

April 2021 – Our greatest glory is not in never failing, but in rising every time we fall!

While we are not sure if Confucius ever did track and field; it's a safe bet that he probably didn't; the above quote attributed to him is a pretty apt one when it comes to athletics and to everyone who participates in the sport. All of us who engage in this sport, no matter at what level have all had moments where while we may not have failed, we have struggled. Yet we have picked ourselves up and continued because we love the sport. The athletes who took part in the events in this newsletter have certainly risen to the occasion and should all be proud of their achievements.

The highlight of April were undoubtedly the efforts of Joel Byatt, Laelia Byatt, Neelesh Srestha and Kajan Srisivaeaswaran who represented NSW at the Australian Open and Junior Track and Field Championships held at SOPAC. It is a very fine achievement to be picked for a NSW team to compete at a National Championships. In a very high standard competition, they gave of their best. They should be very proud of their achievement's. A big congratulations to Joel, Laelia, Neelesh and Kajan and we wish them all the best with their athletics in the future. It would be remiss of me not to mention the effort of Nikil Redipali, formerly of Girraween Athletics Club who in 2020 had moved to Western Australia to study. Nikil represented WA in the Men's U20 3000m steeplechase and gained a top ten finish. Congratulations Nikil.

A small Girraween contingent tackled the 10km and Half Marathon in the Canberra Times Running Festival on a very chilly and windy morning. Well done to all concerned; in particular, to Helen Collins who finished fourth in her category in the Half-Marathon.

Some members and friends know Andrew Free, who emigrated to the Newcastle area over the last few years. Well Andrew has continued to run, and this winter season has started competing in the Newcastle Cross-Country series of events. Held each Saturday around Newcastle and environs at different sites, these events are run over three different distances each Saturday and the courses vary greatly in terms of their degrees of difficulty and terrain. Andrew has chosen to run the short-distance-event and GAP understands he is enjoying this different running experience very much. We wish Andrew continued success with his endeavours.

There was a small Girraween contingent at SMC in April. Helen Collins, only a week after her Half-Marathon in Canberra had another fine run in the 10km event. Stephen Mifsud and Alison Shaw also ran well in the 5km. Amazingly, once Steve concluded his 5km event, he popped over to Lindfield and ran the 10km at the Lindfield Fun Run. This was no mean feat by Steve.

Parkrun continued unabated through April and once again Girraween athletes and friends were to the fore at numerous parkrun's. Congratulations to both Wayne Thurlow and Laura Corvalan for obtaining new pb's in April. This is no mean feat given the pace they were running at. Congratulations to Andrew Free for reaching his 300th parkrun in April. This is a tremendous achievement on Andrew's part. There were many very fine performances by

Girraween athletes across April. Daniel Irving was in top three in each of the Rooty Hill parkrun event's he participated in in April. Well done to Daniel on these top-class performances as there are always top-class runners at Rooty Hill parkrun each Saturday. Wayne Thurlow, Adam Etherington, Jason Cutajar, Lisa Grant, Rod Zammit and Garry Womsley were other Girraween members and friends who ran consistently fast and well on a number of varying and challenging courses. Congratulations to all concerned and we trust they continue to enjoy their parkrun experience throughout the year. It would be remiss of GAP not to mention the many Girraween athletes who run across parkrun each Saturday and have noted Girraween AC as their club. This is fine gesture and really helps put the name of Girraween Athletics Club out to the parkrun community.

In conclusion, April was another remarkable month for Girraween Athletics Club. This would not be the case without its members and friends and their extraordinary performances. Long may this continue. Results follow:

3-4-21 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:28
6th	Nicholas Hanna	20:34
13th	Jason Cutajar	21:18
24th	Rpd Zammit	22:42
27th	Danny Martins	23:05
36th	Greg Sargeant	25:03
136th	Mikayla Robinson	41:39
139th	Tipene Robinson	41:37
140th	Ashley Micallef	41:50

3-4-21 Parramatta parkrun 5km

86th	Stephen Parkins	24:19
290th	Michael Christie	36:40
345th	Keith Mayhew	47:04

3-4-21 Jindabyne parkrun 5km

52nd	Helen Collins	26:59
90th	David Otte	32:56
104th	Mischelle Otte	37:16

3-4-21 The Ponds parkrun 5km

108th	Laura Corvalan	27:13 (new pb)
131st	Cristina Sotonayor	28:14

3-4-21 Forster parkrun 5km

142nd	Terry Rose	32:11
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3-4-21 Curl Curl parkrun 5km

55th	Lisa Grant	22:40
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3-4-21 Newy parkrun 5km

197th	Andrew Free	29:51
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3-4-21 Rouse Hill parkrun 5km

8th Adam Etherington 22:08

3-4-21 Lake Mac parkrun 5km

157th Geoff Newey 30:53

**3-4-21 Newcastle Cross Country- Blackbutt Richley Reserve 1
2km**

36th Andrew Free 12:02

5-4-21 Sri Chinmoy – Centennial Park**7km Male 50 – 59**

5th Garry Womsley 37:16

10-4-21 Rooty Hill parkrun 5km

2nd Nikil Redipali 16:59

3rd Daniel Irving 17:38

16th Wayne Thurlow 20:57

30th Rod Zammit 22:08

31st Jason Cutajar 22:09

39th Tipene Robinson 23:44

10-4-21 Parramatta parkrun 5km

65th Stephen Parkins 24:03

180th Terry Rose 31:46

268th Keith Mayhew 45:07

284th Michael Christie 53:47 (tail walker)

10-4-21 Newy parkrun 5km

173rd Andrew Free 29:47

10-4-21 Rouse Hill parkrun 5km

4th Adam Etherington 22:49

10-4-21 St Peters parkrun 5km

317th Garry Womsley 50:48 (tail walker)

10-4-21 Mosman parkrun 5km

39th Michael Free 28:54

10-4-21 Huskisson parkrun 5km

54th Cristina Sotomayor 27:53

10-4-21 Burley Griffin (ACT) parkrun 5km

278th Helen Collins 35:24

10-4-21 East Richmond parkrun 5km

102nd Diane Celnikier 39:44

10-4-21 Newcastle Cross Country Awaba 1**3km**

45th Andrew Free 20:08

10-4-21 – 11-4-21 Canberra Times Running Festival

10km

40-49 Female

48th Alison Shaw 58:36

50-59 Female

34th Kim Coles 57:44

60-69 Male

28th Rob Eager 1:02:04

Half Marathon

50-59 Male

34th Jason Oldridge 1:42:18

60-69 Female

4th Helen Collins 1:59:45

12-4-21 – 19-4-21 Australian Open and Junior Track and Field Championships

SOPAC

13-4-21

Men's U16 Hammer

7th Kajanan Srisivaeaswaran 40.41m

Men's U16 100m Hurdles Heat 2

5th Neelesh Srestha 15.06

Men's U15 3000m Walk

13th Joel Byatt 17:26.39

14-4-21

Women's U16 3000m Walk

12th Laelia Byatt 17:31.83

15-4-21

Men's 200m Hurdles Heat 1

6th Neelesh Srestha 29.50

17-4-21 Rooty Hill parkrun 5km

3rd Daniel Irving 17:40

12th Jason Cutajar 20:52

13th Wayne Thurlow 20:57

14th Rod Zammit 21:01

38th Tipene Robinson 24:45

42nd Helen Collins 25:00

53rd Greg Sargeant 25:09

79th Geoff Newey 29:38

84th Mischelle Otte 30:34

117th David Otte 39:53

17-4-21 Parramatta parkrun 5km

136th Alison Shaw 28:39

203rd Terry Rose 32:45

264th Keith Mayhew 42:22

290th Michael Christie 48:15 (walker)

17-4-21 Curl Curl parkrun 5km

66th Lisa Grant 22:27

17-4-21 Newy parkrun 5km

217th Andrew Free 40:19 (300th pr)

17-4-21 East Richmond parkrun 5km

72nd Michael Collins 39:50

17-4-21 St Peters parkrun 5km

92nd Garry Womsley 23:37

17-4-21 Dalby (Qld) parkrun 5km

28th Michael Free 25:47

17-4-21 Mt Ainslie (ACT) parkrun 5km

15th Adam Etherington 21:46

17-4-21 Newcastle Cross Country Mt Sugarloaf 1

2km All Runners Handicap

38th Andrew Free 12:00 (net time)

18-4-21 SMC Smithfield

10km

41st Helen Collins 54:35.3

54th Gary Micallef 58:13.8

68th Mairead Connolly 1:03:52.8

5km

22nd Stephen Mifsud 28:51.0

23rd Alison Shaw 28:54.1

27th Michael Christie 30:06.8

18-4-21 Lindfield Fun Run

10km

	Gun Time	Net Time
237th Stephen Mifsud	1:01:32	57:39

24-4-21 Rooty Hill parkrun 5km

1st Daniel Irving 17:36

7th Wayne Thurlow 20:22 (new pb)

11th Jason Cutajar 20:41

16th Rod Zammit 21:36

40th Helen Collins 24:11

55th Tipene Robinson 25:12

57th Greg Sargeant 25:39

77th Geoff Newey 29:15

133rd Keith Mayhew 42:41

24-4-21 Parramatta parkrun 5km

50th Stephen Parkins 24:03

171st Michael Christie 33:19

234th Terry Rose 44:17 (walker)

24-4-21 Rouse Hill parkrun 5km

6th Adam Etherington 22:02

24-4-21 St Peters parkrun 5km

78th Garry Womsley 23:38

24-4-21 Newy parkrun 5km

143rd Andrew Free 28:17

24-4-21 Curl Curl parkrun 5km

59th Lisa Grant 22:36

24-4-21 Newcastle Cross Country – Botanic Gardens

Short Distance 3km

39th Andrew Free 18:15

25-4-21 Tokyo Olympic Qualifying Marathon Sydney International Regatta Centre

Nicholas Hanna dnf

Michael Christie (GAP)