

## **August 2020 – Girraween's athletes continue to amaze!**

The month of August once again saw a very different one to an August that we are used to. There was no City to Surf and many other of the usual events conducted at this time of year did not take place. Nevertheless, there were still many fine performances by Girraween athletes.

The last ANSW event for the 2020 winter season as it has turned out was the NSW Short Course Walks Championships held around the Sydney Olympic Park precinct in the middle of August. A big congratulations to Laelia Byatt, Joel Byatt, Laura Corvalan and Ruby Bryan who represented Girraween so well in their respective events. Laelia, Joel and Laura picked up State medals in their chosen event's. This is no mean feat and all three athletes deserve our heartiest congratulations on their achievements. We wish all our walker's all the best with their progression in athletics and hope they continue to enjoy the sport. They are following in giant footsteps at Girraween in terms of walking, following the path of Girraween great, Lisa Grant who enjoyed great success at both state and national level in walks in the early 2000's as well as representing Australia on the international stage during this time.

There was a UTS Northern Zone meet held at Rotary Field Chatswood in August. Both Jessie Wong and Cristobel Corvalan competed in this meet and as can be seen by their results, were very competitive and both athletes should be happy with their efforts. It is exciting to see that our athletes have been able to compete at these meets over the winter months.

A Run with the World event was held at the beginning of August. This is a virtual event conducted over a weekend where the athlete have the weekend to complete their chosen distance. The effort of Jason Cutajar, Rod Zammit and Wayne Thurlow were once again remarkable, given it was on the week after all three athletes had run from Parramatta Park to the Opera House and they were participating in the 50km event. A mention also to both Tipene Robinson and Ashley Micallef who both dug deep to complete the Marathon team event.

Danny Martins one of our well credentialed athletes who we have not seen much of lately competed in another virtual event in August, the Get Back on Track Challenge. This was a series of events held at different locations in the Western Sydney Parklands. Danny participated in two events held on two very different courses. The opportunity to have a run in an area that one does not usually access was exciting. Danny was most pleased with his efforts.

The (not) parkrun series continued through August. This is another virtual event where runners run a 5km over a given week and post their time which is linked to their home parkrun. Andrew Free, Rod Zammit, Terry Rose, Diane Celnikier and Michael Christie posted 5km times at various times throughout August. Rod Zammit's 5km times were most impressive and he has managed to maintain fine form over this period. It is nice to see our friends from Girraween participating in this event.

The remarkable thing is that our athletes have found a way to compete and test themselves when there has been a scarcity of events. All our athletes deserve our congratulations for

continuing to persevere. Elsewhere, as you will have seen, the West Met Cross-Country season has also been continuing, and numerous Girraween athletes have been competing there as well. We wish all our athletes all the best moving into the summer season and we hope that event's will be able to be held in a safe environment moving forward. Results follow:

### **1-8-20 Get Back on Track Challenge**

#### **Binyang Matta Trail 6.5km**

Danny Martins 29:12

### **3-8-20 - 9-8-20 (not) parkruns representing Newy parkrun 5km**

Mon Andrew Free 30:47

### **3-8-20 - 9-8-20 (not) parkruns representing Parramatta parkrun 5km**

Fri Michael Christie 31:59

### **3-8-20 - 9-8-20 (not) parkruns representing East Richmond parkrun 5km**

Sun Diane Celnikier 40:58

### **7-8-20 - 9-8-20 Run with the World**

#### **Running 50km**

3rd Jason Cutajar 4:26:50

7th Rod Zammit 4:33:32

14th Wayne Thurlow 4:52:36

#### **Marathon Team**

19th Ashley Micallef 4:51:37

20th Tipene Robinson 4:51:37

### **10-8-20 – 16-8-20 (not) parkruns representing Parramatta parkrun 5km**

Wed Michael Christie 33:41

Sat Terry Rose 31:25

### **10-8-20 – 16-8-20 (not) parkruns representing Newy parkrun 5km**

Sat Andrew Free 31:57

### **10-8-20 – 16-8-20 (not) parkruns representing Rooty Hill parkrun 5km**

Sat Rod Zammit 21:22

### **10-8-20 – 16-8-20 (not) parkruns representing East Richmond parkrun 5km**

Fri Diane Celnikier 43:33

### **15-8-20 NSW Short Walks Championships Sydney Olympic Park**

#### **Women's 3km U15**

3rd Laelia Byatt 17:07

#### **Men's 2km U14**

2nd Joel Byatt 10:08

#### **Women's 2km U13**

3rd Laura Corvalan 12:31

#### **Women's 1500m U12**

5th Ruby Bryan 9:08

## **15-8-20 UTS Norths Northern Zone Winter Series 2 Rotary Field Chatswood**

### **Girls U18 60m Dash**

2nd Jessie Wong 7.9

### **Girls U18 150m Dash**

1st Jessie Wong 19.7

### **Girls U18 Long Jump**

1st Jessie Wong 5.10m

### **Boys U16 Javelin Throw 700g**

1st Cristobel Corvalan 37.56m

## **17-8-20 – 23-8-20 (not) parkruns representing Parramatta parkrun 5km**

Wed Michael Christie 31:34

Fri Terry Rose 31:49

## **17-8-20 – 23-8-20 (not) parkruns representing East Richmond parkrun 5km**

Fri Diane Celnikier 40:28

## **17-8-20 – 23-8-20 (not) parkruns representing Newy parkrun 5km**

Sat Andrew Free 32:32

## **17-8-20 – 23-8-20 (not) parkruns representing Rooty Hill parkrun 5k**

Sat Rod Zammit 20:39

## **22-8-20 Get Back on Track Challenge**

### **Moonrise Loop 7.3km**

Danny Martins 39:48

## **24-8-20 – 30-8-20 (not) parkruns representing Parramatta parkrun 5km**

Tue Michael Christie 33:47

Fri Terry Rose 31:59

## **24-8-20 – 30-8-20 (not) parkruns representing Newy parkrun 5km**

Fri Andrew Free 32:06

## **24-8-20 – 30-8-20 (not) parkruns representing Rooty Hill parkrun 5km**

Sat Rod Zammit 20:38

## **24-8-20 – 30-8-20 (not) parkruns representing East Richmond parkrun 5km**

Sun Diane Celnikier 43:45

Michael Christie (GAP)