

## **March 2021- A month of athletics achievement!**

Well, it is hard to believe where the last year has gone. March 2021 saw the one year anniversary since the start of the COVID-19 Pandemic and as we are all aware, the effect on all strands of life has been and continues to be enormous. Closer to home, athletics as we know it was affected greatly like so many other sports and has had to re-position itself within the community. Nevertheless, during this period, Girraween's athletes have been continuing to work hard and it has been of some comfort that we have managed to participate in a summer season. We are all aware that things can change in an instance, yet it is a credit to all Girraween athletes they have continued to compete to a very high level.

The highlight of March 2021, was seeing the number of Girraween athletes competing at the NSW Junior Athletics Championships. Kajan Srisivaeaswaran, Joel Byatt, Laelia Byatt, Cristobel Corvalan, Laura Corvalan, Sumeet Dasgupta and Avilash Tharmanesan all represented Girraween at these championships most admirably. They all should be pleased with their efforts in very strong competition. A special mention to Laelia Byatt who picked up a well-earned bronze medal in the 3000m walk, Gaining a medal at these championships is no small feat and Laelia deserves our heartiest congratulations on her achievement. We wish all Girraween's athletes who participated in these championships all the best with their athletics into the future.

Parkrun continued throughout March, even on that horrible weekend with all the rain where some Girraween athletes still managed to fit in a run. There were several highlights across March. Wayne Thurlow, Mikayla Robinson, Andrew Free and Daniel Irving all picked up new pb's; a fine achievement. Daniel Irving also ran his first ever parkrun in those horrible conditions on March 20 at Rooty Hill and in the conditions, his was an eye-catching performance. We sense that Daniel will post fine times at parkrun into the future.

The savage weather over that weekend in March also saw the cancellation of the SMC Road Race series at Smithfield where the course was flooded in several sections and the organisers had no real choice but to cancel.

After a two-year absence, Run West returned at the end of March. Conditions were superb, the course had been changed for the better and the opportunity to run round the Sydney Motorsport Park at Eastern Creek, through the Sydney Zoo at Bungarribee and through the Western Sydney Parklands were real highlights of the morning. Many of the athletes took the opportunity to capture great photos with the animals in the background as they ran through the zoo, As for the Girraween runners, Daniel Irving had a superb run, cracking the forty-five minute mark, while Jason Cutajar also cracked the fifty minute mark. Other eye-catching performances came from Garry Womsley who cracked the hour mark and from Tipene Robinson and Stephen Mifsud who both ran consistently. Helen Collins also ran in the 4km event which began not long after the 12km event. Well done Helen! All in all, Girraween's athletes should all be pleased with their efforts at Run West in 2021. The success of the event this year does bode well for its future.

We would also like to mention the effort of one of Girraween's dual athletes in Pranshav Shah who participated in the Men's 1500m Open event at the NSW Championships early March. He ran a very good time in a most competitive field. Kim Coles was another Girraween athlete who was spotted out and about participating in the Orange Running Festival in the 6km event in March and enjoyed the experience.

It would also be remiss of me not to mention the annual Run4Jess event that Girraween Athletics Club hosted in March on a warm Saturday afternoon. It was held back at C V Kelly Park Girraween and was another successful day. A big thank you to Girraween's members and friends who assisted in the lead up to the event and on the day. Without this help, the event would not have been the success it was. Thank you, one and all.

With the recent commencement of the winter season, we wish all Girraween' athletes well in their chosen events and with the Australian Junior Athletics Championship due to take place in Sydney later in April we wish the small Girraween contingent all the best in their chosen events. Results follow:

## **5-3-21 – 7-3-21 NSW Open, U23 & Para Championships SOPAC**

### **5-3-21**

#### **Men's 1500m Open Heat 2**

15th Pranshav Shah 4:33.17

#### **6-3-21 Rooty Hill parkrun 5km**

5th Jason Cutajar 19:38  
9th Wayne Thurlow 20:28 (new p  
32nd Rod Zammit 23:45  
77th Helen Collins 28:26  
81st Geoff Newey 29:02  
82nd Ashley Micallef 29:16  
117th Mikayla Robinson 34:16 (new pb)  
118th Tipene Robinson 34:17

#### **6-3-21 Parramatta parkrun 5km**

90th Stephen Parkins 24:10  
187th Terry Rose 30:15  
222nd Michael Christie 32:09

#### **6-3-21 Pioneer Dairy parkrun 5km**

43rd Andrew Free 33:05

#### **6-3-21 St Peters parkrun 5km**

57th Garry Womsley 23:20

#### **6-3-21 Curl Curl parkrun 5km**

60th Lisa Grant 22:52

#### **6-3-21 North Sydney parkrun 5km**

90th Michael Free 28:07

**6-3-21 Casula Parklands parkrun 5km**

33rd David Otte 31:08  
35th Mischelle Otte 32:12

**6-3-21 Sydney Striders 10km Homebush**

115th Stephen Mifsud 52:41.7

**7-3-21 Orange Running Festival 6km****Female Open**

70th Kim Coles 35:18

**12-3-21 – 14-3-21 ACPE NSW Junior Athletics Championship SOPAC****12-3-21****Men's Hammer Throw U16**

4th Kajanan Srisivaeaswaran 37.67m

**13-3-21****Men's 3000m Race Walk U15**

5th Joel Byatt 16:20.40

**Women's 3000m Race Walk U14**

6th Laura Corvalan 19:21.42

**Women's 3000m Race Walk U16**

3rd Laelia Byatt 16:31.28

**Men's Javelin Throw U17**

7th Cristobel Corvalan 40.93m

**Women's Javelin Throw U14**

13th Laura Corvalan 21.17m

**Men's Triple Jump U16**

9th Sumeet Dasgupta 10.85m

**14-3-21****Men's Discus Throw U16**

13th Kajanan Srisivaeaswaran 37.90m  
14th Avilash Tharmanesan 33.36m

**Men's Long Jump U16**

8th Kajanan Srisivaeaswaran 5.17m  
13th Sumeet Dasgupta 4.75m

**13-3-21 Rooty Hill parkrun 5km**

5th Jason Cutajar 19:39  
11th Wayne Thurlow 20:50  
19th Danny Martins 21:28  
20th Tipene Robinson 23:18  
78th Mischelle Otte 31:12

**13-3-21 Parramatta parkrun 5km**

82nd Stephen Parkins 24:41  
220th Terry Rose 32:27  
253rd Michael Christie 35:07

**13-3-21 St peters parkrun 5km**

45th Garry Womsley 23:05

**13-3-21 Curl Curl parkrun 5km**

46th Lisa Grant 22:55

**13-3-21 The Entrance parkrun 5km**

66th Andrew Free 29:13

**20-3-21 Rooty Hill parkrun 5km**

1st Daniel Irving 17:56

13th Wayne Thurlow 22:04

20th Tipene Robinson 24:07

32nd David Otte 28:20

47th Mischelle Otte 50:29 (walker)

**20-3-21 North Sydney parkrun 5km**

29th Michael Free 30:05

**20-3-21 Parramatta parkrun 5km**

57th Terry Rose 32:12

62nd Michael Christie 33:09

**20-3-21 Lake Mac parkrun 5km**

71st Andrew Free 29:08 (new pb)

**20-3-21 St Peters parkrun 5km**

22nd Garry Womsley 23:24

**27-3-21 Rooty Hill parkrun 5km**

1st Daniel Irving 16:37 (new pb)

10th Jason Cutajar 20:40

31st Wayne Thurlow 23:41

32nd Rod Zammit 23:44

45th Tipene Robinson 24:40

54th Helen Collins 25:19

70th Greg Sargeant 26:29

120th Geoff Newey 32:11

131st David Otte 33:25

132nd Mischelle Otte 33:26

**27-3-21 Curl Curl parkrun 5km**

66th Lisa Grant 22:56

**27-3-21 Parramatta parkrun 5km**

87th Stephen Parkins 24:04

252nd Michael Christie 36:21

284th Terry Rose 45:36 (walker)

**27-3-21 Avondale University College parkrun 5km**

99th Andrew Free 32:00

## **28-3-21 NAB Run West**

### **12km Fun Run**

21st	Daniel Irving	44:31 (2nd 16-19 cat)
78th	Jason Cutajar	49:57
317th	Garry Womsley	59:31
355th	Tipene Robinson	1:00:27
447th	Stephen Mifsud	1:03:10
685th	Kim Coles	1:08:14
686th	Helen Collins	1:08:15
955th	Gary Micallef	1:15:18
1019th	Mairead Connolly	1:16:43
1056th	Geoff Newey	1:17:37
1086th	Alison Shaw	1:18:28
1161st	David Otte	1:20:25
1187th	Mischelle Otte	1:21:11
1196th	Michael Christie	1:21:26
1225th	Terry Rose	1:22:38
1338th	Ashley Micallef	1:26:36

### **4km Family Run**

201st	Helen Collins	29:42
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Michael Christie (GAP)