

January 2021 - Girraween athletes begin the New Year in fine style!

Well, the new year has begun in fine style with a very busy month of athletics, all still held in a COVID safe environment. As can be seen from the results in this month's newsletter, Girraween's athletes were spotted at many different events, competing well.

Last month in the December 2020 newsletter, GAP inadvertently left out one of Girraween's athletes results from the NSW All Schools championships results which appeared. We apologise for that oversight and we have included Rishits results from these championships in this month's newsletter. As we can see, Rishit competed very well in a high standard competition and we congratulate him on his fine efforts. We wish him well for the remainder of the 2020-2021 summer season.

There were All Comers', Interclub and NSW Throwers Club meet's held throughout January and Girraween's athletes were spotted at events in Sydney and surrounding regions. Laura Corvalan, Cristobel Corvalan, Claudio Corvalan, Kajanan Srisivaeaswaran, Breenanna Williams, Annisha Reader, Neelesh Srestha and Avilash Tharmanesan all represented Girraween. Interestingly, seven out of the eight athletes are dual athletes, demonstrating once again the importance of all dual athletes to a senior club. We wish each of them well as they continue a fine season of athletics.

Western Districts Joggers and Harriers, based out of Lake Gillawarna, Georges Hall continued their series of events throughout January and both Geoff and Graham Sheargold competed in this series. Both athletes ran very well on the challenging course and are continuing a most consistent summer season.

SMC Smithfield continued their season in January and a small group of Girraween athletes flew the flag over three of the events. There were stand-out efforts by Jason Oldridge in the Half, Geoff Sheargold in the 10km and Stephen Mifsud in the 5km. All three athletes are continuing a fine season at SMC and are to be commended for their efforts. The remainder of the Girraween contingent at Smithfield stuck to their task well and are continuing to maintain their consistency. Well done to all concerned.

While in some instances, parkrun returned in December, many more event's resumed in early January after over a nine month absence. As can be seen from the results, Girraween's athletes took full advantage of their return with a high attendance rate across the board. There were very slick times posted by Messrs Adam Etherington, Nicholas Hanna, Jason Cutajar, Rod Zammit, Danny Martins and Wayne Thurlow. These athletes run consistently fast times at parkrun and we congratulate them. There were also numerous new pb's posted with Tipene Robinson posting three, Ashley Micallef and Gary Micallef two and Andrew Free and Danny Martins one. Its' never easy posting a new pb at parkrun, particularly at the height of summer, so this is a fine effort by all concerned. Keith Mayhew, Terry Rose and Michael Christie were present at Parramatta parkrun on January 23 when Delta Running Project's Lauren Reid set a new female World and Australian record for a parkrun with a time of 15:45. In the circumstances it was a phenomenal run by Lauren in the hot and steamy conditions and she deserves all the congratulations she received. It once again illustrated what a fast course the Parramatta parkrun course can be.

It has recently come to GAP's attention that one of our Girraween dual athletes, Daniel O'Donnell won the U14 Boys 5km at the NSW State Open Water Championships held at the Sydney International Regatta Centre Penrith at the end of January. Daniel's time was 1:02.46 and only 3.2 seconds separated the first four placegetters. This was an extraordinary achievement by Daniel and all at Girraween Athletics Club send him our warmest congratulations. This young man is not only a great Open Water swimmer, he is also a very fine swimmer when it comes to distance event's in the pool, recently obtaining a number of excellent results before Christmas at these State Championships. He has qualified for Nationals in the 400m, 800m & 1500m in the pool and now 5km in open water. These Nationals will be held in Qld in March and April and we wish Daniel all the best at these championships.

Given the ongoing pandemic related issues facing the community every day, it was a great month of athletics. All our athletes are most grateful that these events were able to be held and we all have our fingers crossed that circumstances allow these events to continue for the remainder of the summer season and beyond. Results follow:

3-12-20 – 6-12-20 ACPE NSW All Schools SOPAC

4-12-20

Boys 200m 12 Years Prelims

Heat 1

5th Rishit Singh 27.29

5-12-20

Boys 100m 12 years Prelims

Heat 2

3rd Rishit Singh 13.05

Boys 100m 12 years Final

6th Rishit Singh 12.99

1-1-21 Parramatta parkrun 5km

132nd Terry Rose 32:22

191st Michael Christie 56:46 (tail walker)

1-1-21 The Beaches parkrun 5km

79th Tipene Robinson 31:34 (new pb)

121st Gary Micallef 36:33 (new pb)

171st Andrew Free 47:27 (new pb)

200th Ashley Micallef 58:47 (new pb)

1-1-21 Rhodes parkrun 5k

28th Jason Cutajar 21:12

54th Wayne Thurlow 23:04

179th David Otte 31:00

213th Mischelle Otte 34:57

2-1-21 Rooty Hill parkrun 5km

4th Nicholas Hanna 19:43

8th Rod Zammit 20:32

18th	Wayne Thurlow	22:34
39th	Greg Sargeant	26:29
61st	David Otte	29:20
62nd	Geoff Newey	29:30

2-1-21 Rhodes parkrun 5km

26th	Danny Martins	20:45
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2-1-21 The Ponds parkrun 5km

117th	Cristina Sotomayor	29:46
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2-1-21 Parramatta parkrun 5km

102nd	Terry Rose	31:25
105th	Michael Christie	31:44
146th	Keith Mayhew	43:07

2-1-21 Lakeview parkrun 5km

23rd	Tipene Robinson	25:07 (new pb)
86th	Ashley Micallef	33:52(new pb)

2-1-21 Jindabyne parkrun 5km

19th	Helen Collins	25:24
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2-1-21 Westies Joggers Lake Gillawarna

10km Handicap

1st	Geoff Sheargold	38:47 (Chip Time)
25th	Graham Sheargold	1:02.48 (Chip Time)

9-1-21 Parramatta parkrun 5km

163rd	Terry Rose	33:25
195th	Keith Mayhew	41:52

9-1-21 Curl Curl parkrun 5km

65th	Lisa Grant	23:14
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9-1-21 Rouse Hill parkrun 5km

5th	Adam Etherington	22:04
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9-1-21 Huskisson parkrun 5km

94th	Michael Christie	32:18
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9-1-21 Rooty Hill parkrun 5km

8th	Nicholas Hanna	20:08
12th	Danny Martins	20:50 (new pb)
18th	Jason Cutajar	22:09
39th	Tipene Robinson	24:47
45th	Helen Collins	25:01
50th	Greg Sargeant	25:58
71st	Gary Micallef	28:52
73rd	David Otte	29:13
93rd	Mischelle Otte	33:38
131st	Mikayla Robinson	46:00
132nd	Ashley Micallef	46:01

9=1=21 Hunter Pure Performance Track Challenge Newcastle West

Mixed Javelin Throw Division 2

13th Laura Corvalan

Mixed Shot Put Division 2

2nd Claudio Corvalan 9.82m

Mixed Javelin Throw Division 1

8th Cristobel Corvalan 39.15m

16-1-21 Rooty Hill parkrun 5km

4th Jason Cutajar 19:37
12th Wayne Thurlow 22:08
13th Rod Zammit 22:14
21st Tipene Robinson 23:15 (new pb)
49th Greg Sargeant 26:42
87th Mischelle Otte 32:09
88th David Otte 32:10
126th Keith Mayhew 41:20
129th Mikayla Robinson 46:18 (walker)
132nd Ashley Micallef 46:23 (walker)

16-1-21 Rouse Hill parkrun 5km

10th Adam Etherington 21:50

16-1-21 Parramatta parkrun 5km

78th Stephen Parkins 25:30
228th Terry Rose 46:06 (walker)
231st Michael Christie 46:43 (walker)

16-1-21 The Terrace parkrun 5km

59th Andrew Free 33:21

16-1-21 The Ponds parkrun 5km

9th Nicholas Hanna 20:13

16-1-21 Westies Jogger Lake Gillawarna

5@The Lake

1st Geoff Sheargold 17:40 (chip time)
16th Graham Sheargold 26:51 (chip time)

16-1-21 Illawarra Track Challenge Wollongong

Mixed Hammer Throw Division 1

9th Kajanan Srisivaeaswaran 30.04m

17-1-21 SMC Smithfield

Half Marathon

31st Jason Oldridge 1:42.48.3

10km

2nd Geoff Sheargold 37:23.1
49th Graham Sheargold 56:59.3
51st Gary Micallef 58:57.4

5km

18th	Stephen Mifsud	24:35.7
32nd	Alison Shaw	29:55.3
33rd	Michael Christie	30:18.8
40th	Terry Rose	33:12.1

18-1-21 – 24-1-21 (not) parkruns representing Newy parkrun 5km

Thu	Andrew Free	32:21
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23-1-21 Blue Gum Hills parkrun 5km

63rd	Andrew Free	34:22
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23-1-21 Rouse Hill parkrun 5km

10th	Adam Etherington	22:40
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23-1-21 Parramatta parkrun 5km

203rd	Michael Christie	33:52
211th	Terry Rose	34:30
280th	Keith Mayhew	45:54

23-1-21 East Richmond parkrun 5km

104th	Diane Celnikier	40:05
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23-1-21 Rooty Hill parkrun 5km

6th	Jason Cutajar	20:41
11th	Wayne Thurlow	22:21
38th	Helen Collins	26:01
42nd	Greg Sargeant	26:15
72nd	Geoff Newey	31:15
91st	David Otte	34:12
128th	Mischelle Otte	48:45 (walker)
136th	Mikayla Robinson	53:33 (walker)
137th	Tipene Robinson	53:34 (walker)
138th	Ashley Micallef	53:42 (walker)
141st	David Perry	54:28 (walker)

23-1-21 Curl Curl parkrun 5km

61st	Lisa Grant	23:03
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23-1-21 The Ponds parkrun 5km

6th	Nicholas Hanna	20:49
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23-1-21 North Sydney parkrun 5km

65th	Michael Free	27:29
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24-1-21 NSW Throwers Club Greystanes**Women's Hammer U14 3kg**

3rd	Breeanna Williams	27.53m
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Men's Hammer U16 4kg

3rd	Kajanan Srisivaeaswaran	34.33m
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Women's Shot Put U14 3kg

4th	Breenanna Williams	7.79m
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Women's Shot Put U12 2kg

1st Annisha Reader 9.31m

Women's Discus U12 750g

1st Annisha Reader 29.05m

Men's Discus U16 1kg

3rd Kajanan Srisivaeaswaran 40.04m

30-1-21 Rooty Hill parkrun 5km

8th Jason Cutajar 20:23

17th Wayne Thurlow 22:11

34th Tipene Robinson 24:42

35th Nathan Moffitt 24:47

41st Greg Sargeant 26:12

59th David Otte 28:58

65th Geoff Newey 29:30

80th Helen Collins 33:01

82nd Mischelle Otte 33:12

30-1-21 The Ponds parkrun 5km

12th Nicholas Hanna 20:48

14th Adam Etherington 21:18

148th Cristina Sotomayor 28:40

30-1-21 Parramatta parkrun 5km

197th Michael Christie 32:18

283rd Keith Mayhew 45:47

304th Terry Rose 1:00.16 (Tail Walker)

30-1-21 Curl Curl parkrun

59th Lisa Grant 23:10

30-1-21 Maitland parkrun 5km

203rd Andrew Free 31:48

30-1-21 Mingara Interclub- Mingara Track Tumbi Umbi**Women's 1500m Race Walk Open**

9th Laura Corvalan 9:10.06

Men's 100m Hurdles 84cm

Neelesh Shrestha DQ

Mixed Discus Division 3

1st Avilash Tharmanesan 29.17m

Mixed Shot Put Division 2

1st Avilash Tharmanesan 12.32m

Mixed Shot Put Division 3

8th Claudio Corvalan 9.50m

Mixed Javelin Division 1

13th Cristobel Corvalan 37.99m

Michael Christie

(GAP)