

## **December 2022 – The end of an incredible year for Girraween athletics!**

Well, the year sure has flown. It has been a year of very fine achievements by Girraween athletes across a wide spectrum of events, and this month was no exception.

The Albie Thomas Mile meet early in the month saw a small Girraween contingent compete very well in their perspective events. Neelesh Srestha in the hurdles and Geoff Sheargold and Garry Womsley in the longer track events were most competitive in fields that were of a high standard. All three athletes had to be pleased with their efforts.

The BSW Throwers Club held another meet at Greystanes early December. Annisha Reader had a great competition in both the Discus and Shot-Put finishing first and second respectively. Kajanan Srisivaeaswaran finished third in the Hammer which was another consistent effort on his part, whilst Nathan Farrugia also had a consistent series of throws in the Discus. The NSW Throwers club meets are very well supported so Annisha, Kajanan and Nathan's fine efforts are very noteworthy.

The SMC Road Race series was held at Smithfield not long before Christmas. Michael Kammerer posted an excellent time in the Half Marathon. Stephen Mifsud ran well in the 10km event and Sai Sravan Shailesh and Sai Sraddha Shailesh were once again excellent in the 2km Kids dash. The remaining Girraween members and friends on the day also ran well and had to be happy with their efforts overall.

The parkrun series motored along in December and as can be seen from the results, was well supported by Girraween members and friends. There were a number of standout achievements. Michael Free posted three new pb's, Tipene Robinson posted two new pb's and Josiah Jackson, Samuel Jackson, Rod Zammit and Lisa Grant posted one new pb each. All these athletes deserve our congratulations on this fine achievement. Michael Free's run of consecutive new pb's that stretched back to July came to an end in December. It had to eventually and by any measurement, Michael's achievement was quite remarkable. Well done Michael. Daniel Irving finished first on two occasions at Rooty Hill parkrun in December, once again illustrating his continuing fine form. Numerous Girraween members and friends also assisted Rooty Hill parkrun early December with pace-making duties to help celebrate that parkrun's sixth birthday. They all did an extraordinary job on what was a warm morning.

Girraween members were also spotted at other events through December. Graham Sheargold continued to tackle the Western Districts and Joggers handicap series at Lake Gillawarna, posting excellent times, while Garry Womsley continued his fine running at the Campbelltown Joggers 1000m and 3000m series. Katrina Russell also tackled a 10km event up at Port Stephens and finished third in her category, no mean feat. Well done to all three athletes.

Through 2022, Girraween Athletics Club, continued to punch above its weight. Each month saw a series of remarkable results, making the job of collating, researching and writing about our Girraween athletes most enjoyable. Results follow:

### **3-12-22 Rooty Hill parkrun 5km**

9th	Wayne Thurlow	21:32
16th	Rod Zammit	22:56
68th	Bettina McMahon	31:01
134th	Hayley Zammit	54:59 (walker)
135th	Kristy Zammit	55:00 (walker)

### **3-12-22 Galston parkrun 5km**

7th	Tipene Robinson	22:45
35th	Jason Cutajar	28:04

### **3-12-22 Parramatta parkrun 5km**

191st	Terry Rose	34:12
214th	Michael Christie	37:03

### **3-12-22 Wagi Bridge (ACT) parkrun 5km**

43rd	David Otte	38:00
53rd	Mischelle Otte	47:46 (walker)

### **3-12-22 Curl Curl parkrun 5km**

64th	Lisa Grant	22:10
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### **3-12-22 Kamay parkrun 5km**

16th	Michael Free	22:33 (new pb)
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### **3-12-22 Rouse Hill parkrun 5km**

8th	Adam Etherington	23:06
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### **3-12-22 Henry Kendall Reserve parkrun 5km**

7th	Stephen Parkins	26:23
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### **3-12-22 The Ponds parkrun 5km**

134th	Greg Sargeant	29;13
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### **3-12-22 Newy parkrun 5km**

281st	Andrew Free	32;27
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### **3-12-22 Western Districts Joggers and Harriers Lake Gillawarna 10km Handicap**

16th	Graham Sheargold	57:31
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### **3-12-22 Albie Thomas Mile Meet The Crest Bankstown**

#### **Men's 400m Hurdles 84cm A Race**

5th	Neelesh Srestha	1:06.86
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#### **Men's 800m F Race**

10th	Garry Womsley	3:06.60
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#### **Mixed 5000m Community Run**

12th	Geoff Sheargold	17:31.94
26th	Garry Womsley	23:13.03

#### **4-12-22 Campbelltown Joggers Partner 2 x 5km Relay Bradbury**

4th Garry Womsley 24:20

#### **4-12-22 NSW Throwers Club Greystanes**

##### **Women's Shot Put U14**

2nd Annisha Reader 3kg 9.43m

##### **Men's Hammer U18**

3rd Kajanan Srisivaeaswaran 5kg 41.26m

##### **Women's Discus U14**

1st Annisha Reader 750g 39.15m

##### **Men's Discus U16**

7th Nathan Farrugia 1kg 26,35m

#### **6-12-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**

##### **1000m Race 1**

12th Garry Womsley 4:03

##### **3000m**

11th Garry Womsley 13:27

#### **10-12-22 Rooty Hill parkrun 5km**

10th Daniel Irving 19:02

16th Tipene Robinson 21:00

40th Rod Zammit 23:15

52nd Wayne Thurlow 24:00

53rd Dominic Carr 24:06

120th Bettina McMahon 30:59

142nd David Otte 33:53

145th Michael Christie 34:08

210th Michele Otte 49:37 (walker)

216th Kristy Zammit 54:45 (walker)

217th Hayley Zammit 54:45 (walker)

226th David Perry 1:00:44 (walker)

231st Jason Cutajar 1:02,56 (tail walker)

#### **10-12-22 Parramatta parkrun 5km**

3rd Geoff Sheargold 17:26

62nd Stephen Parkins 24:53

167th Terry Rose 33:08

#### **10-12-22 Wentworth Common 5km**

20th Michael Free 22:07 (new pb)

#### **10-12-22 Curl Curl parkrun 5km**

57th Lisa Grant 22:07

#### **10-12-22 Rouse Hill parkrun 5km**

6th Adam Etherington 22:29

**10-12-22 St Peters parkrun 5km**

46th Garry Womsley 22:53

**10-12-22 Forster parkrun 5km**

28th Graham Sheargold 26:09

**10-12-22 Newy parkrun 5km**

249th Andrew Free 32:22

**11-12-22 The Run Port Stephens****10km**

149th Katrina Russell 1:13.35(3rd 60-69 Female)

**17-12-22 Rooty Hill parkrun 5km**

1st Daniel Irving 17:34

7th Wayne Thurlow 21:20

18th Josiah Jackson 23:41(new pb)

46th Greg Sargeant 27:44

50th Samuel Jackson 28:02 (new pb)

70th Jason Cutajar 30:53

98th David Otte 36:53

99th Mischelle Otte 36:56

**17-12-22 Parramatta parkrun 5km**

27th Michael Free 21:43 (new pb)

65th Stephen Parkins 24:45

222nd Terry Rose 37:41

280th Michael Christie 54:58 (tail walker)

**17-12-22 Curl Curl parkrun 5km**

12th Geoff Sheargold 18:47

74th Lisa Grant 22:42

**17-12-22 Chipping Norton parkrun 5km**

8th Rod Zammit 21:53 (new pb)

29th Bettina McMahon 26:37

**17-12-22 Casula Parklands parkrun 5km**

13th Tipene Robinson 26:44

**17-12-22 Newy parkrun 5km**

316th Andrew Free 32:53

**17-12-22 Whalan Reserve parkrun 5km**

35th Geoff Newey 52:57 (walker)

**18-12-22 SMC Road Race Series Smithfield****Half Marathon**

7th Michael Kammerer 1:29:46.2

34th Tipene Robinson 1:52:42.0

39th Michael Free 1:53:30.8

**10km**

35th Stephen Mifsud 53:42.5

38th	Graham Sheargold	54:16.6
53rd	Alison Shaw	1:01:07.9
71st	Mairead Connolly	1:13:17.8

#### **5km**

37th	Michael Christie	32:03.7
43rd	Terry Rose	36:32.3

#### **2km Kids Dash**

1st	Sai Sravan Shailesh	8:00.1
4th	Sai Sraddha Shailesh	9:34.0

#### **24-12-22 Rooty Hill parkrun 5km**

2nd	Daniel Irving	17:46
13th	Wayne Thurlow	22:15
24th	Rod Zammit	23:40
57th	Bettina McMahon	27:15
64th	Greg Sargeant	27:45
130th	Gary Micallef	40:16
149th	David Perry	47:05 (walker)
168th	Geoff Newey	54:15 (walker)

#### **24-12-22 Parramatta parkrun 5km**

15th	Geoff Sheargold	19:33
235th	Terry Rose	35:51
236th	Michael Christie	36:05

#### **24-12-22 Huskisson parkrun 5km**

193rd	David Otte	43:44
194th	Mischelle Otte	43:46.

#### **24-12-22 Greenway parkrun 5km**

36th	Michael Free	22:19
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#### **24-12-22 Blue Gum Hills parkrun 5km**

5th	Danny Martins	22:52
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#### **24-12-22 Leeton Sport and Recreation Precinct parkrun 5km**

5th	Lisa Grant	23:11 (new pb)
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#### **24-12-22 Rouse Hill parkrun 5km**

7th	Matt Modini	23:21
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#### **24-12-22 Wentworth Common parkrun 5km**

72nd	Tipene Robinson	31:18
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#### **24-12-22 Newy parkrun 5km**

395th	Andrew Free	41:57
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#### **25-12-22 Parramatta parkrun 5km**

58th	Graham Sheargold	25:34
92nd	Alison Shaw	29:09
120th	Michael Christie	33:12
139th	Terry Rose	38:09

**25-12-22 The Ponds parkrun 5km**

15th Steve Clark 21:00  
17th Matt Modini 21:31

**25-12-22 Whalan Reserve parkrun 5km**

13th Wayne Thurlow 21:47  
17th Tipene Robinson 22:41 (new pb)

**25-12-22 Willow (Vic) parkrun 5km**

17th Lisa Grant 23:07

**25-12-22 Mosman parkrun 5km**

19th Michael Free 24:28

**25-12-22 Newy parkrun 5km**

171st Andrew Free 33:31

**31-12-22 Rooty Hill parkrun 5km**

1st Daniel Irving 17:56  
7th Danny Martins 20:43  
41st Rod Zammit 25:43  
46th Wayne Thurlow 26:32  
50th Greg Sargeant 27:11  
56th Jason Cutajar 28:07  
68th Geoff Newey 29:33

**31-12-22 Parramatta parkrun 5km**

3rd Geoff Sheargold 17:56  
86th Stephen Parkins 25:06  
239th Terry Rose 35:42  
244th Michael Christie 36:29

**31-12-22 Newy parkrun 5km**

390th Sharon Free 46:31 (walker)  
391st Andrew Free 46:32 (walker)

**31-12-22 The Ponds parkrun 5km**

35th Tipene Robinson 22:39 (new pb)

**31-12-22 Rouse Hill parkrun 5km**

5th Matt Modini 22:51

**31-12-22 Mosman parkrun 5km**

12th Michael Free 23:07

**31-12-22 Centennial parkrun 5km**

84th Lisa Grant 23:22

**31-12-22 Rockhampton (Qld) parkrun 5km**

24th Garry Womsley 23:38

Michael Christie

(GAP)



