

## **May 2014- The athletes from GAC continue to shine**

The month of May saw un-seasonally warm weather which for this time of year. Nevertheless, our athletes performed well across the month in a myriad of events.

The month began with the Sydney 10, which this year was run on a new course around Sydney Olympic Park. There were a number of fine performances by our athletes with Brad Milosevic to the fore running a great time and finishing in the top ten in a very high class field. Other eye catching performances included great runs by Nicholas Hanna, Rod Zammit and Danny Martins. Our senior athletes in Clive Kidson and Terry Rose were not far behind and showed that they had lost very little speed in recent times with two great efforts.

A small number of our runner's tackled the Mother's Day classic in Parramatta Park and Nicholas Hanna came third in the 8km event in a slick time. Other notable runs were from Steve Clark and Terry Rose who both ran very quick times in the 4km event.

Parkrun was another well patronised event by Girraween athletes in May with many athletes spotted at various sites around Sydney throughout the month. Lisa Grant made her parkrun debut at St Peters in May and on a tough course ran a number of fine times. Peter Tutty was also spotted out at Penrith Lakes and showed that his form remains strong. On the last Saturday of the month, Girraween athletes were spotted at four events, Parramatta, St Peters, Curl Curl and Penrith Lakes, a remarkable statistic which shows our athletes are always prepared to travel far and wide for a run. Another interesting statistic that cropped up in May was that both Lisa Grant and Michael Christie were the first Girraween runner's home in their perspective events on three occasions, very unusual, particularly for Mr Christie. All Girraween runners continue to compete well and with the onset of new parkrun venue's in and around Sydney over the coming months, this concept continues to grow in popularity.

A small number of Girraween athletes tackled the SMH half-marathon, and they all ran very well. The highlight was the effort of Nicholas Hanna who along with his running partner Mr Bailey came second overall in the Half-Marathon

relay event, a very fine effort given that there were a number of strong teams entered in this race.

Towards the latter part of the month, a number of Girraween athletes competed at SMC and there were a number of fine performances. Geoff Sheargold eased around the 10km course in a very fine time, with Rod Zammit running a new pb in the same event. Rightly so, Rod was very pleased with his effort. Steve Mifsud notched up an amazing landmark with his run in the half-marathon, running his one thousandth race in his career, a mind blowing running achievement. Well done Steve and it was fitting that he achieved this milestone at SMC where he has given so much over the previous three decades. It was also great to see Danny Martins venture out for a rare sojourn in the SMC 5km and he ran well. It had been another great month of athletic endeavour. Results follow:

### **3-5-14 Sydney '10' incorporating NSW Road Championships Sydney Olympic Park Homebush**

#### **10km**

8th	Brad Milosevic	30:29
146th	Nicholas Hanna	36:44
442nd	Rod Zammit	44:53
462nd	Danny Martins	45:19
487th	Clive Kidson	46:16
496th	Terry Rose	46:29
501st	Richard Frost	46:41
599th	Carly Eager	51:02
654th	Michael Free	55:13
657th	Robert Eager	55:34
699th	Roger Mar	59:53

#### **5km**

113th	Andrew Free	25:24
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### **3-5-14 Parramatta parkrun 5km**

60th	Michael Christie	28:50
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### **10-5-14 Parramatta parkrun 5km**

34th	Terry Rose	22:28
41st	Rowena Milliss	22:59
42nd	Danny Martins	23:10
97th	Mark Milliss	28:10
132nd	Sharon Free	32:48

### **10-5-14 St Peters parkrun 5km**

89th	Lisa Grant	23:51
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### **11-5-14 Mother's Day Classic Parramatta Park**

#### **8km**

3rd	Nicholas Hanna	30:16
57th	David Perry	37:28 (3 <sup>rd</sup> 50-59 cat)

#### **4km**

45th	Steve Clark	18:13
47th	Terry Rose	18:28 (1 <sup>st</sup> 60-69 cat)
790th	Lynette Clark	31:46

### **17-5-14 Parramatta parkrun 5km**

75th	Rowena Milliss	27:52 (started late)
101st	Mark Milliss	31:13 (started late)
161st	Michael Christie	47:00

### **18-5-14 SMH Half-Marathon Sydney**

2460th	Clive Kidson	1:45.36
3859th	Graham Sheargold	1:52.29
5442nd	Steve Mifsud	1:59.45
5505th	Terry Rose	2:00.05

#### **SMH Half-Marathon Relay- Sydney**

2nd	Team Bailey/Hanna	1:19.04
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### **24-5-14 Penrith Lakes parkrun 5km**

7th	Nicholas Hanna	18:30
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47th	Peter Tutttty	23:08
49th	Brad Boyle	23:17
55th	Terry Rose	23:57
87th	Andrew Free	27:11

### **24-5-14 Parramatta parkrun 5km**

121st	Michael Christie	45:34
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### **24-5-14 St Peters parkrun 5km**

66th	Lisa Grant	22:52
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### **25-5-14 SMC Greystanes**

#### **Half Marathon**

53rd	Stephen Mifsud	1:51.14.1
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69th	Carol Adams	2:04.27.6
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#### **10km**

6th	Geoff Sheargold	38:22.8
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26th	Rod Zammit	46:13.6
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44th	Terry Rose	51:38.6
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58th	Greg Sargeant	56:50.0
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#### **5km**

17th	Danny Martins	22:09.8
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22nd	Michael Grogan	23:36.8
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32nd	Andrew Free	26:41.3
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37th	Michael Christie	28:18.1
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### **31-5-14 Parramatta parkrun 5km**

81st	Michael Christie	28:12
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### **31-5-14 Curl Curl parkrun 5km**

75th	Michael Free	25:40
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81st	Jill Woodruff	26:29
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### **31-5-14 Penrith Lakes parkrun 5km**

20th	Peter Tutty	23:27
48th	Brad Boyle	27:57

**31-5-14 St Peters parkrun 5km**

66th	Lisa Grant	22:24
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Michael Christie	(GAP)
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