

August 2022 – Girraween athletics remarkable story continues!



Katrina Russell at Bathurst



Laelia & Joel Byatt

The month of August saw another list of remarkable feats by Girraween athletes across a variety of events, adding to the rich tapestry that is the Girraween athletics story.

The eye-catching performances for the month came from Girraween athletes representing the club at NSW Championship events. Three walkers in Joel and Laelia Byatt and Laura Corvalan Sotomayor competed at the NSW Long Walks Championships at Chipping Norton. Joel won gold in the 5km event, Laelia won a silver in the 8km event and Laura finished a great sixth in the 5km event. It should be noted that this was Laelia's first ever 8km walking event and Laura's first ever 5km walking event. To compete so well in a debut event at the State level is a wonderful achievement by both ladies. Joel's gold medal effort can best be described as epic, with a dominant performance in the male 5km event. Girraween sends our congratulations to all three athletes on their fine performances, continuing a great tradition of walks at Girraween. A small contingent of Girraween athletes travelled to Bathurst to compete in the NSW Short Course Cross Country Championships on a biting cold day. This event also doubled as a test event for the 2023 World Cross Country Championships to be held at the same venue, Mount Panorama in February 2023. Katrina Russell won her second state medal in a month, finishing with a well-earned bronze medal in her event. Congratulations to Katrina on this fine feat. A big shout out to the rest of the Girraween contingent of Jason Cutajar, Tipene Robinson, Graham Sheargold and Michael Christie in representing the club on the day. Tipene's effort in ensuring the club also had a cabana on the day was very much appreciated by Girraween athletes and friends from Hills, particularly when icy cold showers blew in across the slopes. Thank you Tipene, you were a lifesaver.

The City2Surf returned to its traditional format for the first time since 2019 and there was a great contingent of Girraween members and friends participating in the event. Both Daniel

Irving and Danny Martins cracked the hour mark with superb runs. Daniel's time in the low fifty minute's group was excellent, whilst Danny's was not only a pb, but he was also most thrilled to crack the hour mark. Both Tipene Robinson and Joshua Kimpton's runs were also of great quality. Both had to be thrilled with their result. Congratulations to all of Girraween's members and friends who took part in the event and apologies if we have missed anybody in our results. Please let us know if we have.

It would be remiss not to mention the effort one of Girraween's veteran athletes, Raminder Singh in August. Raminder competed in the inaugural Australian Masters Indoor Throwing Championships at the Il Cadore Equestrian Centre at Somersby on the Central Coast. And in case you were wondering there were no horses present when the competition was on. Raminder picked up a well - deserved silver medal in his event, the shot put, and we congratulate Raminder on this very fine achievement.

Parkrun didn't miss a beat in August and there were several noteworthy efforts by Girraween runners. Both Daniel Irving and Geoff Sheargold won one of their events in August, running speedy times in the process. The remarkable Michael Free picked up another four new pb's across the month, no mean feat when to pick up one is an achievement. Congratulations Michael. Michelle Otte also picked up another new pb to. Congratulations Michelle. At the end of the month, Tipene Robinson broke the twenty-minute time for the first time at the parkrun at Dolls Point. Tipene was naturally thrilled with his effort. It comes on in the midst of a most amazing season of long-distance endeavour from this athlete. It has certainly been a breakthrough winter season for Tipene. Lisa Grant was another whose amazing consistency at the Curl Curl parkrun stands out. Lisa continues to run well. Girraween members and friends continue to support parkrun at many venues and that is always nice to see.

There were other fine performances by Girraween members and friends across August. Garry Womsley continued his engagement with the Campbelltown Joggers series with consistent performances. Graham Sheargold was spotted at one of the Western Districts Harriers events at Lake Gillawarna posting a fine 10km time in the handicap event there, whilst Stephen Mifsud posted a most excellent time for the Half Marathon at the Mudgee Running Festival, while Carol Adams performance in the Marathon can best be described as epic, as Carol also was first in her category for the event. Congratulations Carol. The last event of the month was the NSW Throwers Club meet at Greystanes. Annisha Reader, Avalash Tharmanesan and Kavin Tharmanisan all participated in this event. All threw very well in their respective Shot Put and Discus events. It proved to be a great warm up for the up-coming summer season.

As a perusal of the results for August show, Girraween athletes continued to shine at a variety of events, which is always heart-warming to see. As the 2022 winter season draws to a conclusion, we wish all Girraween members and friends all the best as the summer season is due to begin in the next month or two. We trust everyone continues to enjoy their athletics. Results follow:

2-8-22 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Race 2

6th Garry Womsley 4:06

3000m Run

13th Garry Womsley 13:37

6-8-22 Rooty Hill parkrun 5km

1st Daniel Irving 17:42

8th Rod Zammit 22:10

17th Wayne Thurlow 23:18

40th Greg Sargeant 27:20

45th David Perry 28:11

84th Geoff Newey 34:28

89th Mairead Connolly 34:58

96th Mischelle Otte 37:20

100th David Otte 39:29

6-8-22 Parramatta parkrun 5km

3rd Geoff Sheargold 17:42

160th Michael Christie 33:49

213th Terry Rose 55:26 (tail walker)

6-8-22 Orange parkrun 5km

9th Tipene Robinson 21:00

18th Jason Cutajar 22:18

6-8-22 Curl Curl parkrun 5km

54th Lisa Grant 22:35

6-8-22 St Peters parkrun 5km

36th Garry Womsley 22:55

6-8-22 Mosman parkrun 5km

8th Michael Free 23:11 (new pb)

6-8-22 Campbelltown parkrun 5km

34th Stephen Parkins 27:16

6-8-22 Newy parkrun 5km

286th Andrew Free 37:03

6-8-22 Westies Joggers Lake Gillawarna

10km Handicap

18th Graham Sheargold 58:03

7-8-22 NSW Short Course Cross Country Championship Bathurst

6km Fun Run

20th Jason Cutajar 32:18

Open & 30-49 Men's 6km

35-39 Men's

4th Tipene Robinson 33:27

50+ Masters Men's & Women's, U20 Women's, U18 & U20 Men's 4.5km

65-69 Women's

3rd Katrina Russell 33:27

60-65 Men's

7th Michael Christie 35:56

65-69 Men's

8th Graham Sheargold 30:52

9-8-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

1st Garry Womsley 4:09

13-8-22 Curl Curl parkrun 5km

19th Tipene Robinson 21:09

24th Jason Cutajar 21:33

42nd Lisa Grant 22:53

13-8-22 Rooty Hill parkrun 5km

15th Wayne Thurlow 23:29

16th Rod Zammit 23:32

58th Geoff Newey 33:15

13-8-22 Parramatta parkrun 5km

53rd Stephen Parkins 25:08

138th Michael Christie 35:51

154th Terry Rose 43:18

13-8-22 Walcha parkrun 5km

5th Michael Free 24:13 (new pb)

13-8-22 Wentworth Common parkrun 5km

21st Danny Martins 25:04

13-8-22 Whalan Reserve parkrun 5km

20th Mischelle Otte 32:39 (new pb)

13-8-22 Newy parkrun 5km

246th Andrew Free 33:07

14-8-22 Sun Herald City2Surf

223rd Daniel Irving 51:35

906th Danny Martins 57:32

1721st Tipene Robinson 1:01.01

3117th Joshua Kimpton 1:04.41

3483rd Jason Cutajar 1:05.24

4214th Nicholas Hanna 1:06.47

4229th Thomas List 1:06.48

4984th Garry Womsley 1:08.33

5952nd Steve Clark 1:09.34

9385th Peter Kimpton 1:14.34

14355th Greg Sargeant 1:21.23

14608th Bettina McMahon 1:21.43
14617th Rod Zammit 1:21.44
18427th Rob Eager 1:27.02
20984th Alison Shaw 1:30.57
28420th Terry Rose 1:46.16
29635th Suresh Raju 1:49.43
45194th Amelia Clark 3:12.57

20-8-22 Rooty Hill parkrun 5km

8th Jason Cutajar 20:59
26th Wayne Thurlow 23:16
40th Bettina McMahon 25:06
43rd Greg Sargeant 25:15

20-8-22 Parramatta parkrun 5km

6th Geoff Sheargold 17:56
151st Terry Rose 32:16
203rd Michael Christie 47:24 (walker)

20-8-22 The Ponds parkrun 5km

24th Adam Etherington 21:37

20-8-22 Curl Curl parkrun 5km

47th Lisa Grant 22:09

20-8-22 Centennial parkrun 5km

46th Michael Free 22:58 (new pb)

20-8-22 Werrington Lakes reserve parkrun 5km

3rd Garry Womsley 24:01

20-8-22 Coffs Harbour parkrun 5km

30th Stephen Parkins 25:39

20-8-22 Newy parkrun 5km

269th Andrew Free 32:39

20-8-22 – 21-8-22 Australian Masters Indoor Throwing Championships

Somersby NSW

20-8-22

Men's 75-79 Shot Put

2nd Raminder Singh 7.46m

21-8-22 NSW Long Walks Championships Chipping Norton

Mixed 8km Road Race Walk U18

Women's

2nd Laelia Byatt 50:30

Mixed 5km Road Race Walk U16

Men's

1st Joel Byatt 28:41

Women's

6th Laura Corvalan Sotomayor 33:47

21-8-22 Mudgee Running Festival – Mudgee

Lowe/Pieter Van Gent Half Marathon

99th Stephen Mifsud 1:58.38

Moolarben Marathon

65th Carol Adams 5:30:21 (1st 60-69 cat)

27-8-22 Parramatta parkrun 5km

1st Geoff Sheargold 18:42

54th Stephen Parkins 25:05

157th Terry Rose 31:25

178th Michael Christie 35:15

27-8-22 Dolls Point parkrun 5km

10th Tipene Robinson 19:46

23rd Jason Cutajar 21:40

42nd Rod Zammit 24:09

27-8-22 Rooty Hill parkrun 5km

13th Wayne Thurlow 22:48

25th Greg Sargeant 25:00

27-8-22 Curl Curl parkrun 5km

38th Lisa Grant 22:37

27-8-22 Cooks River parkrun 5km

22nd Michael Free 22:55 (new pb)

27-8-22 Nepean River parkrun 5km

30th Garry Womsley 23:24

27-8-22 Newy parkrun 5km

237th Andrew Free 31:57

28-8-22 NSW Throwers Club Greystanes

Women's Shot Put U14

4th Annisha Reader 9.15m

Men's Shot Put U18

2nd Avilash Tharmanesan 12.07m

Men's Shot Put U14

2nd Kavin Tharmanesan 10.57m

Women's Discus U14

1st Annisha Reader 40.24m

Men's Discus U18

3rd Avilash Tharmanesan 29.78m

Men's Discus U14

3rd Kavin Tharmanesan 28.09m

Michael Christie (GAP)

