

February 2019 – The ordinary becomes the extraordinary! A month of athletic excellence!

Week in week out, month in month out, Girraween Athletic Club's athletes keep performing and at first appearance we may think that it was just another day at the office. However once again, the month of February saw Girraween's athletes rise to the occasion over a whole series of events in what were at times very warm conditions for athletics.

The NSW Junior Championships were held at SOPAC in February and there were a healthy number of Girraween athletes at these championships. Jessie Wong, Vithussa Srisivaeaswaran, Lauren Tisdale, Lojana Vijeyratnam, Cristobel Corvalan, Neelesh Shrestha and Kajanan Srisivaeaswaran all represented the club in a number of events and are to be congratulated on their efforts. A special mention to Jessie and Neelesh who picked up well earned medals. The standard of these championships right across the board was very high and all Girraween's athletes deserve praise for participating in these championships as these are the type of events that up and coming athletes need to compete in to keep improving.

At the other end of the spectrum, the NSW Masters Championships were also held in February. Dominic Carr, Geoff Sheargold, Claudio Corvalan, Nicholas Hanna, Ashley Micallef and Steve Oldridge competed in a number of events. Dominic, Steve O, Geoff and Ashley picked up medals and are to be congratulated on that. Special mention to Dominic and Claudio, who both had very busy programs and competed marvellously well across all their events. It was a weekend to remember for all athletes.

February was also another busy month for the Girraween contingent running at parkrun most Saturdays. Congratulations to Ashley Micallef, Michael Grogan, Tipene Robinson, Michael Free and Tony Coles for the efforts in gaining new pb's with some very slick times. There were a number of milestones reached in February with Lisa Grant hitting the 150 parkrun milestone and Terry Rose and Michael Christie hitting the amazing 300 parkrun mark on successive weekends, which both runners were happy about. It would be very remiss not to mention young Mikayla Robinson who made her parkrun debut at Rooty Hill in February towards the end of the month. It was an amazing effort by Mikayla and we hope she ticks off a few more of these events as the year progresses and she continues to enjoy it. There was also the monthly Girraween Athletics Club parkrun day held at Parramatta at the end of the month and there were nineteen representatives from Girraween at that event. It was wonderful to see so many Girraween athletes out on the course in their royal blue and white strip. It was also nice to see Carly Eager at these parkrun's at the end of February, out from England visiting family and all her friends at Girraween were happy to see her.

SMC once again was held at Greystanes in February and there was some very fine running. Steve Mifsud was his normal consistent self in the Half Marathon, while both Tony Coles and Rod Zammit were to the fore in the 10km event. Jason Oldridge, Steve Oldridge and Michael

Grogan all ran very fine times in the 5km event and to-date have had a great season at SMC. A special mention to both Cooper Foley and Hayley Zammit who once again had fine runs in the 5km event. It was also Michael Christie's 150th consecutive 5km event at SMC stretching back a number of years and after receiving congratulations from Steve Mifsud who made some very humorous remarks which caused both runners to have a great laugh, he was relieved that the event had been concluded.

There were also a number of fine efforts in other events throughout February that were noteworthy. Lisa Grant ran very well in the Sun Run held along the Northern Beaches in early February on a very testing course. Steve Mifsud also had a fine run in the Sydney Striders 10km around Homebush in early February. Both Lauren Tisdale and Vithussa Srisivaeaswaran also competed well at the ANSW All Comers meet in early February against strong competition. There also was a very gutsy effort by Graham Sheargold in completing the Kyoto Marathon in Japan in February on a very cold Sunday in Japan's winter, which of course was in stark contrast to the conditions back home.

In early February Girraween Athletics Club had the pleasure of hosting one of the Twilight Summer Series runs around the extremities of C V Kelly Park and over thirty runners turned up to tackle the challenging 5km course. Thank you to Girraween's members who assisted with setting up the course as well as providing refreshments which were very well received. It was a successful evening and it is likely that the club will look at hosting such an event next summer.

February 2019 had been another remarkable month in terms of Girraween's athletes performing the extraordinary once again. All Girraween's athletes should be proud of their achievements. Results follow:

2-2-19 The Ponds parkrun 5km

23rd	Adam Etherington	21:55
170th	Karen Clark	29:44

2-2-19 Cowpasture Reserve - Camden parkrun 5km

20th	Steve Oldridge	23:19
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2-2-19 Rooty Hill parkrun 5km

25th	Rod Zammit	24:39
44th	Greg Sargeant	26:41
55th	Carol Adams	28:09
56th	Wayne Thurlow	28:26

2-2-19 Willoughby parkrun 5km

87th	Michael Free	26:38
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2-2-19 Parramatta parkrun 5km

3rd	Geoff Sheargold	18:00
74th	Stephen Parkins	26:23

82nd	Terry Rose	27:11
86th	Andrew Free	27:33
100th	Shane Clubb	28:58
104th	Michael Christie	29:46
121st	Graham Sheargold	31:33
157th	Keith Mayhew	36:34

2-2-19 Tambourine Mountain (Qld) parkrun 5km

14th	David Otte	26:22
40th	Mischelle Otte	34:03

2-2-19 Wanstead Flats (UK) parkrun 5km

73rd	Carly Eager	28:09
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2-2-19 Sun Run Dee Why- Manly

10km

332nd	Lisa Grant	45:29
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2-2-19 Sydney Striders 10km Homebush

103rd	Stephen Mifsud	51:22.5
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2-2-19 ANSW All Comers Meet the Crest Bankstown

Mixed Pole Vault 1.80m

1st	Lauren Tisdale	2.80m
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Women's Open 200m

39th	Vithussa Srisivaeaswaran	28.11
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9-2-19 Rooty Hill parkrun 5km

25th	David Perry	23:26
47th	Greg Sargeant	26:16
69th	Wayne Thurlow	29:32
92nd	Ashley Micallef	31:44 (new pb)

9-2-19 The Ponds parkrun 5km

24th	Adam Etherington	22:10
132nd	Cristina Sotomayor	26:59

9-2-19 Parramatta parkrun 5km

25th	Shane Clubb	22:06
71st	Stephen Parkins	25:49
105th	Terry Rose	27:11
119th	Andrew Free	28:04
177th	Michael Christie	31:08

9-2-19 Picton parkrun 5km

6th	Steve Oldridge	22:49
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8-2-18- 10-2-19 NSW Masters Championships SOPAC

9-2-19

Men's 400m Hurdles 91.4cm 45-49

1st Dominic Carr 76.59

Men's 1500m 30-34

3rd Geoff Sheargold 4:35.73

Men's 100m 45-49

6th Claudio Corvalan 13.19

Men's 110m Hurdles 99.1cm 45-49

3rd Dominic Carr 22.44

Men's 400m 45-49

8th Dominic Carr 65.47

Men's Shot Put 45-49

4th Claudio Corvalan 9.41m

Men's Long Jump 45-49

4th Dominic Carr 4.74m

Women's Discus 1kg 30-34

3rd Ashley Micallef 19.90m

10-2-19

Men's 5000m 30-34

3rd Geoff Sheargold 17:39.44

dnf Nicholas Hanna

Men's 5000m 50-54

3rd Steve Oldridge 22:46.32

Men's 60m 45-49

5th Claudio Corvalan 8.51

Men's 60m 50-54

4th Steve Oldridge 9.09

Men's 200m 45-49

6th Claudio Corvalan 33.26

Men's High Jump 45-49

4th Dominic Carr 1.35m

Men's Triple Jump 45-49

2nd Dominic Carr 10.63m

Men's Javelin Throw 45-49

4th Claudio Corvalan 29.08m

16-2-19 Rooty Hill parkrun 5km

3rd Nicholas Hanna 19:28

21st David Perry 23:05

26th David Otte 23:43

28th Michael Grogan 24:00 (new pb)

46th	Greg Sargeant	25:51
52nd	Tipene Robinson	26:30 (new pb)
71st	Wayne Thurlow	28:27

16-2-19 Parramatta parkrun 5km

12th	Geoff Sheargold	19:18
84th	Stephen Parkins	25:09
146th	Andrew Free	28:34
168th	Carly Eager	29:44
210th	Michael Christie	32:30
268th	Rob Eager	37:24 (late start)
320th	Shane Clubb	46:21 (walker)
335th	Terry Rose	54:34 (300th pr & tail walker)

16-2-19 Cowpasture Reserve – Camden parkrun 5km

13th	Steve Oldridge	22:49
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16-2-19 The Ponds parkrun 5km

110th	Cristina Sotomayor	27:09
534th	Karen Clark	1:01:56 (walker)

16-2-19 Rhodes parkrun 5km

30th	Lisa Grant	21:38 (150th pr)
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16-2-19 Tamworth parkrun 5km

43rd	Michael Free	25:46
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16-2-19 Dubbo parkrun 5km

286th	Keith Mayhew	49:28
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17-2-19 SMC Greystanes

Half Marathon

44th	Stephen Mifsud	1:58:43.0
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10km

8th	Tony Coles	41:54.6
15th	Rod Zammit	47:20.4
28th	Shane Clubb	56:07.6
39th	Terry Rose	1:02:22.5

5km

2nd	Jason Oldridge	21:42.5
7th	Steve Oldridge	24:12.1
8th	Michael Grogan	24:26.0
15th	Cooper Foley	28:46.6
21st	Hayley Zammit	30:41.4
22nd	Michael Christie	30:42.0
25th	Chris Foley	34:32.7

17-2-19 Kyoto Marathon, Kyoto, Japan

Graham Sheargold 5:25:00 (approx.nb official results not available at time of going to press)

22-2-19-24-2-19 NSW Junior & Para Junior Championships SOPAC

22-4-19

Women's 90m Hurdles 76.2cm U16

8th Jessie Wong 13.99

Women's 400m Preliminaries U16

11th Vithussa Srisivaeaswaran 62.98

Women's Long Jump U16

3rd Jessie Wong 5.06m

5th Vithussa Srisivaeaswaran 4.91m

23-2-19

Women's Pole Vault U17

- Lauren Tisdale NH

Men's Javelin U15

6th Cristobel Corvalan 25.59m

Men's Triple Jump U14

3rd Neelesh Shrestha 10.49m

Men's Shot Put U14

6th Kajanan Srisivaeaswaran 9.05m

Women's 1500m U16

8th Lojana Vijeyratnam 5:44.0

24-2-19

Men's Discus U14

9th Kajanan Srisivaeaswaran 23.09m

Men's 200m Preliminaries U14

7th Neelesh Shrestha 26.88

Women's 200m Preliminaries U16

17th Vithussa Srisivaeaswaran 27.76

Men's 200m Final U14

7th Neelesh Shrestha 26.54

Women's 200m Hurdles U16

5th Jessie Wong 30.34

23-2-19 Cowpasture Reserve- Camden parkrun 5km

27th Steve Oldridge 23:08

23-2-19 Tamworth parkrun 5km

44th Michael Free 25:17 (new pb)

23-2-19 Rooty Hill parkrun 5km

21st	David Otte	23:17
36th	Greg Sargeant	25:38
45th	Tipene Robinson	26:50
63rd	Mischelle Otte	28:21
164th	Ashley Micallef	54:18 (walker)
165th	Mikayla Robinson	54:19 (walker)

23-2-19 Parramatta parkrun 5km

7th	Geoff Sheargold	19:01
15th	Tony Coles	19:52(new pb)
25th	Lisa Grant	21:04
41st	Shane Clubb	22:18
50th	Wayne Thurlow	23:20
53rd	David Perry	23:23
89th	Stephen Parkins	25:31
94th	Carly Eager	25:41
106th	Terry Rose	26:26
116th	Rod Zammit	26:46
123rd	Chloe Grogan	27:14
124th	Michael Grogan	27:15
132nd	Kim Coles	27:26
178th	Graham Sheargold	29:14
180th	Rob Eager	29:16
183rd	Michael Christie	29:31(300th pr)
202nd	Katrina Russell	30:58
298th	Keith Mayhew	38:43
306th	Lynette Clark	40:15

Michael Christie (GAP)