

November 2021 - Girraween athletes return to 'live' competition in style!



Men's U18 Shot Put Relay Team

Men's U16 4 x 100m Relay Team

November saw the return of 'live' athletic events in the Greater Sydney area for the first time since June 2021, after restrictions had been eased. Girraween athletes were naturally very happy with this development and took advantage by participating in numerous events.

The NSW State Relays returned for the first time since 2019 and were held at SOPAC. Girraween had two teams competing, the Men's U16 4x100m Relay team and the Men's U18 Shot Put Relay team. The Men's U16 4x100m team of Tyler Bussier, Sumeet Dasgupta, Kajanan Srisivaaswaran and Neelesh Srestha ran superbly, first of all in their heat to make the final and then finishing a very creditable fourth in a nine-team final with a faster time than the heat. It was a very competitive age group, and these athletes should be very proud of their efforts. The Men's U18 Shot Put team of Avilash Tharmanesan, Christobel Corvalan, Kajanan Srisivaaswaran and Neelesh Srestha all threw most consistently in the shot put to earn a well-deserved bronze medal. It was a fine effort by all athletes on the day.

The NSW 3000m championships were also held in November. There were also support events held at these championships and both Neelesh Srestha in the 100m hurdles and Laura Corvalan in the 3000m walk competed well. Garry Womsley ran in one of the 3000m events, posting an excellent time that he was very happy with. Congratulations to these three athletes on their efforts. It's always exciting to see Girraween athletes competing at these events and it's also a great opportunity for them to develop as athletes competing in strong fields.

The NSW Throwers Club resumed their competition at Greystanes early in November and both Kajanan Srisivaaswaran and Annisha Reader competed in this competition. They both threw very well in their respective events. It was a solid start to the season for both athletes.

One of Girraween's more experienced athletes in Raminder Singh took part in a unique event at the end of November. Raminder competed in the NSW Masters Athletics Indoor

Throwers Championships held at the equestrian centre at Somersby. It's unique, because hardly any indoor athletics is held in NSW, as there are no purpose-built indoor athletics facilities. Hats off to NSW Masters Athletics for making this happen. Raminder had a very successful meet, including setting a new NSW record for one of his events, the Shot Put. Congratulations to Raminder on this fine achievement, as we know NSW records in athletics are not easy to come by. We hope to see Raminder down at C V Kelly Park for the summer competition over the 2021/2022 season.

The SMC Road Race series was held at Smithfield at the end of November, having been put back a week due to local flooding of Prospect Creek effecting the course. Even then it was a close-run thing with the new course not been used due to further local flooding. The old course from two seasons ago was used instead with the re-introduction of those testing hills. Michael Kammerer had a very good run over the Half Marathon course whilst Alison Shaw also hung in well. The 10km saw Geoff Sheargold as the first athlete home with a very fine performance. Jason Cutajar also had an excellent run. Both Garry Womsley and Stephen Mifsud ran times under the five minute per km mark in the 5km event, an excellent effort by both athletes. It was also exciting to see Jason Cutajar, Tipene Robinson and Stephen O'Donnell out on the course last Sunday and we hope they enjoyed the experience.

Girraween athletes also took part in other events through November. Graham Sheargold tackled the Westies Joggers 10km handicap event at Lake Gillawarna early in November, running solidly. Garry Womsley participated in the Stadium Stomp at the SCG where he ran approximately 6700 steps (approximately 11km) around the various iconic stands dotted around the SCG finishing with a lap around the hallowed ground. It was undoubtedly a most unique experience for Garry. Virtual runs still continued in November with Stephen Mifsud tackling another unique run, called Run in the Dark which it was as is described. Both Andrew Free and Michael Christie also continued to participate in the not parkrun series in November, while Andrew also tackled the Virtual Fernleigh 15 event. It is hoped that parkrun resumes soon. However, as we all know, nothing is certain currently.

We congratulate all Girraween's athletes for their efforts in November, particularly those that represented Girraween so ably at ANSW and associated events. It remains important that Girraween athletes continue to compete on the bigger stage and that is what occurred in November. Results follow:

24-10-21 – 7-11-21 Run NSW Virtual Fernleigh 15

15th Andrew Free 1:33:41

6-11-21 Westies Joggers Lake Gillawarna

10km Handicap

23rd Graham Sheargold 1:02:19 (chip time)

1-11-21 – 7-11-21 (not) parkruns representing Parramatta parkrun 5km

Wed Michael Christie 36:22

1-11-21 – 7-11-21 (not) parkruns representing Newy parkrun 5km

Sun Andrew Free 28:43

7-11-21 NSW Throwers Club Greystanes

Men's Hammer U16

1st Kajanan Srisivaeaswaran 45.09

Women's Discus U12

1st Annisha Reader 32.99

Men's Discus U16

5th Kajanan Srisivaeaswaran 41.15

Women's Shot Put U12

1st Annisha Reader 8.94

8-11-21 – 14-11-21 (not) parkruns representing Parramatta parkrun 5km

Tue Michael Christie 33:36

13-11-21 NSW 3000M Championships & supporting events SOPAC

Men's 100m Hurdles 84cm

2nd Neelesh Srestha 15.36

Women's 3000m Race Walk Open

14th Laura Corvalan 18:46:68

Men's 3000m 'N' Race

12th Garry Womsley 12:43:44

14-11-21 SCG Stadium Stomp Moore Park

Full Course 6700 stairs (approx. 11km)

Garry Womsley 1:04:54

15-11-21 – 21-11-21 (not) parkruns representing Parramatta parkrun 5km

Tue Michael Christie 36:45

16-11-21 Run in the Dark – Sydney Virtual event

10km

Stephen Mifsud 57:02

20-11-21 – 21-11-21 NSW State Relay Championships SOPAC

20-11-21

4 X 100m Men's Relays U16 Preliminaries Heat 2

Tyler Bussier

Sumeet Dasgupta

Kajanan Srisivaeswaran

Neelesh Srestha 47.40 3rd

4x100m Men's Relays U16 Final

Tyler Bussier

Sumeet Dasgupta

Kajanan Srisivaeswaran

Neelesh Srestha 47.12 4th

Men's Shot Put Relay U18

7th Avilash Tharmanesan 11.21m

8th Cristobel Corvalan 10.67m

11th Kajanan Srisivaeswaran 10.30m

12th Neelesh Srestha 9.25m 41.43m 3rd

22-11-21 – 28-11-21 (not) parkruns representing Parramatta parkrun 5km

Tue Michael Christie 34:24

28-11-21 SMC Road Race Series Smithfield**Half Marathon**

5th Michael Kammerer 1:32:13.9

26th Alison Shaw 2:22:24.4

10km

1st Geoff Sheargold 37:59.1

9th Jason Cutajar 44:24.2

20th Tipene Robinson 51:39.2

30th Stephen O'Donnell 56:19.2

5km

5th Garry Womsley 22:42.7

10th Stephen Mifsud 24:30.1

19th Gary Micallef 28:23.4

24th Michael Christie 32:23.1

26th Mairead Connolly 34:03.4

28-11-21 NSW Masters Athletics Indoor Throws Championships Somersby**Shot Put (4kg) M75**

2nd Raminder Singh 7.38m (New Record)

Weight (16lbs) M75

2nd Raminder Singh 6.87m

Super Weight (35lbs) M75

2nd Raminder Singh 3.51m

Michael Christie (GAP)