

## **August 2018- Girraween's athletes continue their extraordinary achievements!**

To begin with, we are reminding everyone that Girraween Athletics Club 40<sup>th</sup> anniversary celebration is on Saturday November 3. If you can save the date if you haven't already that would be great. We would love to see you there.

It was a busy August for Girraween Athletics Club members and friends and their association with parkrun far and wide. First of all at the beginning of the month, Rooty Hill parkrun held a Girraween Athletics Club day at which over twenty Girraween Athletics Club members and friends participated in this event. Brad Milosevic made his parkrun debut and finished first with a very relaxed run. All our members and friends were happy to see Brad as he was able to fit this event in around his busy training schedule. It was also a special day for Andrew Free celebrating his 200th parkrun amongst family and friends. Throughout August a number of Girraween athletes achieved new pb's. David Otte achieved two new pb's, continuing his fine form of late, whilst Stephen Parkins, Rob Eager, Andrew Free, Chloe Grogan and Carly Eager achieved one each. These athletes have all continued to run well at parkrun over the last little while and these results are testament to their fine form. All in all Girraween's athletes continue to support parkrun far and wide as is illustrated by the results in this newsletter.

There was a good representation of Girraween athletes in this year's City to Surf, with Geoff Sheargold leading the way for Girraween with another very fine performance, with a time just over the fifty-one minute mark. He was followed not far behind by Lisa Grant and Danny Martins who both ran very well. We also give a special mention to our younger athletes in Maisie Stone, Cristobel Corvalan and Laura Corvalan who all did a fine job in completing this very testing course. This year, Rob Eager continued a great Girraween tradition of co-ordinating and providing times that allowed Girraween athletes to travel into this event together by train. Fortunately for Rob, Terry Rose caught the train in with him which he was happy about, otherwise he may have been a little lonely. Thank you Rob for providing the information to our members that enables this to eventuate.

Girraween athletes were spotted at two Throwers Club events at Greystanes in August, with Teagan Neich, Brendon Neich and Raminder Singh competing well early in the month, while Teagan and Brendon backed up again at the end of August as well. All throwers threw solidly and this event remains great preparation over the winter months as a lead in to the upcoming 2018-2019 Summer season which is not far away. All at Girraween wish all three

throwers a successful Summer season and we hope they all remain injury free and enjoy a season where they continue to make great strides in their chosen disciplines.

A number of our athletes were spotted at a miscellany of events throughout August. Geoff and Graham Sheargold tackled the challenging Sydney Striders 10km race in Parramatta Park early in the month and by all accounts handed the challenging course well. Terry Rose also had a fine run in the traditional lead up to the City to Surf, the Bay run around Iron Cove and was most pleased with his effort. Steve Mifsud survived the freezing cold winds at the Mudgee Running Festival where he ran the Half Marathon and lived to tell the tale. On the same day back in Sydney, Raminder Singh was successfully handling the strong winds at the NSW Masters pre-departure meet at Campbelltown. Raminder competed in three events on the day and at last report he did thaw out eventually. At the end of August Geoff Sheargold had a fine run in the Half Marathon held around Sydney Olympic Park where he cracked the eighty minutes for this event with a superb performance. Congratulations Geoff. Nicholas Hanna had a run in the 7km Fun Run and once again ran most consistently.

As the headline said, Girraween's athletes continue their amazing journey with some wonderful performances and August 2018 was no exception. This little club with its small membership and never say die attitude continues to punch above its weight in its fortieth year. Every athlete can continue to be proud of their achievements. Results follow:

#### **4-8-18 Rooty Hill parkrun 5km**

|      |                    |               |
|------|--------------------|---------------|
| 1st  | Brad Milosevic     | 16:04         |
| 7th  | Nicholas Hanna     | 20:20         |
| 9th  | Lisa Grant         | 21:32         |
| 21st | David Otte         | 23:27(new pb) |
| 23rd | Stephen Parkins    | 23:33(new pb) |
| 24th | David Perry        | 23:54         |
| 25th | Michael Free       | 23:57         |
| 33rd | Rod Zammit         | 24:46         |
| 38th | Cristina Sotomayor | 25:20         |
| 50th | Carol Adams        | 26:04         |
| 54th | Steve Williams     | 26:36         |
| 60th | Claudio Corvalan   | 27:31         |
| 62nd | Robert Eager       | 27:46(new pb) |
| 65th | Bhumika Sree Gowda | 28:07         |

|       |                  |                             |
|-------|------------------|-----------------------------|
| 66th  | Terry Rose       | 28:11                       |
| 71st  | Mischelle Otte   | 28:50                       |
| 78th  | Andrew Free      | 29:29(new pb) 200th parkrun |
| 79th  | Wayne Thurlow    | 30:00                       |
| 111th | Michael Christie | 33:51                       |
| 112th | Laura Corvalan   | 33:57                       |
| 137th | Sharon Free      | 45:03(walker)               |
| 145th | Pania Wynyard    | 49:27(walker)               |

#### **4-8-18 The Ponds parkrun 5km**

|      |                  |       |
|------|------------------|-------|
| 10th | Matt Modini      | 20:11 |
| 32nd | Adam Etherington | 22:30 |

#### **4-8-18 Sydney Striders Parramatta Park 10km**

|       |                  |         |
|-------|------------------|---------|
| 8th   | Geoff Sheargold  | 37:42.3 |
| 109th | Graham Sheargold | 54:23.9 |

#### **5-8-18 The Bay Run Iron Cove 7km**

|       |            |       |
|-------|------------|-------|
| 444th | Terry Rose | 41:57 |
|-------|------------|-------|

#### **5-8-18 NSW Throwers Club Greystanes**

##### **Women's Discus U16**

|     |              |        |
|-----|--------------|--------|
| 7th | Teagan Neich | 24.41m |
|-----|--------------|--------|

##### **Men's Discus 70-74**

|     |                |        |
|-----|----------------|--------|
| 1st | Raminder Singh | 21.02m |
|-----|----------------|--------|

##### **Women's Hammer U16**

|     |              |        |
|-----|--------------|--------|
| 2nd | Teagan Neich | 51.10m |
|-----|--------------|--------|

##### **Men's Hammer U18**

|     |               |        |
|-----|---------------|--------|
| 1st | Brendan Neich | 56.32m |
|-----|---------------|--------|

##### **Men's Hammer 70-74**

|     |                |        |
|-----|----------------|--------|
| 2nd | Raminder Singh | 22.85m |
|-----|----------------|--------|

##### **Women's Shot Put U16**

|     |              |        |
|-----|--------------|--------|
| 2nd | Teagan Neich | 11.55m |
|-----|--------------|--------|

##### **Men's Shot Put 70-74**

|     |                |       |
|-----|----------------|-------|
| 1st | Raminder Singh | 7.70m |
|-----|----------------|-------|

#### **11-8-18 Rooty Hill parkrun 5km**

|      |               |       |
|------|---------------|-------|
| 26th | Carol Adams   | 26:21 |
| 44th | Wayne Thurlow | 29:45 |

### **11-8-18 Parramatta parkrun 5km**

|       |                  |       |
|-------|------------------|-------|
| 102nd | Andrew Free      | 28:52 |
| 122nd | Michael Christie | 30:54 |
| 148th | Terry Rose       | 32:24 |

### **11-8-18 Willoughby parkrun 5km**

|      |              |       |
|------|--------------|-------|
| 41st | Michael Free | 23:55 |
|------|--------------|-------|

### **11-8-18 The Ponds parkrun 5km**

|       |                    |       |
|-------|--------------------|-------|
| 1st   | Michael Kammerer   | 19:09 |
| 65th  | Steve Williams     | 26:17 |
| 83rd  | Cristina Sotomayor | 26:56 |
| 98th  | Chloe Grogan       | 27:42 |
| 100th | Michael Grogan     | 27:45 |
| 116th | Claudio Corvalan   | 28:34 |
| 210th | Karen Clark        | 33:25 |

### **11-8-18 Picton parkrun 5km**

|      |                |       |
|------|----------------|-------|
| 9th  | Steve Oldridge | 23:05 |
| 13th | David Otte     | 23:33 |
| 37th | Mischelle Otte | 28:27 |

### **12-8-18 Sun Herald City to Surf 14km**

|         |                    |         |
|---------|--------------------|---------|
| 187th   | Geoff Sheargold    | 51:39   |
| 2428th  | Lisa Grant         | 1:02:06 |
| 5133rd  | Danny Martins      | 1:06:43 |
| 7767th  | Stephen Mifsud     | 1:10:13 |
| 13779th | Graham Sheargold   | 1:17:03 |
| 17536th | Rob Eager          | 1:20:51 |
| 19719th | Greg Sargeant      | 1:23:00 |
| 27823rd | Maisie Stone       | 1:31:39 |
| 30584th | Mark Milliss       | 1:35:05 |
| 30785th | Terry Rose         | 1:35:20 |
| 39852nd | Cristobel Corvalan | 1:50:24 |
| 39857th | Claudio Corvalan   | 1:50:25 |
| 40622nd | Lynette Clark      | 1:52:08 |
| 42597th | Laura Corvalan     | 1:56:42 |
| 42606th | Cristina Sotomayor | 1:56:43 |

### **18-8-18 Rooty Hill parkrun 5km**

|      |               |       |
|------|---------------|-------|
| 19th | Rod Zammit    | 23:55 |
| 51st | Carol Adams   | 27:08 |
| 56th | Wayne Thurlow | 28:36 |

### **18-8-18 Parramatta parkrun 5km**

|       |                  |       |
|-------|------------------|-------|
| 134th | Terry Rose       | 28:30 |
| 213th | Michael Christie | 34:11 |
| 249th | Andrew Free      | 39:56 |

### **18-8-18 Greenway parkrun 5km**

|      |              |       |
|------|--------------|-------|
| 47th | Michael Free | 23:32 |
|------|--------------|-------|

### **18-8-18 The Ponds parkrun 5km**

|       |                  |       |
|-------|------------------|-------|
| 6th   | Matt Modini      | 20:00 |
| 113th | Steve Williams   | 26:04 |
| 119th | Greg Sargeant    | 26:35 |
| 180th | Claudio Corvalan | 28:44 |
| 265th | Laura Corvalan   | 33:05 |

### **18-8-18 Picton parkrun 5km**

|      |                |       |
|------|----------------|-------|
| 41st | Steve Oldridge | 22:55 |
|------|----------------|-------|

### **18-8-18 Rhodes parkrun 5km**

|      |            |       |
|------|------------|-------|
| 41st | Lisa Grant | 21:52 |
|------|------------|-------|

### **18-8-18 Wanstead Flats (UK) parkrun 5km**

|       |             |       |
|-------|-------------|-------|
| 117th | Carly Eager | 28:58 |
|-------|-------------|-------|

### **19-8-18 Mudgee Running Festival**

#### **Pieter Van Gent/Lowe Wines Half Marathon**

|      |                |         |
|------|----------------|---------|
| 89th | Stephen Mifsud | 1:58:00 |
|------|----------------|---------|

### **19-8-18 NSW Masters Pre-Departure Meet Campbelltown**

#### **Mixed Hammer Throw**

|      |                |        |
|------|----------------|--------|
| 14th | Raminder Singh | 22.83m |
|------|----------------|--------|

#### **Mixed Shot Put**

|      |                |       |
|------|----------------|-------|
| 12th | Raminder Singh | 7.85m |
|------|----------------|-------|

#### **Mixed Weight Throw**

|     |                |       |
|-----|----------------|-------|
| 9th | Raminder Singh | 8.20m |
|-----|----------------|-------|

**25-8-18 Parramatta parkrun 5km**

|       |                  |                    |
|-------|------------------|--------------------|
| 90th  | Stephen Parkins  | 25:04              |
| 106th | Terry Rose       | 27:44              |
| 112th | Andrew Free      | 28:29              |
| 226th | Michael Christie | 58:51(tail walker) |

**25-8-18 Rooty Hill parkrun 5km**

|      |                |                |
|------|----------------|----------------|
| 8th  | David Otte     | 22:34(new pb)  |
| 9th  | Rod Zammit     | 22:35          |
| 26th | Chloe Grogan   | 25:23 (new pb) |
| 29th | Michael Grogan | 25:53          |
| 31st | Greg Sargeant  | 26:15          |
| 49th | Mischelle Otte | 29:41          |
| 52nd | Wayne Thurlow  | 30:39          |

**25-8-18 The Ponds parkrun 5km**

|       |                    |       |
|-------|--------------------|-------|
| 3rd   | Michael Kammerer   | 18:43 |
| 7th   | Matt Modini        | 19:31 |
| 50th  | Adam Etherington   | 22:26 |
| 124th | Steve Williams     | 25:26 |
| 132nd | Cristina Sotomayor | 25:42 |
| 293rd | Karen Clark        | 32:30 |

**25-8-18 Willoughby parkrun 5km**

|      |            |       |
|------|------------|-------|
| 23rd | Lisa Grant | 22:06 |
|------|------------|-------|

**25-8-18 North Sydney parkrun 5km**

|      |              |       |
|------|--------------|-------|
| 35th | Michael Free | 24:43 |
|------|--------------|-------|

**25-8-18 Campbelltown parkrun 5km**

|      |                |       |
|------|----------------|-------|
| 27th | Steve Oldridge | 23:11 |
|------|----------------|-------|

**25-8-18 Wanstead Flats (UK) parkrun 5km**

|      |             |                |
|------|-------------|----------------|
| 71st | Carly Eager | 26:45 (new pb) |
|------|-------------|----------------|

**26-8-18 Sydney Half and Greater Bank Fun Run Sydney Olympic Park****Half Marathon- Men**

|      |                 |            |
|------|-----------------|------------|
| 26th | Geoff Sheargold | 1:19:00.80 |
|------|-----------------|------------|

**Fun Run 7km- Men**

|     |                |          |
|-----|----------------|----------|
| 7th | Nicholas Hanna | 28:02:65 |
|-----|----------------|----------|

## **26-8-18 NSW Throwers Club Greystanes**

### **Women's Shot Put U16**

2nd Teagan Neich 11.27m

### **Women's Discus U16**

3rd Teagan Neich 30.59m

### **Women's Hammer U 16**

1st Teagan Neich 51.17m

### **Men's Hammer U18**

1st Brendon Neich 57.08m

Michael Christie (GAP)