rose	22:09
24 th	Michael Christie	25:57
27 th	Heidi Juhart	27:25
33 rd	Andrew Free	28:48
34 th	Sharon Free	28:48

24-6-12 Woodford to Glenbrook 25km

132 nd	Peter Tutty	2:08.03
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24-6-12 Cooks River Fun Runs South Strathfield**5km**

39 th	Terry Rose	22:01
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10km

43 rd	Richard Frost	45:54
96 th	Michael Christie	54:44

30-6-12 Escape from Tane's Forest, Nelson, New Zealand (long course) 25km

44 th	Peter Tutty	3:45.15
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30-6-12 Southern Cross University 10km Run Gold Coast

1,804 th	Robert Eager	53:46 (net place & time)
4,695 th	Joe Butler	1:07.03 (net place & time)