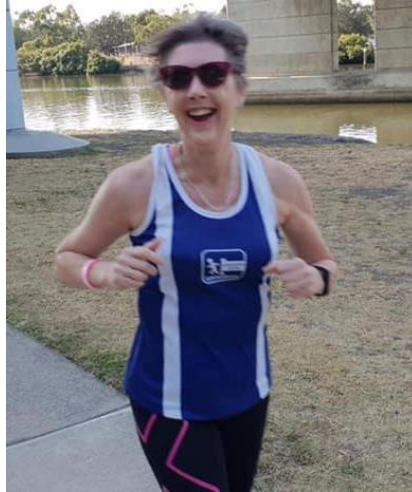


February 2021 – The difference in the impossible and the possible lies in determination!



Lynette Gillies (1953-2021) RIP



Lynette's family members and GAC friends – Parramatta Parkrun 20 February 2021

At the beginning of February, Girraween Athletics Club lost one of its most beloved members when Lynette Gillies passed away. Lynette's many friends at Girraween have mourned her passing deeply. For many years Lynette was the driving force behind the annual Run4Jess held each March. Her contribution to the success of this event each year cannot be underestimated. But Lynette's contribution to Girraween was far more than this. While Lynette loved her athletics and contributed substantially to Girraween's summer afternoon competition each season where she took on the task of collating the weekly results, it was off the track where she had a tremendous impact. Lynette's capacity for friendship, her generosity of spirit and her warm heart, her capacity for making you feel special when she was talking to you, is something we are all going to miss terribly. Lynette also hosted the club's annual Christmas function for many years as well as hosting the club's

bi-monthly committee meetings at her residence. A small number of representatives of Girraween Athletics Club were able to attend Lynette's memorial service and many more were able to watch the live streaming of this service. It was a very special tribute to a remarkable lady. Lynette will always be remembered with great fondness by her many friends at Girraween.

The NSW Masters Athletics Championships were held at the Campbelltown Athletics Centre in February and there were six athletes from Girraween Athletics Club who competed over the two days. Diane Celnikier, Lynette Smith, Dominic Carr, Claudio Corvalan, Raminder Singh and Garry Womsley all competed over the weekend and as a bonus all were successful in coming away with medals, never an easy accomplishment, particularly in events that were most challenging. Dominic Carr showed himself to be a real ironman, competing in six events over the two days, whilst it was also nice to see Lynette Smith competing again after a break from the sport. All athletes should be proud of their achievement and are an inspiration to their clubmates.

SMC once again was held out at Smithfield in February, and a small Girraween contingent were present. Jason Oldridge, once again had a fine run in the Half Marathon. Geoff Sheargold ran a most competitive time in the 10km event, while Stephen Mifsud was his usual competitive self in the 5km event. All athletes deserve praise for sticking at their task, as the conditions were very warm and most humid, the most challenging since the 2020-2021 season resumed in September last year.

Parkrun once again proved popular throughout February with Girraween's athletes been spotted far and wide. Wayne Thurlow with two and Mischelle Otte, Tipene Robinson and Greg Sargeant one each all gained new pb's in February, a very fine effort in the circumstances when conditions were often not conducive to fast running. At Parramatta parkrun towards the end of the month, a large number of Girraween athletes along with members of Lynette Gillies family gathered to run that morning's parkrun in honour of Lynette. The Parramatta parkrun was an important part of Lynette's exercise regime and it was a very fitting tribute to see so many of her friends from Girraween turn up early to have a run and exchange fond reminiscences with members of Lynette's family.

As one can see by reading the results, February once again was a busy month. There was also a noteworthy performance by Pranshav Shah in the 'E' race at the NSW 5000m championships in February as well as by Graham Sheargold in the 10km handicap race at Western Districts Joggers and Harriers at Lake Gillawarna early in the month. GAP are always looking out for our members results, so if any of our members and friends do participate in any event's, please never hesitate to forward any results on, as our readership are always very interested in the achievements of Girraweens athletes. Results follow:

1-2-21 – 7-2-21 (not) parkruns representing Newy parkrun 5km

Tue Andrew Free

32:48

6-2-21 Rooty Hill parkrun 5km

5th	Adam Sinclair	19:48
23rd	Tipene Robinson	23:31
43rd	Helen Collins	25:16
50th	Greg Sargeant	25:47
51st	Rod Zammit	25:56
102nd	David Otte	32:50
109th	Mischelle Otte	33:23
124th	Geoff Newey	39:02
139th	Keith Mayhew	43:44

6-2-21 Parramatta parkrun 5km

60th	Stephen Parkins	25:00
133rd	Terry Rose	31:26
140th	Michael Christie	32:04

6-2-21 Rouse Hill parkrun 5km

8th	Adam Etherington	22:16
-----	------------------	-------

6-2-21 East Richmond parkrun 5km

104th	Diane Celnikier	38:18
-------	-----------------	-------

6-2-21 The Ponds parkrun 5km

39th	Lisa Grant	23:08
115th	Cristina Sotomayor	27:46

6-2-21 San Remo parkrun 5km

54th	Andrew Free	30:19
------	-------------	-------

6-2-21 North Sydney parkrun 5km

53rd	Michael Free	26:43
------	--------------	-------

6-2-21 Western Districts Joggers and Harriers Lake Gillawarna 10km Handicap

23rd	Graham Sheargold	58:47 (chip time)
------	------------------	-------------------

6-2-21 NSW 5000m Championships SOPAC Warm Up Track

Men's 5000m 'E' Race

6th	Pranshav Shah	17:56.03
-----	---------------	----------

8-2-21 – 14-2-21 (not) parkruns representing Newy parkrun 5km

Tues	Andrew Free	31:09
------	-------------	-------

13-2-21 Rooty Hill parkrun 5km

8th	Jason Cutajar	19:29
18th	Wayne Thurlow	21:44 (new pb)
25th	Rod Zammit	22:38
42nd	Greg Sargeant	25:09
73rd	Geoff Newey	30:20

13-2-21 The Ponds parkrun 5km

78th	Cristina Sotomayor	27:22
------	--------------------	-------

13-2-21 The Entrance parkrun 5km

16th Lisa Grant 23:22

13-2-21 North Sydney parkrun 5km

42nd Michael Free 26:40

13-2-21 Parramatta parkrun 5km

72nd Stephen Parkins 25:09

164th Terry Rose 32:07

165th Michael Christie 32:15

13-2-21 Singleton parkrun 5km

23rd Andrew Free 32:04

13-2-21 Maitland parkrun 5km

17th Danny Martins 22:29

13-2-21 Huskisson parkrun 5km

60th Mischelle Otte 30:11 (new pb)

94th David Otte 36:17

13-2-21 Nepean River parkrun 5km

100th Rob Eager 30:54

13-2-21 – 14-2-21 NSW Masters Championships Campbelltown Athletics**Centre Leumeah****13-2-21****Men's 1500m 55-59**

4th Garry Womsley 6:24.45

Women's 100m 65-69

1st Diane Celnikier 17.23

Men's 100m Hurdles 91.4cm 50-54

3rd Dominic Carr 21.95

Men's 400m 50-54

3rd Dominic Carr 65.96

Men's Long Jump 50-54

3rd Dominic Carr 4.75m

Women's Discus 1kg 50-54

3rd Lynette Smith 28.32m

Men's Javelin 500g 70-74

3rd Raminder Singh 16.29m

Men's Javelin 800g 45-49

2nd Claudio Corvalan 27.87m

Men's Javelin 700g 50-54

5th Dominic Carr 24.82m

Men's Weight Throw 7.26kg 70-74

2nd Raminder Singh 8.10m

14-2-21**Men's 5000m 55-59**

3rd Garry Womsley 22:39.65

Women's 60m 65-69

1st Diane Celnikier 10.38

Men's 400m Hurdles 84.0cm 50-59

2nd Dominic Carr 77.42

Women's 200m 65-69

1st Diane Celnikier 37.02

Men's Triple Jump 50-54

1st Dominic Carr 10.51m

Men's Shot Put 7.26kg 45-49

1st Claudio Corvalan 9.50m

Women's Javelin 50-54

1st Lynette Smith 31.26m

15-2-21 – 21-2-21 (not) parkruns representing Newy parkrun 5km

Mon Andrew Free 32:17

20-2-21 Rooty Hill parkrun 5km

120th Geoff Newey 40:12

20-2-21 Bowral parkrun 5km

15th Lisa Grant 23:37

20-2-21 Parramatta parkrun 5km

18th Jason Cutajar 20:14

33rd Wayne Thurlow 21:53

53rd Tipene Robinsom 23:08 (new pb)

55th Steve Clark 23:15

82nd Rod Zammit 24:49

83rd Stephen Parkins 25:01

95th Greg Sargeant 25:37 (new pb)

120th Suzie Clark 26:55 (visitor & honorary GAC member)

139th Cristina Sotomayor 27:49

163rd Peter Matthews 29:13

179th Heidi Juhart 30:36

186th Andrew Free 31:07

197th Terry Rose 31:38

214th Katrina Russell 32:47

215th Michael Christie 32:47

242nd Dave Clark 35:29 (visitor & honorary GAC member)

267th Vince Adams 37:59

277th Amelia Clark 39:06

307th Mikayla Robinson 48:04

309th Ashley Micallef 48:15

20-2-21 UTS Norths Athletics Northern Zone Week 18 Rotary Field Chatswood

Women's 50-59 Shot Put 3kg

2nd Lynette Smith 9.80m

Women's 50-59 Javelin 500g

1st Lynette Smith 27.60m

21-2-21 SMC Smithfield

Half Marathon

26th Jason Oldridge 1:49:12.17

10km

7th Geoff Sheargold 37:17.2

77th Kim Coles 1:00:01.3

84th Gary Micallef 1:02:21.8

5km

20th Stephen Mifsud 25:29.4

29th Alison Shaw 29:26.5

30th Michael Christie 30:37.3

31st Terry Rose 31:49.8

27-2-21 Parramatta parkrun 5km

70th Stephen Parkins 24:37

158th Terry Rose 30:17

181st Katrina Russell 31:50

182nd Michael Christie 31:54

27-2-21 Rooty Hill parkrun 5km

10th Jason Cutajar 19:40

13th Nicholas Hanna 20:04

16th Wayne Thurlow 21:26 (new pb)

18th Rod Zammit 21:49

51st Greg Sargeant 25:04

83rd Ashley Micallef 30:40

27-2-21 Curl Curl parkrun 5km

44th Lisa Grant 22:59

27-2-21 Newy parkrun 5km

216th Andrew Free 30:43

Michael Christie (GAP)

