

## **February 2022 – If you can believe it, the mind can achieve it!**

February 2022 saw Girraween's athletes live up to the above headline as they achieved fine results across a variety of events, in conditions that at times were most challenging.

February proved to be a very wet month.

The NSW Junior Championships were held at SOPAC in February and Girraween was well represented across numerous events. Congratulations to Megan Mifsud, Cian Mulholland, Kajan Srisivaeaswaran, Laelia Byatt, Vithussa Srisivaeaswaran, Joel Byatt, Laura Corvalan, Sumeet Dasgupta, Tyler Bussier and Cristobel Corvalan who all competed well at these championships where there were very deep fields over most events. Laura, Kajan and Joel also picked up bronze medals in their respective events, no mean feat at this level. Well done to all concerned. We also understand that Laelia, Joel and Laura have qualified to represent NSW in Race Walks at the National Championships due to be held in Sydney at the end of March. This is a wonderful achievement. We wish all three athletes all the best in the lead-up to these championships.

Taylor Doyle continued her comeback in February with a solid performance in her chosen event, the Long Jump at the NSW Open Championships held at SOPAC. Everyone at Girraween wishes Taylor well in her journey over coming months.

Girraween was well represented at the SMC Road Race Series held at Smithfield in February on a warm and humid morning. Michael Kammerer in the Half Marathon, Geoff Sheargold in the 10km, Garry Womsley in the 5km and Sai Sraavan Shailesh in the 2km kids dash were stand out performances on the morning, posting very fine times. The remainder of Girraween members and friends stuck to their tasks well and had to be happy with their efforts in the circumstances.

As you can imagine, parkrun continued to be well supported by Girraween's members and friends right across February with many of them popping up at events far and wide as can be seen from the results. Jason Cutajar scored two new pb's in February and Helen Collins one new pb, a fine achievement by both athletes. A number of athletes including Nikil Redipali, Daniel Irving, Geoff Sheargold, Adam Etherington and Jason Cutajar posted very solid times in February and should be most satisfied with their efforts. Conditions at times were most challenging, yet it still did not deter the Girraween contingent from turning up each Saturday morning throughout February.

There were other noteworthy performances last month across numerous events. Nikil Redipali who is currently living and studying in Perth finished second in the Men's Open 3000m Steeple Chase representing Canning Districts Athletic Club at the West Australian State Track and Field Championships in February. We wish Nikil well with his ongoing study and his athletics. The amazing Helen Collins participated in the Trail Run Australia held in the Snowy Mountains in February over the Half Marathon distance in one of the more unique running environments in Australia. Congratulations to Helen on this achievement. Graham Sheargold continued with his series of runs at the Western Districts Joggers and Harriers events at Lake Gillawarna in February posting a series of solid times. At the beginning of the month the indomitable Steve Mifsud completed another virtual marathon with his effort in the Tokyo virtual event. Over the last twelve months Steve has competed in a number of these big city marathon virtual events, keeping the dream alive. Both

Helen Collins and Jason Cutajar competed in the Sun Run (10km distance) between Dee Why and Manly early February. As if that wasn't enough; in a warm down, both Helen and Jason competed in the North Sydney parkrun on the way home not long after finishing their event at Manly. It's little wonder then that these two fine athletes continue to post a series of excellent times across varied events. We wish them both well as they continue to enjoy their running.

Each month, Girraween's members and friends never cease to amaze. February was no exception. We wish everyone all the best with their athletics over the remainder of the summer season and it goes without saying that everyone is hoping for an upcoming winter season that is free of interruptions that have impacted our sport over the last two years. May all our readers continue to stay safe. Results follow:

### **5-2-22 Rooty Hill parkrun 5km**

18th	Wayne Thurlow	23:34
23rd	Greg Sargeant	25:16
107th	Mairead Connolly	1:03.36 (tail walker)

### **5-2-22 Parramatta parkrun 5km**

68th	Stephen Parkins	24:36
187th	Michael Christie	34:40
250th	Terry Rose	1:04.03 (tail walker)

### **5-2-22 North Sydney parkrun 5km**

67th	Jason Cutajar	26:00
95th	Helen Collins	28:32

### **5-2-22 Bunyaville parkrun (Qld) 5km**

71st	David Otte	43:30
74th	Mischelle Otte	44:33

### **5-2-22 St Peters parkrun 5km**

30th	Garry Womsley	22:20
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### **5-22-22 Wentworth Common parkrun 5km**

41st	Tipene Robinson	24:48
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### **5-2-22 Wildflower parkrun 5km**

13th	Lisa Grant	25:36
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### **5-2-22 Mosman parkrun 5km**

26th	Michael Free	26:55
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### **5-2-22 Newy parkrun 5km**

213th	Andrew Free	33:32
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### **5-2-22 Sun Run Dee Why to Manly**

#### **10km**

257th	Jason Cutajar	44:38
765th	Helen Collins	51:14

### **5-2-22 – 5-3-22 Virtual Tokyo Marathon Japan**

	Stephen Mifsud	5:27:14
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### **12-2-22 Rooty Hill parkrun 5km**

9th	Jason Cutajar	20:44
19th	Wayne Thurlow	23:15
41st	Greg Sargeant	25:41
68th	Geoff Newey	29:01
73rd	David Perry	30:34

### **12-2-22 Shellharbour parkrun 5km**

33rd	Helen Collins	27:22 (new pb)
101st	David Otte	38:46
103rd	Mischelle Otte	39:25

### **12-2-22 The Ponds parkrun 5km**

13th	Adam Etherington	21:24
23rd	Matt Modini	22:03

### **12-2-22 Parramatta parkrun 5km**

145th	Terry Rose	33:35
161st	Michael Christie	35:13

### **12-2-22 Curl Curl parkrun 5km**

48th	Lisa Grant	22:27
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### **12-2-22 Nepean River parkrun 5km**

36th	Tipene Robinson	24:41
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### **12-2-22 North Sydney parkrun 5km**

92nd	Michael Free	28:54
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### **12-2-22 Newy parkrun 5km**

198th	Andrew Free	31:32
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### **12-2-22 St Peters parkrun 5km**

310th	Garry Womsley	57:23 (tail walker)
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### **19-2-22 Wentworth Common parkrun 5km**

13th	Jason Cutajar	22:05 (new pb)
17th	Rod Zammit	22:29
43rd	Tipene Robinson	25:51
87th	Andrew Free	31:55

### **19-2-22 Parramatta parkrun 5km**

5th	Geoff Sheargold	18:12
133rd	Terry Rose	33:02
140th	Michael Christie	34:09
188th	Keith Mayhew	45:12

### **19-2-22 The Terrace parkrun 5km**

7th	Danny Martins	22:19
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### **19-2-22 Rouse Hill parkrun 5km**

6th	Adam Etherington	22:29
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**19-2-22 Curl Curl parkrun 5km**

63rd Lisa Grant 22:29

**19-2-22 St Peters parkrun 5km**

42nd Garry Womsley 22:32

**19-2-22 Batemans Bay parkrun 5km**

18th Stephen Parkins 25:04

**19-2-22 Tamworth parkrun 5km**

28th Michael Free 25:18

**19-2-22 The Ponds parkrun 5km**

125th Geoff Newey 28:50

**19-2-22 5@The Lakes Western Districts Joggers and Harriers Lake Gillawarna**

23rd Graham Sheargold 28:32

**18-2-22 – 19-2-22 Trail Run Australia Snowy Mountains Lake Crackenback Resort and Spa****19-2-22****TRA21**

150th Helen Collins 2:39.02

**20-2-22 SMC Smithfield****Half Marathon**

6th Michael Kammerer 1:29:49.0

40th Alison Shaw 2:19:09.8

**10km**

3rd Geoff Sheargold 38:33.0

10th Jason Cutajar 43:40.0

35th Tipene Robinson 54:05.4

42nd Stephen O'Donnell 1:01:13.6

43rd Graham Sheargold 1:02:35.7

**5km**

7th GarryWomsley 22:31.9

16th Stephen Mifsud 25:41.8

33rd Mairead Connolly 33:06.1

36th Michael Christie 34:39.3

**2km Kids Dash**

1st Sai Sravan Shailesh 8:18.1

2nd Sai Sraddha Shailesh 9:29.9

**18-2-22 – 20-2-22 NSW Open, U23 & Para Championships SOPAC****20-2-22****Women's Long Jump Ambulant**

5th Taylor Doyle 4.04m 73.32%

## **25-2-22 – 27-2-22 NSW Junior Championships SOPAC**

### **25-2-22**

#### **Women's 100m Hurdles 76.2cm U17**

10th Megan Mifsud 17.03

#### **Men's 400m Prelims U15**

##### **Heat 2**

7th Cian Mulholland 62.94

#### **Men's Hammer U14**

4th Kajan Srisivaeaswaran 41.37m (3rd NSW athlete)

#### **Women's 5000m Race Walk U17**

6th Laelia Byatt 29:38.50 (5th NSW athlete)

#### **Women's Long Jump U20**

10th Vithussa Srisivaeaswaran 4.77m

### **26-2-22**

#### **Men's 3000m Race Walk U16**

4th Joel Byatt 15:48.88 (3rd NSW athlete)

#### **Women's 3000m Race Walk U15**

3rd Laura Corvalan 19:36.93

#### **Men's 100m U17 Prelims**

##### **Heat 3**

10th Sumeet Dasgupta 12.56

#### **Men's 100m U16 Prelims**

##### **Heat 3**

8th Tyler Bussier 12.39

#### **Men's Javelin Throw U18**

4th Cristobel Corvalan 48.13m

### **27-2-22**

#### **Men's Long Jump U17**

9th Sumeet Dasgupta 4.33m

#### **Men's 800m U15**

##### **Section 2**

6th Cian Mullholland 2:25.34

### **26-2-22 Rooty Hill parkrun 5km**

1st Daniel Irving 18:02

26th Wayne Thurlow 26:11

27th Greg Sargeant 26:13

52nd David Otte 33:30

66th Mischelle Otte 37:01

95th Mairead Connolly 1:06.49

### **26-2-22 Parramatta parkrun 5km**

88th Terry Rose 33:38

96th Michael Christie 35:37

112th Keith Mayhew 48:09

**26-2-22 Wentworth Common parkrun 5km**

9th Jason Cutajar 21:49 (new pb)  
30th Tipene Robinson 25:06

**26-2-22 Champion Lakes (WA) parkrun 5km**

2nd Nikil Redipali 17:28

**26-2-22 Curl Curl parkrun 5km**

26th Lisa Grant 23:24

**26-2-22 Wildflower parkrun 5km**

9th Rod Zammit 25:48

**26-2-22 Walcha parkrun 5km**

7th Michael Free 26:01

**26-2-22 Newy parkrun 5km**

204th Andrew Free 31:50

Michael Christie (GAP)