

September 2012- 'A great month of athletic achievement from Girraween's finest'

With the conclusion of the cross-country season and the beginning of the 2012/2013 summer season, it's been a busy month for our athletes outside Saturday's normal competition. Throughout September, our athletes have traveled far and wide in search of competition. There were a number of standout performances. Geoff Sheargold, at the end of August ran a wonderful sub three-hour marathon up on the Sunshine Coast to finish tenth overall. This was a fine achievement. Talking of marathon's, both John Rolfe and Steve Clark ran the Sydney Blackmores' marathon and both did an extraordinary job, considering their usual area of expertise lies in the sprints and middle distances. Big congratulations to both John and Steve on their mighty achievement. A number of our athletes also competed in the shorter distances in the Blackmores Sydney Running festival and did a fine job as well, which can be seen from the results below. Speaking of long distance races, Carol Adams continues to impress with her strength in taking on many ultra distance events, competing very well in the Centennial Park ultra event towards the end of September. Terry Rose continues to also impress with a rich vein of form in the middle distance events and has been spotted far and wide throughout September, competing very consistently. Stephen Mifsud is another of our members who has had a busy month as can be seen by his appearance in the results below, running very well, despite the handicap of a serious knee injury. He continues to soldier on. It's also great to welcome two of our newer members in Holly Bolton and Stephanie De Belin. We all wish them the best with their running endeavours at Girraween and hope they both gain much enjoyment whilst competing with us.

It would also be remiss of me not to mention the efforts of Brad Milosevic. Whilst you won't see his name mentioned in the results below, due to his heavy training programme, Brad finished 2nd overall in the 2012 ANSW Distance runner of the year, narrowly behind Russell Dessaix-Chin. This was a tremendous achievement by Brad, finishing in front of some well known runners in the distance running community. Congratulations Brad from all your friends at Girraween. It has been mentioned previously, but the efforts of our members across a wide range of events do continue to amaze. Results follow:

26-8-12 Sunshine Coast Marathon Alexandra Headlands Queensland

10th Geoff Sheargold 2:51:54

185th Graham Sheargold 4:04:19

1-9-12 Mizuno Off Road Half Marathon, Kinloch, New Zealand

115th Peter Tutty 2:03:38

1-9-12 Park Run, St Peters 5km

35th Holly Bolton 24:39

99th Stephanie De Belin 32:15

2-9-12 ANSW Half Marathon Championships/Hidden Half Marathon, Lake

Gillawarna

122nd Stephen Mifsud 1:47:50

171st Carol Adams 2:03:13

182nd Sheila Skinner 2:08:58

206th Roger Mar 2:31:15

2-9-12 Bankstown Mayoral Walk/Fun Run, Lake Gillawarna 5km

37th Terry Rose 23:33

8-9-12 Park Run St Peters 5km

11th Nicholas Hanna (no time available due to timing malfunction)

9-9-12 Ryde Rivers Festival Fun Run 5km

20th Terry Rose 23:10 (2nd 60+ cat)

9-9-12 Sri Chinmoy Prospect Creek, Greystanes

24km M50+

2nd Brad Boyle 2:09:09

12km M U50

9th Michael Grogan 57:12

12km M 50+

2 nd	Stephen Mifsud	56:28
5 th	Michael Christie	1:11:41

6km M U50

2 nd	Danny Martins	28:51
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16-9-12 Blackmores Sydney Running Festival**Blackmores Sydney Marathon**

799 th	John Rolfe	3:41:39 (net place and time)
2599 th	Steve Clark	4:52:27 (net place and time)

Blackmores Half Marathon

139 th	Nicholas Hanna	1:24:45 (net place and time)
2294 th	Stephen Mifsud	1:47:52 (net place and time)
5928 th	Holly Bolton	2:11:21 (net place and time)

Sunday Telegraph Body and Soul Bridge Run 9km

535 th	Michael Grogan	42:24
962 nd	Richard Frost	44:26
1097 th	Terry Rose	45:21 (3 rd M60-69 Cat)
1178 th	Stephen Parkins	45:40
1638 th	Danny Martins	47:21

22-9-12 Park Run St Peters 5km

35 th	Terry Rose	23:36
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23-9-12 Hills Orange Blossom Fun Runs, Castle Hill**4km**

20 th	Stephen Mifsud	17:14
38 th	Terry Rose	19:09 (2 nd 60+ Cat)
57 th	Michael Christie	22:22

8km

32 nd	David Perry	38:03
82 nd	Roger Mar	47:04

23-9-12 Altra Centennial Park Ultra, Centennial Park**50km**

26 th	Carol Adams	5:19:42
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29-9-12 Lap the Lake Sydney International Regatta Centre, Penrith**Half Marathon**

20 th	Stephen Mifsud	1:44:48
62 nd	Carol Adams	2:06:32 (1 st 50+ Cat)

10km

20 th	David Perry	46:30 (2 nd 50+ Cat)
35 th	Richard Frost	49:14
58 th	Brad Boyle	54:28

5km

4 th	Nicholas Hanna	18:52 (2 nd 20-29 Cat)
29 th	Terry Rose	24:11
50 th	Michael Christie	27:38

Michael Christie (GAP)