

February 2018 'Don't be afraid to give up the good to go for the great'

Through a very hot month, Girraween's athletes certainly lived up to the headline giving it their best shot in a wide range of events in conditions that at times challenged even the great athletes. Nevertheless, everyone hung in there and that's all that could be asked. There were a number of highlights throughout February.

A number of Girraween athletes competed at the NSW Junior Championships at SOPAC in February. Vithussa Srisivaeaswaran, Nathan Moffitt, Lauren Tisdale, Teagan Neich, Brendon Neich and Pui Yui Wong all competed at these Championships admirably in what was a very competitive meet across all events and are to be congratulated for their efforts. Lauren, Teagan and Brendon came away with medals in their respective events. This was a fine effort by these athletes as it's never easy to medal at the State level and these three athletes have continued their fine form through the 2017-2018 summer season.

Brad Milosevic continues his workload of training and competing and he ran in the iconic Bridge 10km in Hobart and gained a well-deserved third place in a very high class field. 2018 continues to be a year of consolidation for him and we wish him well in his ongoing endeavours over the longer distances leading into the winter season.

Parkrun continued its popularity amongst Girraween athletes despite the many warm Saturdays. There were always solid numbers over many parkrun sites throughout February with a number of highlights. Steve Oldridge, David Otte, Adam Etherington, Lisa Grant and Chloe Grogan all obtained new pb's, which in itself is quite remarkable given the conditions at times these events were held in. Congratulations to all concerned. We also saw Steve Oldridge and City to Surf legend, Keith Mayhew reach the fifty parkrun milestone as well, which is a fine achievement. Well done to Steve and Keith. There were also a number of noteworthy efforts by various Girraween luminaries throughout February including Geoff Sheargold, Graham Sheargold, Nicholas Hanna, Stephen Parkins, David Perry, Wayne Thurlow, Rod Zammit, Maisie Stone and Terry Rose who continue to run well every time they show up to the parkrun start-line. They set a great example to their colleagues.

The Australian Athletics Championships were held up at the Gold Coast and Girraween's Taylor Doyle competed in the both the 100m and Long Jump at these Championships. Given Taylor's interrupted preparation due to ill health and injury it was a gutsy effort by Taylor as she strives for selection in the Australian Commonwealth Games team for the 2018 Commonwealth Games on the Gold Coast. Everyone at Girraween wishes her well and there will be further news on Taylor's progress in the March edition of this newsletter.

Once again, SMC was held on the bike paths around Greystanes and Merrylands .There was a small but enthusiastic contingent of Girraween athletes taking part in these events. It was great to see one of the old time Girraween stalwarts in Suresh Raju tackling the half marathon course in his indomitable style. Rod Zammit had another fine run in the 10km event while Jason and Steve Oldridge had top class run's in the 5km event showing their fine form of late.

The Throwers Club of NSW held an AA permit meet at Greystanes at the end of February and Teagan and Brendon Neich were spotted out there competing and continuing their fine 2017-2018 season. Both throwers continue to compete at a high standard and represent Girraween well and are to be congratulated for their ongoing excellence in their chosen disciplines.

We also had a number of athletes competing well in other events in February. Both Steve Mifsud and Nicholas Hanna ran in the Sun Run early in the month putting in fine performances while Steve also ran well in a Half Marathon in Malta at the end of the months. Both Taylor Doyle and Lauren Tisdale also took the opportunity to compete in a Bankstown All Comers and Invitational meet at the end of the month and gained much valued completion in their respective events.

GAP would also like to mention the efforts of our dual athletes and athletes who are regulars on a Saturday afternoon at C V Kelly Park during the summer. A number of these athletes competed in their respective Little A's regional championships in February and for those readers who are interested the results can be found on the Little A's website at www.lansw.com.au. You just need to pop onto competitions on the website and you can look at the Region 6 results from the meet at held at Blacktown and Region 7 results for the meet held at The Crest at Bankstown. There were a number of fine performances by Girraween related athletes at both venues and it is certainly worth a look. We would like to congratulate all these athletes on their efforts at these championships.

In closing it has been another remarkable month of competition and once again it has been a privilege to cover the amazing efforts of all our athletes. Results follow:

3-2-18 Parramatta parkrun 5km

67th	Graham Sheargold	24:32
69th	Stephen Parkins	24:43
124th	Terry Rose	28:11
155th	Keith Mayhew	31:16
235th	Michael Christie	50:01 (walker)

3-2-18 The Ponds parkrun 5km

253rd Karen Short 32:13
488th Maisie Stone 1:05:19 (walker)

3-2-18 Rooty Hill parkrun 5km

9th Rod Zammit 21:06
14th David Perry 22:34
39th Wayne Thurlow 27:07
57th Hayley Zammit 30:42
96th Mischelle Otte 35:18

3-2-18 Greenway parkrun 5km

26th Matt Modini 20:46

3-2-18 Panania parkrun 5km

12th Steve Oldridge 24:09

3-2-18 Sun Run Dee Why- Manly

10km

378th Steve Mifsud 45:52

7km

13th Nicholas Hanna 28:24

9-2-18-11-2-18 NSW Junior Championships SOPAC

9-2-18

Women's 400m U15 (Prelims)

Heat 2

6th Vithussa Srisivaeaswaran 63.15

Men's 400m U18 (Prelims)

Heat 1

7th Nathan Moffitt 59.03

Women's Pole Vault U16

2nd Lauren Tisdale 2.20m

Women's Hammer Throw U16

2nd Teagan Neich 45.70m

10-2-18

Men's Hammer Throw U18

1st Brendon Neich 56.96m

5th Nathan Moffitt 17.94m

Women's Discus U16

3rd Teagan Neich 33.95m

Women's Long Jump U15

7th	Pui Yiu Wong	4.79m
12th	Vithussa Srisivaeaswaran	4.30m

Women's 90m Hurdles 76.2cm U15

10th	Pui Yiu Wong	16.40
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11-2-18**Women's Shot Put U16**

1st	Teagan Neich	12.00m
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Men's Shot Put U18

9th	Brendon Neich	12.70m
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Women's Triple Jump U15

6th	Pui Yiu Wong	10.21m
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Women's 400m Final U15

9th	Vithussa Srisivaeaswaran	63.21
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10-2-18 Rooty Hill parkrun 5km

4th	Nicholas Hanna	20:08
8th	Rod Zammit	21:01
69th	Chloe Grogan	29:00
71st	Wayne Thurlow	29:01
76th	Hayley Zammit	29:38
89th	Keith Mayhew	31:26

10-2-18 Rhodes parkrun 5km

18th	Lisa Grant	21:39
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10-2-18 Panania parkrun 5km

9th	Steve Oldridge	23:50 (new pb) (50th pr)
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10-2-18 Huskisson parkrun 5km

104th	David Otte	30:38 (new pb)
112th	Mischelle Otte	31:17

10-2-18 The Ponds parkrun 5km

30th	Adam Etherington	22:05(new pb)
155th	Maisie Stone	27:42

10-2-18 Parramatta parkrun 5km

76th	Steve Parkins	24:39
92nd	Graham Sheargold	25:30
141st	Terry Rose	28:55
157th	Andrew Free	30:18
202nd	Michael Christie	33:52

15-2-18-18-2-18 Australian Athletics Championships Carrara Stadium Gold Coast

15-2-18 Women's Long Jump Ambulant

4th	Taylor Doyle	3.36m
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17-2-18

Women's 100m Ambulant (Prelims)

Heat 1

4th	Taylor Doyle	14.45
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17-2-18 Rooty Hill parkrun 5km

17th	David Perry	22:32
37th	Michael Grogan	25:42
39th	Rod Zammit	25:56
80th	David Otte	32:14
81st	Mischelle Otte	32:20
82nd	Wayne Thurlow	32:21

17-2-18 The Ponds parkrun 5km

430th	Karen Short	43:24
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17-2-18 Rhodes parkrun 5km

20th	Lisa Grant	20:40
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17-2-18 Panania parkrun 5km

18th	Steve Oldridge	24:31
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17-2-18 Parramatta parkrun 5km

2nd	Geoff Sheargold	17:45
70th	Graham Sheargold	24:33
73rd	Stephen Parkins	24:45
129th	Terry Rose	28:14
144th	Andrew Free	29:23
166th	Keith Mayhew	31:24 (50th pr)
178th	Michael Christie	32:29

18-2-18 Bank of US Run the Bridge Hobart

10km

3rd Brad Milosevic 29:24

SMC Greystanes

Half Marathon

52nd Suresh Raju 2:27:51.6

10km

12th Rod Zammit 46:27.01

40th David Otte 1:07:41.5

42nd Mischelle Otte 1:11:52.2

5km

4th Jason Oldridge 22:08.2

9th Steve Oldridge 24:48.8

21st Terry Rose 29:37.2

24th Andrew Free 31:00.4

25th Michael Christie 32:05.1

24-2-18 Rhodes parkrun 5km

20th Lisa Grant 20:38 (new pb)

24-2-18 Rooty Hill parkrun 5km

7th Nicholas Hanna 20:00

21st David Perry 23:09

45th Chloe Grogan 27:02(new pb)

50th Michael Grogan 27:31

53rd Steve Williams 28:13

24-2-18 Parramatta parkrun5km

69th Stephen Parkins 24:42

127th Terry Rose 28:10

154th Michael Christie 30:45

163rd Andrew Free 31:07

24-2-18 Southwark (UK) parkrun 5km

176th Carly Eager 27:11

24-2-18 Bankstown All Comers -The Crest Bankstown

Women's Long Jump 4.20m Open

10th Taylor Doyle 4.20m

24-2-18 Bankstown Invitational -The Crest Bankstown

Women's Pole Vault 2.20 start Open

5th Lauren Tisdale 2.35m

25-2-18 Vodafone Malta Marathon

Half Marathon

503rd Stephen Mifsud 1:40:53

25-2-18 Throwers Club of NSW AA Permit Meet Greystanes

Women's Hammer Throw U16

3rd Teagan Neich 45.55m

Men's Hammer Throw U18

1st Brendon Neich 55.41m

Women's Discus U16

1st Teagan Neich 29.95m

Women's Shot Put U16

1st Teagan Neich 12.01m

Michael Christie (GAP)