

April 2022 – Girraween athletes continue to amaze!

While, thankfully the weather started to improve in April, the aftermath from the extraordinary rains in February and March was still felt, with many off track events impacted with courses for both parkrun and cross-country in a parlous state. However, Girraween athletes once again rose to the occasion across all facets of the sport.

Dominic Carr travelled north to Brisbane to compete in the Australian Masters Athletics Championships at the beginning of April and by any standard had a very successful meet. He won three gold and one silver medal and finished fourth and fifth in two other events. By any account, this was a wonderful achievement as the depth in many of his events was striking. All at Girraween congratulate Dominic on an successful championships.

The SMC Road Race Series continued at Smithfield in April. Geoff Sheargold finished third overall in the 10km event with a great sub forty-minute time in what was a most competitive race amongst the top half-dozen athletes. A further eye-catching performance was that of Garry Womsley in the 5km event, where Garry posted another excellent time. The Shailesh siblings once again finished one two in the 2km kids dash with another pair of fine performances. The form of Girraween's members and friends overall across the three events was most consistent, given that sections of the course still had surface water. It was a nice morning for a run though.

There were numerous milestones achieved by Girraween athletes at parkrun through April. At the beginning of the month, Terry Rose, completed his 400th parkrun, a remarkable effort. The next week Jason Cutajar completed his 100th parkrun and the week after this, Wayne Thurlow completed his 250th parkrun. These are extraordinary numbers and we send our congratulations to Terry, Wayne and Jason on their achievements. Danny Martins, with two and Michael Free and Tipene Robinson with once each, achieved new pb's in April. Given the state of many of the parkrun courses, this was most noteworthy and shows the excellent form these athletes are in currently. Daniel Irving finished first and second at two parkrun's at Rooty Hill in April, illustrating his very fine early winter season form. There were also many fine times posted by Girraween members and friends across April, often on courses that were weather affected,

Garry Womsley was the sole Girraween athlete attending the weekly 1000m and 3000n series hosted by Campbelltown Joggers at Leumeah through April. What a month Garry had. He either equalled or set new pb's in the 1000m race on three separate occasions, in one instance breaking the four-minute mark. He also finished first on two different occasions in his race of the 1000m, no mean feat given the size of these fields. Naturally, Garry was most pleased with this achievement. Throughout the month Garry was also backing up for the 3000m race held shortly after would, posting most respectable times. While Leumeah is a little way from home for most of the Girraween athletics contingent, Garry advised that he would like to see some of his clubmates make it down there for a run at some stage over the winter season.

Girraween athletes were also spotted plying their wares at other events through April. Danny Martins posted excellent times in two events that he competed in north of Sydney in

the Hill to Harbour 10km in Newcastle and the Bottlebutt Bash trail run over the half marathon distance at Port Macquarie. Danny is posting excellent times of late. We wish him well in his running up north. Graham Sheargold also participated in handicap races at the weekly event hosted by Western District Joggers at Lake Gillawarna through April. Graham posted very consistent times replicating his recent fine form at cross-country. The redoubtable Steve Mifsud once again took to the roads, completing the marathon at the Canberra Running Festival in April, in a shade under the five-hour mark. Steve's feats continue to astound. We wish him well as he continues his athletic journey.

From time to time, GAP is given information or is able to source news about Girraween athlete's achievements away from the track and field in other sports. This was the case last month.

Taylor Doyle, whilst still competing in athletics was also selected for the Para Matildas to attend the National team training camp in Canberra at the beginning of April. For the uninitiated, this is for footballers with cerebral palsy, acquired brain injury or symptoms of a stroke. CP footballers play a seven a side game with smaller goals, 30-minute halves and no offside. There will be a further National team training camp held in Sydney in early May where the Australian squad will be then be chosen to compete in the IFCPF (International Federation of CP Football) Women's World Cup in Salou, Spain later in May. We wish Taylor well with this new journey.

The remarkable Lisa Grant once again competed in the Sydney Summer Series of orienteering, held at different locations around Sydney from November 2021 to the end of March 2022 on a weekly basis. Lisa finished first in the Masters Women category with an average score of 100pts, the most you can score each week. Lisa competed in seventeen of the allotted nineteen events and the average score is taken from the athlete's ten best events. Lisa's consistency over the series was indeed amazing given the variations in courses week to week. Congratulations Lisa.

As the headline notes, Girraween athletes certainly do amaze. April 2022 once again proved this point. The achievements of Girraween's athletes across all events is indeed remarkable and we wish all our athletes the very best over the upcoming winter season. Results follow:

1-4-22 – 3-4-22 Australian Masters Championships Brisbane

2-4-22

M50 400m Long Hurdles

2nd Dominic Carr 1:14.19

M50 3000m Steeplechase

1st Dominic Carr 16:03.92

M50 Long Jump

5th Dominic Carr 4.70m

3-4-22

M50 100m Short Hurdles

4th Dominic Carr 20.85

M50 Pole Vault

1st Dominic Carr 2.00m

M50 Triple Jump

1st Dominic Carr 10.42m

2-4-22 Rooty Hill parkrun 5km

35th Greg Sargeant 25:59

44th Wayne Thurlow 26:55

51st David Perry 27:51

2-4-22 Parramatta parkrun 5km

123rd Terry Rose 32:40 (400th pr)

140th Michael Christie 36:11

168th Keith Mayhew 44:43

2-4-22 Picton parkrun 5km

5th Jason Cutajar 20:46

7th Rod Zammit 21:46

2-4-22 Curl Curl parkrun 5km

35th Lisa Grant 23:04

2-4-22 St Peters parkrun 5km

97th Garry Womsley 26:11

2-4-22 Westies Joggers Lake Gillawarna

10km Handicap

22nd Graham Sheargold 1:01.08

3-4-22 Newcastle Running Festival

Hill to Harbour 10km

41st Danny Martins 45:11

5-4-22 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Race 2

2nd Garry Womsley 4:02 (pb)

3000m

12th Garry Womsley 13:15

9-4-22 Rooty Hill parkrun 5km

1st Daniel Irving 17:40

31st Wayne Thurlow 25:37

34th Greg Sargeant 25:51

51st Graham Sheargold 27:52

90th Mairead Connolly 35:21

9-4-22 Werrington Lakes Reserve parkrun 5km

3rd Tipene Robinson 25:19

4th Jason Cutajar 25:21 (100th pr)

15th Rod Zammit 28:43

9-4-22 Parramatta parkrun 5km

102nd Michael Christie 35:55

130th Keith Mayhew 44:46

141st Terry Rose 50:44 (tail walker)

9-4-22 Curl Curl parkrun 5km

46th Lisa Grant 22:56

9-4-22 Blue Gum Hills parkrun 5km

4th Danny Martins 23:18 (new pb)

9-4-22 Dalby (Qld) parkrun 5km

8th Michael Free 24:27 (new pb)

10-4-22 Canberra Times Marathon Canberra ACT

Marathon

813th Stephen Mifsud 4:57:08

12-4-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

1st Garry Womsley 4:03

16-4-22 Rooty Hill parkrun 5km

9th Danny Martins 20:16 (new pb)

31st Wayne Thurlow 24:38 (250th pr)

35th Greg Sargeant 25:27

62nd David Perry 28:53

90th David Otte 34:11

112th Mischelle Otte 42:13

16-4-22 Cronulla parkrun 5km

13th Jason Cutajar 26:06

17th Rod Zammit 26:54

32nd Tipene Robinson 28:28

16-4-22 Parramatta parkrun 5km

178th Terry Rose 34:42

232nd Michael Christie 1:01:16 (tail walker)

16-4-22 Curl Curl parkrun 5km

58th Lisa Grant 22:43

16-4-22 Newy parkrun 5km

332nd Andrew Free 41:01

16-4-22 Western District Joggers Lake Gillawarna

5@The Lake

17th Graham Sheargold 27:06

19-4-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

4th Garry Womsley 4:02 ebp

3000m

7th Garry Womsley 13:28

23-4-22 Rooty Hill parkrun 5km

2nd Daniel Irving 17:54

30th Greg Sargeant 25:02

31st Wayne Thurlow 25:02

82nd Geoff Newey 33:35

23-4-22 Lawson parkrun 5km

11th Rod Zammit 26:29

17th Jason Cutajar 29:08

19th Tipene Robinson 29:26

23-4-22 Parramatta parkrun 5km

129th Terry Rose 34:57

152nd Michael Christie 40:08

23-4-22 Newy parkrun 5km

23rd Danny Martins 20:53

23-4-22 Curl Curl parkrun 5km

49th Lisa Grant 22:42

23-4-22 Mosman parkrun 5km

16th Michael Free 27:07

23-4-22 St Peters parkrun 5km

248th Garry Womsley 59:29 (tail walker)

24-4-22 Bottlebutt Bash Trail Run Port Macquarie**21km**

37th Danny Martins 2:44.92

24-4-22 SMC Road Race Series Smithfield**10km**

3rd Geoff Sheargold 39:35.3

11th Jason Cutajar 42:45.1

24th Tipene Robinson 50:30.5

37th Graham Sheargold 58:55.5

45th Stephen O'Donnell 1:06:54,3

5km

6th Garry Womsley 22:50.8

10th Stephen Mifsud 25:36.3

26th Michael Christie 33:14.6

29th Mairead Connolly 35:35.4

2km Kids Dash

1st Sai Sravan Shailesh 9:12.5

2nd Sai Sraddha Shailesh 9:19.1

26-4-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

1st Garry Womsley 3:58 (pb)

3000m

12th Garry Womsley 13:19

30-4-22 Rooty Hill parkrun 5km

10th Rod Zammit 21:35

18th Tipene Robinson 23:04 (new pb)

35th Greg Sargeant 25:48

64th Wayne Thurlow 30:12

79th Jason Cutajar 35:56

83rd Mischelle Otte 37:04

84th David Otte 37:14

30-4-22 Parramatta parkrun 5km

166th Terry Rose 39:58

172nd Michael Christie 42:17

30-4-22 The Ponds parkrun 5km

35th Matt Modini 22:30

30-4-22 Curl Curl parkrun 5km

44th Lisa Grant 22:51

30-4-22 Mosman parkrun 5km

12th Michael Free 27:40

30-4-22 Newy parkrun 5km

321st Andrew Free 54:11 (walker)

Michael Christie (GAP)