

May 2021 Girraween athletes warm up for the winter season well.

The month of May saw many fine performances by Girraween's athletes across a wide range of events and they had to be most pleased with their efforts.

The NSW Short Walks Championships were held at Chipping Norton towards the end of May and remarkably all the Girraween walkers obtained a top five finish. A big congratulations to Laelia Byatt, Laura Corvalan, Ashleigh Farrugia, Madeline Kot, Mikayala Robinson, Sanjayan Sanchika and Joel Byatt on their efforts. Laelia, Laura, Ashleigh and Joel picked up State medals, a wonderful achievement with Joel picking up gold, with a superb performance. It has been many a long year since Girraween had such a great squad of up-and-coming walker's and we wish them all the best in this highly technical discipline as they progress in the sport. If they can reach the heights of Girraween great, Lisa Grant in the walk, they will indeed have had storied careers.

The Sydney 10 returned after a two-year absence at the beginning of May and there was an enthusiastic Girraween contingent pounding the pavement around Sydney Olympic Park early on a cool Sunday morning. Both Daniel Irving and Adam Sinclair cracked the forty-minute mark, each with a wonderful run. Jason Cutajar also ran very well just slipping over the forty-minute mark. Both Wayne Thurlow and Rod Zammit also had a fine race with times in the low forty minutes. Girraween's athletes were on the whole very happy with their performance. It was gratifying to see the return of this event this year. Please note with the placing's listed for this event, these were the latest at time of writing. Throughout May they had changed over a dozen times on the ANSW website in the weeks after this event.

A small Girraween contingent attended the NSW Novice Championships at Ramsgate on a beautiful sunny afternoon on a different course than previously with the course consisting of a 2.5km loop. St George Athletics Club did a fine job hosting the event and co-incidentally 2021 is their 100th anniversary and they had a fine display of old photos and stories telling the history of this storied club. Daniel Irving led the way for Girraween in the Novice event with another fine run, followed by Jason Cutajar and Tipene Robinson who also ran very consistently. Michael Christie also competed in the 5km event and made his way around the course, finishing before the next event started, which of course he thought was a bonus. It was a nice to see the return of this event and it was also important that Girraween was represented once again at the Novice Championships.

Parkrun was once again to the fore in May and as can be seen by the many results listed was once again well supported by Girraween members and friends. A special mention to Lisa Grant who travelled over to Parramatta parkrun to complete her 200th parkrun, a very fine achievement. Lisa had some family members and a small Girraween contingent on hand to congratulate her which was lovely to see. At Parramatta parkrun, a runner spotted the Girraween singlets worn by Lisa and friends. He told us that he used to be a member of Girraween Athletics Club a long time ago. It was Craig Downie, who was member of Girraween Athletics Club in the early 1980's, and during that time set many records at Girraween. Craig was considered to be one of the club's finest athletes then. He was very

happy to see that we have maintained the traditional design and colours on the Girraween singlet and he was telling us he has many fond memories from his time at Girraween. Craig now lives in Tasmania and is a member of the Sandy Bay Harrier Club in Hobart. He is still a very fine runner as was instanced by his time of 17:07 that morning at Parramatta. It was great to catch up with Craig. In May, there were new pb's by Andrew Free, Wayne Thurlow and Steve Williams at parkrun and all three runners are in good form leading into the heart of the winter season. We should also make special mention of Stephen Parkins who completed a great set of parkrun's as he was travelling down the Eastern seaboard at Cairns, Mackay, Golden Beach and Port Macquarie parkrun's on consecutive Saturday's. He continues to run well.

There was a small contingent of Girraween members and friends at Smithfield for the final SMC events of the 2020-2021 season. Jason Oldridge had a very fine run in the Half-Marathon. Helen Collins had another excellent run in the 10km event, whilst Alison Shaw was very speedy over the 5km event. Interestingly, Stephen Mifsud completed the Half in a very good time and then backed up and ran the 5km event not long afterwards. Goodness knows where Steve found the energy to do that.

In other events, Andrew Free continued his campaign on a Saturday in the Newcastle Cross Country series of events with another set of fine run's over the shorter distance on a number of varying courses. Andrew tells us that it is a very well supported series by athletes in the Newcastle area and held on many different courses with varying degrees of difficulty. Danny Martins competed in the UTA11 event which was part of the UTA100 event held in the Blue Mountains halfway through May over challenging terrain. It was Danny's first competitive trail race. He was most pleased with his time. Congratulations to both Andrew and Danny for continuing to fly the Girraween flag in races where Girraween athletes would not usually be seen.

May had been another fine month of athletics endeavour by Girraween athletes at all levels and everyone deserves congratulating for continuing to represent Girraween far and wide both officially and unofficially. It was exciting to see. Results follow:

1-5-21 Rooty Hill parkrun 5km

1st	Daniel Irving	18:17
7th	Jason Cutajar	20:5
25th	Tipene Robinson	23:13
37th	Wayne Thurlow	24:34
40th	Rod Zammit	24:40
62nd	Geoff Newey	28:54
70th	Mischelle Otte	30:37
97th	David Otte	35:01

1-5-21 Parramatta parkrun 5km

286th	Michael Christie	49:22 (walker)
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1-5-21 Curl Curl parkrun 5km

55th	Lisa Grant	22:37
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1-5-21 Rouse Hill parkrun 5km

8th Adam Etherington 21:48

1-5-21 East Richmond parkrun 5km

89th Diane Celnikier 40:17

1-5-21 Newy parkrun 5km

177th Andrew Free 27:55 (new pb)

1-5-21 Mosman parkrun 5km

23rd Michael Free 26:43

1-5-21 Blue Gum Hills parkrun 5km

10th Danny Martins 24:55

1-5-21 Avondale University College parkrun 5km

35th David Perry 28:31

1-5-21 Westies Joggers Lake Gillawarna**10km Handicap**

20th Graham Sheargold 59:26

1-5-21 Newcastle Cross-Country- Blackbutt Mahogany Drive 1**Short Distance 2km**

16th Andrew Free 16:34 (net time)

2-5-21 Sydney 10 SOPAC**10km**

183rd Daniel Irving 35:47

339th Adam Sinclair 38:16

408th Jason Cutajar 40:41

467th Wayne Thurlow 42:04

486th Rod Zammit 42:31

729th Garry Womsley 47:34

851st Stephen Mifsud 51:02

996th Steve Williams 54:42

997th Michelle Mu 54:42

1122nd Andrew Free 59:39

1151st Alison Shaw 1:01.09

1158th Michael Christie 1:01.42

1247th Terry Rose 1:08.52

8-5-21 Rooty Hill parkrun 5km

1st Daniel Irving 17:31

7th Jason Cutajar 19:47

9th Wayne Thurlow 20:06 (new pb)

10th Rod Zammit 20:21

61st Tipene Robinson 25:50

70th Greg Sargeant 26:50

79th David Perry 28:31

100th David Otte 32:24
104th Geoff Newey 32:34
112th Mischelle Otte 34:36
134th Mikayla Robinson 41:40
135th Ashley Micallef 41:46
137th Keith Mayhew 42:32

8-5-21 The Ponds parkrun 5km

22nd Adam Etherington 21:03
133rd Cristina Sotomayor 27:45

8-5-21 Parramatta parkrun 5km

191st Terry Rose 31:17
260th Michael Christie 36:23

8-5-21 Curl Curl parkrun 5km

80th Lisa Grant 22:36

8-5-21 Newy parkrun 5km

190th Andrew Free 29:18

8-5-21 Mosman parkrun 5km

40th Michael Free 26:49

8-5-21 Cairns (Qld) parkrun 5km

51st Stephen Parkins 24:16

8-5-21 Lawson parkrun 5km

16th Matt Modini 25:31

13-5-21 – 16-5-21 Ultra Trail Australia Katoomba

13-5-21

UTA11

68th Danny Martins 1:18.15

15-5-21 Rooty Hill parkrun 5km

1st Daniel Irving 17:56
2nd Jason Cutajar 19:02
6th Wayne Thurlow 20:17
10th Rod Zammit 21:03
61st Geoff Newey 28:33
67th Mischelle Otte 30:12
107th David Otte 38:13
122nd Keith Mayhew 47:23

15-5-21 Parramatta parkrun 5km

54th Lisa Grant 22:44 (200th pr)
171st Steve Williams 28:40
208th Terry Rose 31:05
211th Michael Christie 31:17

15-5-21 The Ponds parkrun 5km

12th Adam Etherington 20:59

15-5-21 Newy parkrun 5km

197th Andrew Free 29:32

15-5-21 Mosman parkrun 5km

17th Michael Free 26:37

15-5-21 Mackay (Qld) parkrun 5km

27th Stephen Parkins 24:42

15-5-21 St Peters parkrun 5km

328th Garry Womsley 53:24 (tail walker)

15-5-21 Newcastle Cross-Country – Mt Sugarloaf 2**Short Distance (Default Leg 2km)**

31st Andrew Free 11:55 (net time)

22-5-21 Rooty Hill parkrun 5km

5th Wayne Thurlow 20:10

10th Rod Zammit 21:48

29th Steve Williams 24:42(new pb)

54th Geoff Newey 29:29

76th David Perry 33:01

106th Jason Cutajar 48:29 (walker)

109th Ashley Micallef 49:14 (walker)

110th Michael Christie 49:15 (walker)

22-5-21 Parramatta parkrun 5km

187th Terry Rose 32:54

251st Keith Mayhew 41:57

22-5-21 Curl Curl parkrun 5km

54th Lisa Grant 22:55

22-5-21 Rouse Hill parkrun 5km

5th Adam Etherington 21:42

22-5-21 Newy parkrun 5km

175th Andrew Free 28:31

22-5-21 Golden Beach (Qld) parkrun 5km

21st Stephen Parkins 23:52

22-5-21 The Terrace parkrun 5km

3rd Danny Martins 21:19

22-5-21 Whalan Reserve parkrun 5km

2nd Nicholas Hanna 20:11

22-5-21 Newcastle Cross-Country- The University of Newcastle- Callaghan**Short Distance 2.6km**

56th Andrew Free 16:38

22-5-21 St George Classic & NSW Cross Country Championship Ramsgate

A A Gainsford 5km Fun Run

Male

55th Michael Christie 29:06

NSW Novice Championship 10km

Male

18th Daniel Irving 37:08

20th Jason Cutajar 40:59

24th Tipene Robinson 48:03

23-5-21 NSW Short Walks Championships Chipping Norton

Girls 3000m Walk U16

3rd Laelia Byatt 17:00.00

Girls 2000m Walk U14

2nd Laura Corvalan 11:35.00

Girls 1500m Walk U12

2nd Ashleigh Farrugia 8:08.00

Girls 1500m Walk U11

5th Madeline Kot 9:07.00

Girls 1200m Walk U10

4th Mikayla Robinson 9:50.00

5th Sanjayan Sanchika 10:44.00

Boys 3000m Walk U15

1st Joel Byatt 16:22.00

23-5-21 SMC Smithfield

Half Marathon

43rd Jason Oldridge 1:53.23.7

62nd Stephen Mifsud 2:02.26.9

10km

36th Helen Collins 51:56.6

46th Kim Coles 55:31.6

52nd Gary Micallef 57:38.5

53rd Graham Sheargold 57:38,7

5km

17th Alison Shaw 27:56.0

23rd Michael Christie 29:21.5

27th Terry Rose 32:46.5

Stephen Mifsud 34:44.7 (unofficial)

29-5-21 Rooty Hill parkrun 5km

4th Daniel Irving 17:33

6th Jason Cutajar 18:27

13th Nicholas Hanna 20:24

14th Rod Zammit 21:00

49th Tipene Robinson 26:34

69th Geoff Newey 29:41

29-5-21 Coomera (Qld) parkrun 5km

79th David Otte 29:28

96th Mischelle Otte 32:59

29-5-21 Parramatta parkrun 5km

170th Michael Christie 30:59

249th Keith Mayhew 41:23

29-5-21 Nepean River parkrun 5km

87th Terry Rose 30:51

29-5-21 Port Macquarie parkrun 5km

37th Stephen Parkins 24:07

29-5-21 Rouse Hill parkrun 5km

15th Adam Etherington 21:45

29-5-21 Curl Curl parkrun 5km

76th Lisa Grant 22:51

29-5-21 Newy parkrun 5km

322nd Andrew Free 43:03

29-5-21 Whalan Reserve parkrun 5km

3rd Helen Collins 23:59

29-5-21 Mosman parkrun 5km

16th Michael Free 25:53

Michael Christie (GAP)