

February 2020 – Girraween's athletes continue their amazing summer form!

February 2020 saw remarkable weather events which impacted at times on athletics particularly when it came to events hosted by ANSW. Within a week, we had the Treloar Shield meet of February 1 cancelled part way through due to the invoking of the heat rule and a week later the last day of the NSW Masters Championships was postponed due to the incredible rain event that hit Sydney on Sunday February 8. Girraween Athletics Club All-Comers summer competition, held on a Saturday was also impacted greatly due to a combination of extreme heat, heavy rain and storm damage to C V Kelly Park with only one All-Comers meet held in February out of a possible five. Yet despite all of this, there were a number of fine performances by Girraween's athletes throughout February.

At the Treloar Shield and All Comers meets that were held last month, there were a number of fine efforts by Jessie, Neelesh, Rob, David and Diane. These athletes all deserve our congratulations for persevering so well in at times challenging conditions.

The NSW Junior Championships were held at SOPAC in February. Girraween was very well represented by Neelesh, Jessie, Laura, Lauren, Tasha, Cristobel and Avilash. These athletes competed remarkably well in very strong competition across their perspective events. In particular a special mention to Neelesh, Lauren, Jessie and Tasha who picked up medal's in their event's with Lauren been crowned NSW Champion in her event, the pole vault. Well done to all Girraween's athletes.

We saw Girraween's more venerable athletes compete in the NSW Masters Championships at SOPAC in February competing not only against their opposition but also the extreme weather conditions. In particular, a special mention to Dominic, Raminder, Rob and Diane for persisting and performing so well in the events that were held. The third day of competition was postponed and has been re-scheduled for early March at the same venue.

The parkrun conglomerate kept rolling along in February amidst all that was occurring around them. There were a number of highlights. Congratulations to Mikayla, for obtaining two new pb's and to Josiah, Samuel, Michael F, Chloe, Helen and Andrew for obtaining one each. We all know that it's never easy to gain a new pb, so for these athletes to do so in February was most meritorious. Mickael F also reached his 200th parkrun last month, while Shane reached the 25th volunteer landmark. Congratulations to both athletes on reaching these milestones. The Girraween monthly parkrun event was held at The Ponds parkrun at the end of the month and thanks again to Rod for co-ordinating this once again.

The iconic SMC Road Race series was once again held at Smithfield last month in very warm and steamy conditions. Nicholas put in a gutsy effort in the Half Marathon, while the two Girraween stand-outs in the 10km event were Helen and Kim who stuck to their tasks. Both Chloe and Michael G had fine runs in the 5km event, continuing to run well.

A number of Girraween athletes were spotted at other events around Sydney in February. Alison, Helen and Stephen M were spotted tackling events the Sun Run on Sydney's northern beaches at the beginning of last month and given the incredibly warm conditions ran very well. The BBB run, held around Wentworth Point later in the month, saw Adam, Alison and Stephen M take to the roads and all three runners did not let the weather deter them with all three athletes putting in solid performances.

It would be remiss of GAP also not to give a shout out to Carly for her effort in the UK National Cross Country Championships held at Nottingham in February in what were extreme conditions to say the least. Congratulations to Carly on her great run and it may be the first time a Girraween athlete has competed at these championships. We will always claim Carly as one of ours, even though she was representing her UK running club at these championships. Well done Carly.

It has been another remarkable month and once again the athletes from Girraween were to the fore. Congratulations to all concerned. Results follow:

1-2-20 Rooty Hill parkrun 5km

2nd	Nicholas Hanna	20:07
31st	Greg Sargeant	25:39
36th	Wayne Thurlow	26:37
66th	Tipene Robinson	31:24

1-2-20 Werrington Lakes Reserve parkrun 5km

3rd	Shane Clubb	23:12
5th	Rod Zammit	23:41
7th	Michael Grogan	26:57

1-2-20 Parramatta parkrun 5km

190th	Terry Rose	35:33
224th	Keith Mayhew	42:30
287th	Michael Christie	1:17:25 (tail walker)

1-2-20 North Wollongong parkrun 5km

189th	David Otte	35:01
212th	Mischelle Otte	36:56

1-2-20 Lake Mac parkrun 5km

113th	Andrew Free	29:17
341st	Sharon Free	1:05:32

1-2-20 Rouse Hill parkrun 5km

6th	Adam Etherington	23:02
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1-2-20 Merimbula parkrun 5km

35th	Stephen Parkins	27:58
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1-2-20 Penrith Lake's parkrun 5km

46th Robert Eager 30:02

1-2-20 Sun Run Dee Why

7km

129th Stephen Mifsud 37:44 (net time)

10km

975th Helen Collins 56:37 (net time)

1525th Alison Shaw 1:04:52

1-2-20 Treloar Shield 7 SOPAC

Women's 400m Open

31st Jessie Wong 1:06.98

Men's 400m Open

67th Neelesh Srestha 58.54

91st Rob Giesler 1:11.26

Women's Long Jump Open

6th Jessie Wong 5.16m

Men's Long Jump Under 5.5m

2nd David Elkin 5.61m

NB: Remainder of meet cancelled due to heat rule invoked

7-2-20-9-2-20 NSW Masters Championships SOPAC

7-2-20

Men's 400m Hurdles 91.4cm 45-49

3rd Dominic Carr 73.54

8-2-20

Men's Discus 1kg 70-74

3rd Raminder Singh 22.92m

Men's Long Jump 45-49

2nd Dominic Carr 5.06m

Men's 100m 60-64

2nd Rob Giesler 14.02

Women's 100m 60-64

4th Diane Celnikier 17.92

Men's 110 Hurdles 99.1cm 45-49

2nd Dominic Carr 23.18

Men's 400m 60-64

4th Rob Giesler 69.61

Men's Shot Put 4kg 70-74

2nd Raminder Singh 7.32m

Men's Long Jump 60-64

2nd Rob Giesler 3.56m

9-2-20

The program was postponed due to hazardous conditions.

8-2-20 Rooty Hill parkrun 5km

1st	Nikil Redipali	17:00
12th	Jason Cutajar	20:51
13th	Rod Zammit	21:10
39th	Wayne Thurlow	24:26
44th	Helen Collins	24:56
45th	Symon Grindlay	25:00
50th	Greg Sargeant	25:30
63rd	Geoff Newey	27:15
79th	Tipene Robinson	30:00

8-2-20 The Ponds parkrun 5km

12th	Adam Etherington	21:13
22nd	Shane Clubb	21:57
69th	Michael Grogan	24:53
137th	Steve Clark	28:18

8-2-20 Parramatta parkrun 5km

68th	Stephen Parkins	25:33
120th	Terry Rose	29:38
148th	Michael Christie	33:26
186th	Keith Mayhew	39:25

8-2-20 Kamay parkrun 5km

17th	David Otte	25:09
45th	Mischelle Otte	30:33

8-2-20 Mosman parkrun 5km

20th	Michael Free	26:08
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8-2-20 Newy parkrun 5km

214th	Andrew Free	29:45
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15-2-20 Rooty Hill parkrun 5km

3rd	Nicholas Hanna	19:50
6th	Jason Cutajar	20:28
12th	Rod Zammit	21:05
41st	Greg Sargeant	25:04
42nd	Wayne Thurlow	25:12
78th	Josiah Jackson	29:08 (new pb)
81st	Tipene Robinson	29:31
83rd	Geoff Newey	29:42

97th Samuel Jackson 31:09 (new pb)
235th David Otte 59:59(tail walker)
(technical issues for results 181 on)

15-2-20 Parramatta parkrun 5km

114th Stephen Parkins 26:14
221st Terry Rose 32:16
271st Michael Christie 35:47
313th Keith Mayhew 40:04
358th Lynette Gillies 47:03

15-2-20 Nepean River parkrun 5km

35th Shane Clubb 22:53
58th Michael Grogan 24:50
80th Wayne Jeff 26:25

15-2-20 The Ponds parkrun 5km

179th Cristina Sotomayor 29:34
198th Claudio Corvalan 30:07
357th Karen Clark 36:18

15-2-20 Tamworth parkrun 5km

59th Michael Free 24:56 (new pb) (200th pr)

15-2-20 Fingal Bay parkrun 5km

73rd Andrew Free 28:01

15-2-20 Penrith Lakes parkrun 5km

17th Robert Eager 32:37

16-2-20 BBB Run Wentworth Point

10km

77th Adam Etherington 44:40 (net time)
166th Stephen Mifsud 51:27 " "
329th Alison Shaw 1:01:33 " "

16-2-20 SMC Road Race Series Smithfield

Half Marathon

16th Nicholas Hanna 1:39:54.1

10km

13th Helen Collins 52:14.8
24th Kim Coles 57:48.0
31st Terry Rose 1:10:37.9
32nd David Otte 1:11:08.5
34th Mischelle Otte 1:13:30.7

5km

15th	Chloe Grogan	26:16.7
16th	Michael Grogan	26:18.8
25th	Michael Christie	33:13.7

21-2/23-2-20 ACPE NSW Junior Championships SOPAC**21-2-20****Men's 100m Hurdles 84.0cm U15**

2nd	Neelesh Srestha	15.11
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Women's 100m Hurdles 76.2cm U17

4th	Jessie Wong	14.55
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Women's Long Jump U17

4th	Jessie Wong	5.28m
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22-2-20**Women's 3000m Race Walk U14**

9th	Laura Corvalan	20:18.64
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Women's Pole Vault U18

1st	Lauren Tisdale	3.00m
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Women's Javelin Throw U14

5th	Tasha Reader	23.00m
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Men's Javelin Throw U14

9th	Cristobel Corvalan	31.30m
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Men's Shot Put U15

5th	Avilash Tharmanesan	9.40m
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23-2-20**Women's 400m Hurdles 76.3cm U17**

2nd	Jessie Wong	65.93
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Women's Discus Throw U14

3rd	Tasha Reader	28.16m
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22-2-20 Rooty Hill parkrun 5km

6th	Nicholas Hanna	19:56
8th	Jason Cutajar	20:18
35th	Wayne Thurlow	23:52
41st	Greg Sargeant	24:41
43rd	Helen Collins	24:47
61st	David Otte	26:15
77th	Tipene Robinson	27:16
90th	Geoff Newey	28:17
179th	Mikayla Robinson	40:05 (new pb)
180th	Ashley Micallef	40:08
188th	Keith Mayhew	42:54

22-2-20 Parramatta parkrun 5km

77th	Chloe Grogan	24:13 (new pb)
96th	Michael Grogan	24:53
109th	Stephen Parkins	25:38
164th	Alison Shaw	28:45
172nd	Terry Rose	29:16
252nd	Michael Christie	33:32
	Shane Clubb	(25th Volunteer occasion at parkrun)

22-2-20 Rouse Hill parkrun 5km

13th	Adam Etherington	21:50
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22-2-20 Newy parkrun 5km

363rd	Andrew Free	31:08
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22-2-20 The Ponds parkrun 5km

334th	Karen Clark	34:14
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22-2-20 East Richmond parkrun

138th	Diane Celnikier	37:57
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22-2-20 UK National Cross Country Championships, Nottingham (UK)

Senior Women 8km

775th	Carly Eager	57:25 (gun time)
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29-2-20 Rooty Hill parkrun 5km

11th	Nicholas Hanna	20:11
44th	Greg Sargeant	24:44
65th	Tipene Robinson	26:57
96th	Geoff Newey	29:21
102nd	Chloe Grogan	29:56
107th	Mischelle Otte	30:19
176th	Mikayala Robinson	39:59 (new pb)
177th	Ashley Micallef	40:06
209th	David Otte	45:53

29-2-20 The Ponds parkrun 5km

19th	Adam Etherington	21:07
21st	Rod Zammit	21:15
58th	Wayne Thurlow	23:06
246th	Steve Williams	29:55
354th	Kim Coles	34:43 (late starter)

29-2-20 Parramatta parkrun 5km

100th	Stephen Parkins	25:32
174th	Terry Rose	28:25
199th	Alison Shaw	29:33
339th	Lynette Gilles	41:58

29-2-20 Jindabyne parkrun 5km

19th Helen Collins 25:08 (new pb)

29-2-20 Mosman parkrun 5km

24th Michael Free 25:17

29-2-20 Newy parkrun 5km

236th Andrew Free 28:09 (new pb)

29-2-20 Penrith Lakes parkrun 5km

53rd Robert Eager 29:43

29-2-20 Werrington Lakes Reserve parkrun 5km

34th Michael Christie 34:02

29-2-20 Puaranga (NZ) parkrun 5km

120th Peter Tutty 36:14

29-2-20 ANSW All Comers SOPAC**Women's 100m Open**

68th Diane Celnikier 17.29

Men's 100m Open

120th Rob Giesler 13.76

Men's 400m Open

81st Rob Giesler 1:10.46

Michael Christie (GAP)

