

June 2021 Girraween's athletes warm up winter with some great performances!



Girraween at NSW XC Relay Championships North Ryde

Throughout June there were numerous fine performances by Girraween athletes across many varied events.

The NSW XC Relay Championships were held at a new venue - North Ryde Common - in early June. Girraween had three teams representing the club which was great to see. While there were no medals, all Girraween's athletes put in a great effort. A special mention to Michelle Mu and Katrina Russell who helped make up two of the three Girraween teams. Without their participation many of Girraween's athletes would not have had a run. Once again, they illustrated the Girraween philosophy of trying to give everyone who wants a run the opportunity at events like this. Congratulations Michelle and Katrina. Wayne Thurlow ran the fastest Girraween leg of the day with a superb sub seventeen-minute run, while both Jason Cutajar and Nicholas Hanna also cracked the eighteen-minute mark. Tipene Robinson was another who snuck under the sub-twenty-minute mark. Pranshav Shah ran as an individual in the Men's U18 3km Relay and ran superbly into the bargain as can be seen by his time. It was a very fine run in a very competitive event. Overall, whilst it was a tough course to run on, it was a beautiful day for it and the organisers must have been thankful for that. The important point is that Girraween was represented at a State event and all representatives deserve a pat on the back for putting themselves forward. The support from their teammates while each athlete was out on the course was noteworthy and commented upon. A big thank you to Ashley Micallef, Girraween's Winter competition manager for the time she spent in the lead up registering Girraween's teams. With the system in place used by ANSW, this was no easy task. Ashley deserves great credit for persevering on everyone's behalf. Thank you Ashley.

Another exciting event in June were the NSW Little A's 50 Year Celebration Fun Runs held around the SOPAC precinct towards the end of June. Sai Sravan Shailesh won the 1500m fun run with a wonderful performance. Congratulations Sai on this performance. It was a

splendid effort by Sai. There were also a number of other Girraween Little A's athletes in the 1500m fun run and they all ran very well. There was also a 3km run held and two of Girraween's West Met regulars in Mikayla Robinson and Gary Micallef ran very well and by all accounts enjoyed the experience. It was a great experience for all Girraween's athletes to run on this course.

Parkrun events continued in June and once again there were some noteworthy performances by Girraween members and friends. Helen Collins ran a new pb on the Whalan Reserve course with a fine run. Daniel Irving was first across the line in three consecutive parkrun events at Rooty Hill. Congratulations to Daniel. Jason Cutajar was first across the line at the Whalan Reserve event at the end of the month with a consistent run. Many Girraween athletes continue to run far and wide at these events and that is positive for the club.

Andrew Free, Girraween's representative in the Hunter region, continued his Newcastle Cross Country series adventure throughout June with consistent runs on the varied and challenging courses that make up that series. He is enjoying the challenges that this series provides and it is an interesting comparison to how the West Met series has been operating in 2021.

At time of writing, in Sydney we are in lockdown again due to the COVID-19 pandemic. A result of this has been the postponement or cancellation of various events. NSW events, such as the NSW XC Long Course event, the Road Relays event and the Team Walks event have all been postponed. The SMH Half Marathon for 2021 has now been cancelled. The Western Sydney Marathon was postponed as well as the Festival of the Feet. Further afield the Gold Coast Marathon was also cancelled and is now a virtual event. These are all events that Girraween athletes were competing in. While some of the Sydney events may return, this of course will depend on the return of Community sport within the appropriate guidelines if circumstances change, which of course we all hope they do. Meanwhile we wish all Girraween members, families and friends the very best and we hope everyone remains safe and well. Results follow:

5-6-21 Rooty Hill parkrun 5km

1st	Daniel Irving	17:21
3rd	Jason Cutajar	19:29
6th	Rod Zammit	20:22
8th	Wayne Thurlow	21:38
41st	Greg Sargeant	26:31
51st	Tipene Robinson	27:44
69th	David Otte	31:11
74th	Ashley Micallef	31:47
89th	Mischelle Otte	33:56
118th	Keith Mayhew	42:05

5-6-21 Parramatta parkrun 5km

143rd Terry Rose 30:43
231st Michael Christie 47:19 (walker)

5-6-21 Curl Curl parkrun 5km

56th Lisa Grant 23:01

5-6-21 The Ponds parkrun 5km

13th Adam Etherington 21:07

5-6-21 Mosman parkrun 5km

22nd Michael Free 25:53

5-6-21 Whalan Reserve parkrun 5km

15th Helen Collins 23:55 (new pb)

5-6-21 NSW XC Relay Championships North Ryde Common

50-59 Men's 4x4km 14th

Wayne Thurlow 16:51
Michael Christie 25:48
Mark Milliss 24:45
Andrew Free 24:11
Total: 1:31.55

60-69 Men's 4x4km 6th

Steve Williams 21:00
Graham Sheargold 22:16
Katrina Russell 28:36
Rob Eager 24:37
Total: 1:36.29

30-39 Men's 4x4km 6th

Jason Cutajar 17:15
Nicholas Hanna 17:34
Michelle Mu 22:25
Tipene Robinson 19:40
Total: 1:16.54

U18 Men's 4x3km

Pranshav Shah 10:30

12-6-21 Rooty Hill parkrun 5km

1st Daniel Irving 18:44
4th Jason Cutajar 19:37
9th Wayne Thurlow 20:08
11th Rod Zammit 21:44
18th Tipene Robinson 23:23
32nd Helen Collins 25:48
42nd Kim Coles 27:21
57th Geoff Newey 30:46
95th Mischelle Otte 47:11 (walker)
96th Dabid Otte 47:51 (walker)

12-6-21 Parramatta parkrun 5km

46th Stephen Parkins 23:28

181st Terry Rose 30:55
263rd Michael Christie 47:19 (walker)

12-6-21 Curl Curl parkrun 5km

82nd Lisa Grant 22:53

12-6-21 The Ponds parkrun 5km

115th Cristina Sotomayor 27:33

12-6-21 Rouse Hill parkrun 5km

9th Adam Etherington 22:05

12-6-21 Newy parkrun 5km

248th Andrew Free 29:40

12-6-21 East Richmond parkrun 5km

101st Diane Celnikier 43:52 (walker)

12-6-21 Mosman parkrun 5km

27th Michael Free 26:39

12-6-21 Newcastle Cross Country Awaba 3

Short Distance 3km

19th Andrew Free 20:27

13-6-21 Sri Chinmoy iron Cove

7km

Male 60 – 69

6th Terry Rose 47:11

19-6-21 Rooty Hill parkrun 5km

1st Daniel Irving 17:56

13th Jason Cutajar 20:24

16th Wayne Thurlow 20:43

27th Rod Zammit 22:09

51st Greg Sargeant 26:03

121st Keith Mayhew 43:47

19-6-21 Parramatta parkrun 5km

50th Stephen Parkins 23:41

130th Terry Rose 30:32

212th Michael Christie 46:31 (walker)

19-6-21 Shellharbour parkrun 5km

11th Tipene Robinson 25:31

19-6-21 Curl Curl parkrun 5km

43rd Lisa Grant 22:57

19-6-21 Mosman parkrun 5km

12th Michael Free 25:55

19-6-21 Newy parkrun 5km

160th Andrew Free 30:20

19-6-21 Nepean River parkrun 5km

38th Helen Collins 24:37

19-6-21 St Peters parkrun 5km

222nd Garry Womsley 52:43 (tail walker)

20-6-21 Little A's 50yr Celebration Fun Run Cathy Freeman Park SOPAC**Mixed U 1500m**

1st Sai Sravan Shailesh 5:31.14

15th Sai Sraddha Shailesh 6:06.31

18th Harrashan Shanthakumar 6:13.94

47th Akshaya Thayananth 7:55.26

60th Rahavi Shanthakumar 8:33.57

68th Aksharah Thayananth 9:09.69

74th Sharani Sanjayan 9:23.94

Mixed U 3km Run

37th Mikayla Robinson 19:05.41

38th Gary Micallef 19:06.70

26-6-21 Whalan Reserve parkrun 5km

1st Jason Cutajar 19:04

4th Rod Zammit 19:52

7th Wayne Thurlow 21:08

26-6-21 Parramatta parkrun 5km

104th Terry Rose 30:02

124th Michael Christie 34:20

151st Keith Mayhew 44:33

26-6-21 Curl Curl parkrun 5km

52nd Lisa Grant 22:49

26-6-21 Wildflower parkrun 5km

37th Michael Free 28:05

26-6-21 Newy parkrun 5km

183rd Andrew Free 28:55

26-6-21 Newcastle Cross Country- University of Newcastle Callaghan 2**Short Distance 2.6km**

28th Andrew Free 16:36

Michael Christie (GAP)

