

January 2018- Girraween's athletes start the New Year in fine form

The beginning of 2018 saw a number of fine performances from Girraween's athletes in conditions that were at times quite uncomfortable with heat and high humidity.

Nevertheless, as can be seen from the results below, all members and friends of Girraween who competed throughout January were most enthusiastic and this was demonstrated by a number of fine performances. There were a number of highlights.

After his fine Zatopek 10 run last month, Brad Milosevic tackled the 5000m at the Hunter Classic held at Glendale in Newcastle and ran a fine race, running a new pb for the distance, finishing a narrow second behind UTS North's Ed Goddard. This was Brad's second pb in a little over a month, illustrating that he is in fine form presently leading into a busy 2018 and running at a most consistent level and continuing to reach new levels of excellence on the track.

The final Treloar Shield meet for the 2017-2018 season took place in early January at SOPAC and there was a healthy Girraween presence at this meet. Rob Giesler, Will Hickling, Michael Grogan, Nathan Moffitt, Lauren Tisdale, Brendon Neich and Teagan Neich represented Girraween at this meet, once again participating in a high standard competition. It is exciting that this time of year saw such a healthy number of athletes competing and all Girraween's representatives deserve great credit for giving it their best shot in challenging conditions.

Later in the month, Rob Giesler, Teagan Neich and Brendon Neich were spotted at the Campbelltown Night of Sprints where there was also a high level Hammer Throw competition held. All three athletes acquitted themselves very well in what was surprisingly un-seasonally cool conditions for this time of year and were pleased with their performances from all accounts.

The parkrun monolith continued to motor along in January and Girraween representatives were spotted far and wide tackling a variety of courses in at times challenging conditions. There were a number of highlights. Lisa Grant and Adam Etherington both achieved new pb's, a fine effort by these two runners. At the end of the month, Nicholas Hanna was the first runner across the line at the Rooty Hill parkrun with a most consistent effort. Well done Nicholas. Once a year, on New Year's Day, runners at parkrun if they choose, can run two parkruns and are credited with two times. It is the only time this is permitted in a calendar year under parkrun rules.

Remarkably, on New Year's Day, the following athletes took advantage of this and tackled the two parkrun's at Rooty Hill and Parramatta respectively within two hours of each other in hot conditions. Lisa Grant, Steve Oldridge, David Perry, Wayne Thurlow, Michael Grogan, Terry Rose, Michael Christie and Keith Mayhew either were mad or showed a great love for the sport, a little of both I imagine in competing in these two events. A special mention also to Mischelle Otte who not only helped organise the Rooty Hill edition of parkrun that day but still managed to make it to Parramatta and run most consistently into the bargain. Wayne Thurlow was also spotted not only running and taking photos at the Rooty Hill edition, but he also sets up their course as well and then popped down to Parramatta for another run. Well done to all runners.

A small Girraween contingent tackled the Sydney Marathon Clinic on the bike-paths around Greystanes in January, There were some solid efforts in particular from Carol Adams, Rod Zammit and Steve Oldridge in their respective events and these three runners are continuing to have a stellar SMC season, with fine performances each month on the challenging layout.

January had been a challenging month, yet each and every athlete was out there giving of their best and for that they deserve our admiration. One also has to remember that the Saturday afternoon All Comers meet's continue to tick along down at C V Kelly Park Girraween over the summer and we must not forget the wonderful efforts of our athletes who compete their each Saturday, thus ensuring the ongoing viability of this important competition. Thank you to each and every one who gives their best. Results follow:

1-1-18 Curl Curl parkrun 5km

61st Michael Free 24:37

1-1-18 Rooty Hill parkrun 5km

19th Lisa Grant 21:17 (new pb)

27th Rod Zammit 22:20

47th Steve Oldridge 24:09

49th David Perry 24:35

66th Wayne Thurlow 26:02

82nd Michael Grogan 27:33

103rd Terry Rose 29:13

118th Michael Christie 30:39

171st Keith Mayhew 38:12

1-1-18 Parramatta parkrun 5km

| | | |
|-------|------------------|-------|
| 43rd | Lisa Grant | 22:55 |
| 59th | Wayne Thurlow | 24:12 |
| 84th | David Perry | 26:03 |
| 100th | Steve Oldridge | 27:31 |
| 121st | Michael Grogan | 29:49 |
| 149th | Andrew Free | 32:01 |
| 152nd | Mischelle Otte | 32:21 |
| 159th | Michael Christie | 33:41 |
| 191st | Terry Rose | 36:45 |
| 229th | Keith Mayhew | 45:24 |

6-1-18 Rooty Hill parkrun 5km

| | | |
|-------|----------------|----------------|
| 6th | Rod Zammit | 21:54 |
| 15th | Danny Martins | 23:50 |
| 55th | David Otte | 32:56 |
| 89th | Mischelle Otte | 41:50 |
| 126th | Hayley Zammit | 55:30 (walker) |

6-1-18 The Ponds parkrun 5km

| | | |
|-------|------------------|----------------|
| 25th | Adam Etherington | 22:11 (new pb) |
| 262nd | Karen Short | 33:32 |

6-1-18 Rhodes parkrun 5km

| | | |
|------|------------|-------|
| 23rd | Lisa Grant | 21:08 |
|------|------------|-------|

6-1-18 Campbelltown parkrun 5km

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|------|----------------|-------|
| 39th | Steve Oldridge | 24:26 |
|------|----------------|-------|

6-1-18 Penrith Lakes parkrun 5km

| | | |
|------|--------------|-------|
| 72nd | Robert Eager | 30:19 |
|------|--------------|-------|

6-1-18 St Peters parkrun 5km

| | | |
|------|-------------|-------|
| 35th | Matt Modini | 21:08 |
|------|-------------|-------|

6-1-18 Albury- Wodonga parkrun 5km

| | | |
|------|--------------|-------|
| 55th | Michael Free | 24:34 |
|------|--------------|-------|

6-1-18 Parramatta parkrun 5km

| | | |
|-------|------------------|-------|
| 62nd | Graham Sheargold | 25:40 |
| 105th | Terry Rose | 29:08 |
| 134th | Andrew Free | 31:20 |
| 146th | Keith Mayhew | 32:18 |
| 151st | Michael Christie | 32:34 |

6-1-18 Treloar Shield Round 7 SOPAC

Men's 100m Open

| | | |
|------|----------------|-------|
| 79th | Rob Giesler | 13.76 |
| 86th | Will Hickling | 14.76 |
| 88th | Michael Grogan | 15.25 |

Men's 1500m Open

| | | |
|------|----------------|---------|
| 28th | Nathan Moffitt | 5:17:34 |
|------|----------------|---------|

Men's 400m Open

| | | |
|------|-------------|---------|
| 40th | Rob Giesler | 1:11.95 |
|------|-------------|---------|

Men's 200m Open

| | | |
|------|----------------|-------|
| 43rd | Nathan Moffitt | 26.43 |
| 52nd | Rob Giesler | 29.40 |
| 56th | Michael Grogan | 31.23 |
| 60th | Will Hickling | 32.76 |

Women's Pole Vault 1.8m start

| | | |
|---|----------------|----|
| - | Lauren Tisdale | NH |
|---|----------------|----|

Men's Hammer Throw 50m+ Open

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|-----|---------------|--------|
| 4th | Brendon Neich | 56.22m |
|-----|---------------|--------|

Women's Hammer Throw 3kg

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|-----|---------------|--------|
| 1st | Brendon Neich | 41.80m |
|-----|---------------|--------|

Men's Triple Jump 1.2m start

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|-----|----------------|-------|
| 8th | Nathan Moffitt | 1.20m |
|-----|----------------|-------|

Men's Discus 1.5kg

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|-----|---------------|--------|
| 3rd | Brendon Neich | 40.31m |
|-----|---------------|--------|

Women's Discus 1kg

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|------|--------------|--------|
| 11th | Teagan Neich | 31.05m |
|------|--------------|--------|

13-1-18 Parramatta parkrun 5km

| | | |
|-------|-----------------|-------|
| 73rd | Stephen Parkins | 25:16 |
| 158th | Andrew Free | 31:26 |
| 182nd | Terry Rose | 33:24 |
| 247th | Sharon Free | 40:58 |

13-1-18 Huskisson parkrun 5km

| | | |
|-------|------------------|-------|
| 190th | Mischelle Otte | 31:09 |
| 210th | David Otte | 32:41 |
| 217th | Michael Christie | 33:02 |

13-1-18 The Ponds parkrun 5km

| | | |
|-------|------------------|-------|
| 35th | Adam Etherington | 22:44 |
| 170th | Maisie Stone | 29:16 |
| 324th | Karen Short | 36:03 |
| 326th | Amelia Clark | 36:04 |

13-1-18 Rhodes parkrun 5km

| | | |
|------|------------|-------|
| 24th | Lisa Grant | 21:20 |
|------|------------|-------|

13-1-18 The Entrance parkrun 5km

| | | |
|------|--------------|-------|
| 60th | Robert Eager | 29:48 |
|------|--------------|-------|

13-1-18 Menai parkrun 5km

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|------|----------------|-------|
| 32nd | Steve Oldridge | 25:48 |
|------|----------------|-------|

13-1-18 Rooty Hill parkrun 5km

| | | |
|------|---------------|-------|
| 3rd | Rod Zammit | 21:17 |
| 22nd | Wayne Thurlow | 24:41 |
| 42nd | Carol Adams | 27:57 |
| 76th | Keith Mayhew | 34:53 |

16-1-18 Campbelltown Night of Sprints Campbelltown Athletics Centre

Men's 60m Open

| | | |
|------|-------------|------|
| 27th | Rob Giesler | 9.24 |
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Men's 100m Open

| | | |
|------|-------------|-------|
| 39th | Rob Giesler | 14.57 |
|------|-------------|-------|

Women's Hammer 3kg

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|-----|--------------|--------|
| 3rd | Teagan Neich | 44.89m |
|-----|--------------|--------|

Men's Hammer Throw 5kg

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|-----|---------------|--------|
| 1st | Brendon Neich | 57.01m |
|-----|---------------|--------|

20-1-18 The Ponds parkrun 5km

| | | |
|-------|--------------|------------------|
| 215th | Maisie Stone | 31:36 |
| 424th | Amelia Clark | 46:28 |
| 514th | Karen Short | 1:00.02 (walker) |

20-1-18 Willoughby parkrun 5km

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|------|------------|-------|
| 20th | Lisa Grant | 21:28 |
|------|------------|-------|

20-1-18 Rooty Hill parkrun 5km

| | | |
|------|----------------|-------|
| 12th | Rod Zammit | 21:33 |
| 22nd | David Perry | 22:57 |
| 45th | Wayne Thurlow | 26:22 |
| 63rd | Chloe Grogan | 28:42 |
| 65th | Michael Grogan | 28:51 |

66th David Otte 29:13

68th Mischelle Otte 29:55

20-1-18 Parramatta parkrun 5km

63rd Stephen Parkins 24:16

192nd Andrew Free 30:11

169th Keith Mayhew 31:48

176th Michael Christie 32:20

226th Sharon Free 37:59

283rd Terry Rose 1:01:02 (tail walker)

20-1-18 Penrith Lakes parkrun 5km

34th Robert Eager 28:33

20-1-18 Galston parkrun 5km

7th Adam Etherington 22:24

20-1-18 Hunter Track Classic Glendale Newcastle

Men's 5000m Open

2nd Brad Milosevic 14:08.99 (new pb)

21-1-18 SMC Greystanes

Half Marathon

42nd Carol Adams 2:27:21.1

10km

13th Rod Zammit 46:58.5

26th Michael Grogan 57:48.0

37th Mischelle Otte 1:10:12.9

38th David Otte 1:10:16.0

5km

17th Steve Oldridge 27:45.1

23rd Andrew Free 31:01.3

26th Michael Christie 32:21.5

42nd Ed Bratovic 45:42.8 (walker)

27-1-18 Parramatta parkrun 5km

14th Geoff Sheargold 20:05

89th Graham Sheargold 26:34

152nd Andrew Free 31:41

181st Terry Rose 35:20

209th Keith Mayhew 37:34

278th Michael Christie 1:00:01 (tail walker)

27-1-18 Rooty Hill parkrun 5km

1st Nicholas Hanna 19:52
7th Rod Zammit 21:50

27-1-18 The Ponds parkrun 5km

266th Amelia Clark 36:41

27-1-18 Reynella East (South Australia) parkrun 5km

27th Mischelle Otte 31:29
28th David Otte 31:30

27-1-18 Rhodes parkrun 5km

26th Lisa Grant 21:00

27-1-18 San Remo parkrun 5km

60th Steve Parkins 24:44

Michael Christie (GAP)

