

October 2017 – I don't stop when I'm tired I stop when I'm done

The month of October saw Girraween's athletes certainly live up to the headline with numerous fine performances across a wide range of disciplines and events.

First of all it's worth revisiting the performance of one of Girraween's fine athletes in Nicholas Hanna from September. As readers may be aware, Nicholas competed in the Blackmores Sydney Running Festival Marathon, which also doubled as the Australian Championships for 2017. It has been brought to GAP's attention that Nicholas was part of the NSW team in this event. Nicholas as part of this team picked up a well-deserved silver medal when NSW finished second in the teams competition. To pick up a national medal is a very fine achievement and all at Girraween Athletics Club send Nicholas our belated congratulations on this great result.

The Treloar Shield, the ANSW Inter-Club series, kicked off in October for the 2017-2018 summer season. This inter-club competition is an integral part of the ANSW summer calendar. Abbie Stone, Nathan Moffitt and Rob Giesler represented Girraween in a number of events in the early editions of this competition for the 2017-2018 season and are to be complimented for their achievements against strong competition. This series of events continues through to January 2018 and we wish all our athletes who will be representing Girraween all the best over the coming months at these meets.

As can be observed from the results listed below, parkrun once again proved very popular with Girraween's members and friends. Lisa Grant and Michael Free gained pb's at two parkrun events in the latter part of the month, illustrating yet again they are in very good form at the moment. There were a number consistent performances from Girraween luminaries such as Graham and Geoff Sheargold, Steve Oldridge, Stephen Parkins and Karen Clark throughout October and these athletes are all running well at the moment. It was also nice to see that Carly Eager was able to fit in a parkrun in the UK whilst working and travelling overseas and we trust she is continuing to enjoy her time there.

Brendon and Teagan Neich competed at the NSW Throwers Club Athletics Australia permit meet at Greystanes early in the month and both throwers were in fine early season form. Next month, Brendon will also be at the AIS in Canberra as part of an Athletics Australia U17 development squad camp and we wish him all the best with this and trust he has a wonderful couple of days in Canberra as part of this squad.

SMC was also held at Greystanes in October and a small number of Girraween representatives were spotted going through their paces. Michael Grogan ran a solid 10km; whilst in the 5km event, Jason Oldridge, Stephen Mifsud and Steve Oldridge all showed great speed with a series of sub twenty-five minute runs, no mean feat on the testing little SMC course. It is also to be hoped as the season continues that we see a few more Girraween athletes giving this series a shot, as it's a great event and is good training for a wide range of distances.

In October, Carol Adams had the wonderful experience of travelling to the United States and competing in the Bank of America Chicago marathon. As part of the Abbott World Marathon Majors, including Tokyo, Boston, London, Berlin and New York, Carol was absolutely thrilled to have had the opportunity to run in such a prestigious event and we sense that Carol will be aiming to have a run in one of these other major marathons some time into the future. We wish Carol well with this aim and look forward to hearing all about it.

In closing it would be remiss not to mention the great efforts by Geoff Sheargold, Michael Free and Graham Sheargold in the Sydney Striders 10km at Homebush early in October, Nicholas Hanna's fine Half Marathon as part of the Melbourne Marathon festival halfway through the month and Terry Rose's dogged 5km run in the Coleman and Greig Challenge held on a morning in Parramatta Park in late October, on of the few days where there was any substantial rain to speak of in recent times. The efforts of these athletes allied with Girraween's other athletes mentioned in this newsletter once again demonstrates the remarkable versatility and endeavour that this club's athletes demonstrate month in and month out, which never ceases to amaze us all. We continue to admire their achievements. Results follow:

7-10-17 Rooty Hill parkrun 5km

14th	Rod Zammit	22:55
33rd	Greg Sargeant	25:53
47th	Wayne Thurlow	27:57
57th	Chloe Grogan	30:07
58th	Hayley Zammit	30:16
59th	Michael Grogan	30:18
90th	David Otte	36:57

7-10-17 The Ponds parkrun 5km

75th	Adam Etherington	25:37
113th	Maisie Stone	27:30
270th	Karen Short	34:52

7-10-17 Parramatta parkrun 5km

77th	Stephen Parkins	25:15
104th	Terry Rose	27:12
173rd	Keith Mayhew	32:19
212th	Lynette Clark	37:54
213th	Michael Christie	38:01
226th	Andrew Free	40:14 (started 6 mins late)

7-10-17 Rhodes parkrun 5km

31st	Lisa Grant	21:28
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7-10-17 Campbelltown parkrun 5km

39th	Steve Oldridge	24:48
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7-10-17 Sydney Striders 10km Sydney Olympic Park

8th	Geoff Sheargold	37:29.5
107th	Michael Free	50:17.3
124th	Graham Sheargold	53:10.1

7-10-17 Treloar Shield Round 1 ES Marks Field Moore Park

Women's High Jump 16-17 1.20m Open

1st	Abbie Stone	1.50m
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Women's Triple Jump 7m + 9m Open

13th	Abbie Stone	8.57m
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Men's 100m Open

47th	Nathan Moffitt	13.59
50th	Rob Giesler	14.12

Men's 200m Open

32nd	Nathan Moffitt	27.39
43rd	Rob Giesler	29:48

Men's 400m Open

25th	Nathan Moffitt	58.67
40th	Rob Giesler	1:10:83

Men's High Jump 16-17 1.20m Open

1st	Nathan Moffitt	1.30m
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8-10-17 Throwers Club of NSW AA Permit Meet Greystanes

Women's U16 Hammer

1st	Teagan Neich	40.67m
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Men's U18 Hammer

1st	Brendon Neich	54.81m
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Women's U16 Shot Put

2nd Teagan Neich 12.53m

8-10-17 Bank of America Chicago Marathon USA

30262nd Carol Adams 5:14:37

14-10-17 Rooty Hill parkrun 5km

39th Wayne Thurlow 26:07

50th Rod Zammit 28:50

75th Hayley Zammit 33:44

94th Mischelle Otte 39:00

100th David Otte 40:13

14-10-17 The Ponds parkrun 5km

255th Karen Short 34:38

14-10-17 Campbelltown parkrun 5km

31st Steve Oldridge 25:07

14-10-17 Parramatta parkrun 5km

57th Stephen Parkins 25:03

87th Terry Rose 27:33

121st Keith Mayhew 31:07

128th Michael Christie 31:59

137th Andrew Free 33:19

14-10-17 Willoughby parkrun 5km

45th Michael Free 23:43

14-10-17 Reigate Priory (UK) parkrun 4km

160th Carly Eager 30:04

15-10-17 SMC Greystanes**10km**

26th Michael Grogan 55:39.6

39th Mischelle Otte 1:04:05.7

5km

15th Jason Oldridge 22:48.2

16th Stephen Mifsud 22:54.2

20th Steve Oldridge 24:21.2

26th Terry Rose 28:14.2

29th Michael Christie 30:40.1

38th Andrew Free 34:08.5

47th Ed Bratovic 46:53.3 (walker)

15-10-17 Melbourne Marathon

Half Marathon

285th Nicholas Hanna 1:30:57

20-10-17 Coleman & Greig Challenge Parramatta Park

5km

40th Terry Rose 28:43

21-10-17 Rooty Hill parkrun 5km

27th Rod Zammit 23:57

43rd Wayne Thurlow 26:17

45th Carol Adams 26:25

66th Chloe Grogan 29:31

67th Mischelle Otte 29:34

69th Michael Grogan 29:49

70th Hayley Zammit 30:00

21-10-17 The Ponds parkrun 5km

219th Karen Short 33:15

21-10-17 Curl Curl parkrun 5km

41st Lisa Grant 21:46 (new pb)

21-10-17 Wangaratta parkrun 5km

13th Peter Tutty 24:26

21-10-17 Campbelltown parkrun 5km

38th Steve Oldridge 24:30

21-10-17 Parramatta parkrun 5km

14th Geoff Sheargold 19:53

39th Michael Free 22:51 (new pb)

64th Stephen Parkins 24:41

65th Graham Sheargold 24:43

102nd Terry Rose 28:11

126th Keith Mayhew 30:37

130th Michael Christie 30:48

28-10-17 Rooty Hill parkrun 5km

39th Rod Zammit 26:23

66th Chloe Grogan 30:16

68th Michael Grogan 30:35

71st	Hayley Zammit	30:53
94th	Wayne Thurlow	35:07
115th	David Otte	41:07

28-10-17 The Ponds parkrun 5km

171st	Maisie Stone	30:18
215th	Karen Short	32:50

28-10-17 Parramatta parkrun 5km

6th	Geoff Sheargold	18:28
58th	Stephen Parkins	24:37
59th	Graham Sheargold	24:45
133rd	Terry Rose	30:29
136th	Michael Christie	30:41
165th	Andrew Free	33:34

28-10-17 Rhodes parkrun 5km

28th	Lisa Grant	21:15
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28-10-17 Treloar Shield Round 3 The Crest Bankstown

Men's 100m Open

64th	Nathan Moffitt	12.78
81st	Rob Giesler	13.72

Men's 400m Open

41st	Nathan Moffitt	57.63
62nd	Rob Giesler	1:10.51

Michael Christie	(GAP)
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