

January 2019- Girraween's athletes may have felt the heat but saw the light with some wonderful performances!

January 2019 was a tough month to be doing athletics at any level. It was a month that saw a range of weather related records broken with day after day of incredible heat combined with a high level of humidity. Despite these barriers, all Girraween's athletes continued to give their best and there were a series of wonderful efforts across January.

In the Australian Cross Country selection trails held in the ACT at the end of January, Brad Milosevic finished in the top ten with another very solid performance. In one of the strongest fields in many a long year, filled with Australian Olympic, World Championship and Commonwealth Games representatives, Brad's effort to finish seventh was a very fine effort and illustrates that his training is continuing to go well ahead of his next marathon in the next couple of months. All at Girraween wish him well as he prepares for this race.

The Treloar Shield continued in January and two of Girraween's athletes in Neelish Shrestha and Rob Giesler were spotted at these events giving their best in what were warm conditions and competing admirably in strong fields. The Treloar Shield continues to be an important stepping stone for all our athletes and we wish our athletes well who continue to compete at these meets.

As the reader can see by a perusal of the January 2019 results, parkrun continued to play an important part in ensuring that Girraween's members, friends and supporters had the opportunity of a regular run or walk throughout the month and there were a number of highlights. Steve Oldridge, two and Tony Coles, David Otte, Mischelle Otte and Michael Christie with one each all obtained new pb's in January which they were happy with. The efforts in particular by Steve, Tony, David and Mischelle were most remarkable in obtaining these on Saturday's where the weather was incredibly warm. Karen Clark also reached a great milestone, clocking up her fiftieth parkrun in January, a fine achievement and we congratulate her on this. On New Year's Day, a number of Girraween's athletes in Tony, David O, Rod, Wayne, David P, Michael G, Michael C, Terry, Mischelle, Andrew and Steve O completed two parkrun's within a very brief timeframe, another remarkable effort given the challenging conditions. On Australia Day, a number of Girraween athletes participated in the Girraween parkrun event at the new Rouse Hill parkrun course and did a fine job completing this event on another hot morning. This is a challenging course within the environs of Rouse Hill Regional Park and will undoubtedly prove a little more popular later on in the year.

There was a small Girraween contingent who participated in the SMC series held at Greystanes in January. The effort of Steve Mifsud in the Half Marathon event, Tony Coles and Rod Zammit in the 10km race and Steve Oldridge, Chloe Grogan and Hayley Zammit in the 5km event were the highlights from a Girraween perspective, where all runners stuck to their task well.

Australia Day also saw Rod Zammit tackle the three hour solo event as part of the iconic Knapsack Lap Race around a 5km trail through the bush near Glenbrook in the Lower Blue Mountains. On a brutally hot morning, Rod's effort in completing five laps on this undulating course was a wonderful achievement given the circumstances and shows that his training is continuing to pay off for him.

January 2019 was a remarkable month and all Girraween's athletes deserve praise for giving their best in what were often extreme conditions. We must also not forget our athletes who continue to compete on a Saturday afternoon at C V Kelly Park, Girraween in the weekly All-Comers Meets held there throughout the summer. Conditions were not any easier there as well, yet Girraween's track and field athletes continued to adjust to the challenging conditions and gave their best when possible. Results follow:

1-1-19 Parramatta parkrun 5km

27th	Tony Coles	20:26 (new pb)
71st	David Otte	22:51 (new pb)
78th	Rod Zammit	23:05
92nd	Wayne Thurlow	23:45
123rd	David Perry	25:12
129th	Michael Grogan	25:38
210th	Andrew Free	29:18
213th	Mischelle Otte	29:29
232nd	Terry Rose	30:28
252nd	Michael Christie	31:23
312th	Keith Mayhew	38:59

1-1-19 Nepean parkrun 5km

60th	Steve Oldridge	25:09
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1-1-19 Curl Curl parkrun 5km

33rd	Lisa Grant	21:55
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1-1-19 Inverell parkrun 5km

25th	Graham Sheargold	28:47
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1-1-19 Rhodes parkrun 5km

190th	Andrew Free	30:44
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1-1-19 Rooty Hill parkrun 5km

10th	Tony Coles	20:43
11th	Nicholas Hanna	20:50
33rd	David Otte	23:54
39th	Steve Oldridge	24:29
40th	Rod Zammit	24:41

49th	David Perry	25:24
91st	Michael Grogan	29:37
97th	Wayne Thurlow	30:37
119th	Michael Christie	33:07
135th	Mischelle Otte	34:16
164th	Terry Rose	37:42

5-1-19 Rooty Hill parkrun 5km

2nd	Tony Coles	20:17
18th	David Perry	24:35
38th	Chloe Grogan	29:03
40th	Michael Grogan	29:05
44th	Greg Sargeant	29:30
95th	Keith Mayhew	44:18

5-1-19 Huskisson parkrun 5km

103rd	Mischelle Otte	30:23 (new pb)
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5-1-19 Cowpasture Reserve, Camden parkrun 5km

28th	Steve Oldridge	24:07
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5-1-19 Horseshoe Bay Reserve parkrun 5km

61st	Hayley Zammit	34:49
62nd	Rod Zammit	34:49

5-1-19 Curl Curl parkrun 5km

44th	Lisa Grant	21:24
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5-1-19 Parramatta parkrun 5km

94th	Stephen Parkins	27:23
132nd	Terry Rose	31:22
170th	Michael Christie	33:25
204th	Andrew Free	38:13 (photographer)
227th	Sharon Free	41:32 (walker)

5-1-19 the Ponds parkrun 5km

22nd	Adam Etherington	22:51
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5-1-19 Albury Wodonga parkrun 5km

77th	Andrew Free	25:48
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5-1-19 Shellharbour parkrun 5km

117th	Rob Eager	31:11
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5-1-19 Treloar Shield 6 SOPAC Homebush

Men's 200m Hurdles 76.2cm

5th	Neelish Shrestha	36:16
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(NB Shortly after this event the remainder of the program was cancelled due to bad thunderstorms and lightning)

12-1-19 North Sydney parkrun 5km

103rd Andrew Free 29:21
168th Sharon Free 39:27 (walker)

12-1-19 The Ponds parkrun 5km

14th Adam Etherington 21:58
59th Wayne Thurlow 24:31
231st Karen Clark 32:37

12-1-19 Huskisson parkrun 5km

134th Michael Christie 30:46(new pb)

12-1-19 Curl Curl parkrun 5km

47th Lisa Grant 21:02

12-1-19 Rooty Hill parkrun 5km

11th David Perry 23:32
13th David Otte 23:36
29th Greg Sargeant 26:28
31st Rod Zammit 26:34
34th Chloe Grogan 26:57
35th Michael Grogan 26:58
50th Carol Adams 29:03
57th Mischelle Otte 29:32

12-1-19 Parramatta parkrun 5km

111th Stephen Parkins 27:13
138th Terry Rose 29:14
228th Keith Mayhew 36:30

12-1-19 Cowpasture Reserve, Camden parkrun 5km

21st Steve Oldridge 22:30 (new pb)

19-1-19 Rooty Hill parkrun 5km

23rd David Otte 24:34
43rd Chloe Grogan 27:29
44th Michael Grogan 27:32
53rd Mischelle Otte 28:25
56th Wayne THurlow 28:50

19-1-19 The Ponds parkrun 5km

11th Matt Modini 20:59

19-1-19 Curl Curl parkrun 5km

28th Lisa Grant 21:23

19-1-19 North Sydney parkrun 5km

80th Michael Free 27:21
121st Jill Woodruff 30:50

19-1-19 Parramatta parkrun 5km

94th	Stephen Parkins	26:57
145th	Michael Christie	30:54
195th	Keith Mayhew	39:27
244th	Terry Rose	1:00.11 (tail walker)

19-1-19 Picton parkrun 5km

9th	Steve Oldridge	22:34(new pb)
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19-1-19 Forster parkrun 5km

7th	Adam Etherington	22:56
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19-1-19 Rhodes parkrun 5km

186th	Andrew Free	28:27
347th	Sharon Free	39:30(walker)

19-1-19 Treloar Shield 7 SOPAC Homebush

Men's 100m Open

90th	Rob Giesler	14.52
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Men's 200m Open

81st	Rob Giesler	30.15
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20-1-19 SMC Greystanes

Half Marathon

30th	Stephen Mifsud	1:52:19.4
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10km

5th	Tony Coles	41:59.1
11th	Rod Zammit	46:44.6
31st	Terry Rose	1:03:42.1
35th	Suresh Raju	1:09:49.7

5km

5th	Steve Oldridge	23:17.9
16th	Chloe Grogan	27:09.7
17th	Michael Grogan	27:11.2
26th	Michael Christie	30:46.6
28th	Hayley Zammit	31:52.4

26-1-19 Rouse Hill parkrun 5km

3rd	Tony Coles	21:53
9th	Adam Etherington	23:33
21st	Bhumka Sree Gowda	25:38
26th	David Perry	26:46
43rd	Chloe Grogan	29:52
44th	Michael Grogan	29:54
51st	Andrew Free	31:18

69th Michael Christie 36:03
93rd Sharon Free 46:38 (walker)

26-1-19 Rooty Hill parkrun 5km

43rd Tipene Robinson 29:27
50th David Otte 30:38
55th Mischelle Otte 31:43
65th Ashley Micallef 33:10
67th Gary Micallef 33:19

26-1-19 The Ponds parkrun 5km

234th Karen Clark 35:13 (50th pr)
343rd Amelia Clark 44:08

26-1-19 Parramatta parkrun 5km

86th Shane Clubb 26:08
105th Stephen Parkins 27:25
129th Terry Rose 29:11
207th Keith Mayhew 38:41

26-1-19 Curl Curl parkrun 5km

35th Lisa Grant 21:00

26-1-19 Willoughby parkrun 5km

89th Michael Free 26:42

26-1-19 Cowpasture Reserve, Camden parkrun 5km

14th Steve Oldridge 23:59

26-1-19 Wanstead Flats (UK) parkrun 5km

114th Carly Eager 27:37

26-1-19 Knapsack Lap Race Glenbrook

3 Hr Race

88th Rod Zammit 3:36.30 (5 x 5km laps) (Cat -Solo- 21st)

27-1-19 Australian World XC Trials Stromlo ACT

Men's 10km CC Open

7th Brad Milosevic 30:48

Michael Christie (GAP)

