

January 2022 – Girraween athletes begin the New Year well!

The New Year saw Girraween's members and friends competing in a wide variety of events through January and there were many fine performances across the board.

There were noteworthy efforts by Girraween's dual athletes at the Illawarra Track Classic held in Wollongong in January. Neelesh Srestha, Sumeet Dasgupta, Cristobel Corvalan and Vithussa Srisivaeaswaran all competed admirably in what were very strong fields. Congratulations to all four athletes on their performances. Laelia Byatt competed in the walk at the AACT & ANSW Combined Championships held at Woden in the ACT and in doing so grabbed herself a qualifier for the Nationals to be held in Sydney in late March early April. Congratulations Laelia on this wonderful achievement. Laelia now joins her brother Joel at these championships, as he had qualified at an earlier meet. To qualify to represent your state at a National Championships is no mean feat. We wish both Laelia and Joel all the very best in the lead up to these Championships.

Taylor Doyle dipped her toe back into the waters of competitive athletics for the first time in over two years as she made a comeback with her participation in the AACT T & F Championships held at Bruce in the ACT in January. Taylor competed in the Long Jump and 100m event. There were encouraging signs and we wish Taylor all the best for the remainder of the athletics season as she strives to return to a level of accomplishment that she is happy with.

The NSW Throwers Club hosted a very successful meet at Greystanes in January with big numbers competing. Kajanan Srsivaeaswaran, Annisha Reader, Kavin Tharmanesan and Avilash Tharmanesan were the Girraween athletes who competed and as can be seen from the results all four athletes acquitted themselves admirably. These Throwers Club meets are a very important series of events for throwers to gain regular competition. It is always most encouraging to see a Girraween presence at these meets competing so well.

At the end of the month, Garry Womsley competed in two events at the Elzy 1000 at Sylvania Waters on a very warm late afternoon early evening. Garry's efforts in both the Men's 3000m Open event and the Mixed 1000m Community event were most noteworthy given the conditions and he had to be happy with his effort.

SMC continued at Smithfield in January and once again there were eye-catching performances by Girraween athletes on what was a very warm morning for distance running. Michael Kammerer posted a very fine time in the Half Marathon event, whilst Jason Cutajar in the 10km and Garry Womsley in the 5km posted times that they were pleased with. In the 2km kids dash, Sai Sravan Shailesh and Sri Sraddha Shailesh finished first and second respectively, both running an excellent time. All Girraween athletes deserve praise for competing so well across all events.

Graham Sheargold was also spotted at Lake Gillawarna in January competing in the Western District's Harriers handicap events and he ran most consistently. These are another series of events that continue to be popular over the summer months.

As our readers will see, parkrun was once again incredibly popular through January with Girraween members and friends. They travelled far and wide and of course in some cases Girraween athletes took to opportunity to combine parkrun with their summer holiday. There were numerous highlights. Kristy Zammit with two and Adam Etherington, Helen Collins and Greg Sargeant all obtained new pb's in January. Adam Etherington also reached the great milestone of a one hundredth parkrun. Well done to all concerned. There were also some very fine times posted by in particular; Daniel Irving, Michael Kammerer, Adam Etherington, Jason Cutajar. It continues to be most heartening to see the ongoing engagement with parkrun by Girraween members and friends.

While 'live' events are slowly returning there are still virtual events been held. Both Stephen Mifsud and Thomas List participated in virtual events early in the month in the Cadbury Marathon held in Tasmania. Stephen posted both a Half Marathon and Marathon time, whilst Thomas posted a 10km time. Congratulations to both runners on this achievement.

January had been a busy month and it was most heartening to see so many Girraween members and friends participating in so many variable events. Well done to all concerned. We wish everyone all the best for the remainder of the summer season. We also send our best wishes to our athletes who will be looking at competing in State and National championships during the remainder of the 20221-2022 summer season. Results follow:

1-1-22 Parramatta parkrun 5km

44th	Stephen Parkins	24:57
108th	Terry Rose	35:10
144th	Keith Mayhew	43:49

1-1-22 The Beaches parkrun 5km

19th	Tipene Robinson	32:45
64th	Andrew Free	1:00:30
65th	Sharon Free	1:00:30
66th	Gary Micallef	1:00:31
67th	Ashley Micallef	1:00:31

1-1-22 Rooty Hill parkrun 5km

4th	Daniel Irving	18:06
8th	Jason Cutajar	21:13
16th	Jason Oldridge	22:51
25th	Rod Zammit	23:58
54th	Wayne Thurlow	26:46
102nd	Mischelle Otte	37:49
112th	David Otte	41:58
113th	Geoff Newey	42:02

1-1-22 Curl Curl parkrun 5km

42nd	Lisa Grant	22:38
------	------------	-------

1-1-22 The Ponds parkrun 5km

12th Adam Etherington 20:33 (new pb)

1-1-22 Goulburn parkrun 5km

18th Michael Christie 33:22

1-1-22 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

25th Graham Sheargold 1:07:39

8-1-22 Rooty Hill parkrun 5km

1st Daniel Irving 18:34

4th Jason Cutajar 22:20

12th Rod Zammit 25:23

13th Wayne Thurlow 25:23

8-1-22 Newy parkrun 5km

122nd Andrew Free 30:38

178th Sharon Free 42:46

8-1-22 Parramatta parkrun 5km

88th Terry Rose 35:00

122nd Keith Mayhew 44:12

8-1-22 Greenway parkrun 5km

110th Mischelle Otte 36:50

112th David Otte 38:02

8-1-22 St Peters parkrun 5km

17th Garry Womsley 22:43

8-1-22 Rouse Hill parkrun 5km

3rd Matt Modini 24:02

8-1-22 Wentworth Common parkrun 5km

66th Tipene Robinson 24:34

8-1-22 Ginninderra (ACT) parkrun 5km

43rd Helen Collins 25:21

8-1-22 Huskisson parkrun 5km

79th Michael Christie 33:10

9-1-22 Cadbury Marathon Hobart**Virtual Marathon**

9th Stephen Mifsud 4:54:43

Virtual Half Marathon

10th Stephen Mifsud 2:09:50

Virtual 10km

4th Thomas List 49:09

15-1-22 Rooty Hill parkrun 5km

11th Rod Zammit 23:19

12th Wayne Thurlow 23:45

34th	Geoff Newey	29:22
90th	Hayley Zammit	53:13
98th	Rosemary Zammit	56:55
99th	Zach Zammit	56:56
100th	Kristy Zammit	58:16 (new pb)

15-1-22 Wentworth Common parkrun 5km

12th	Jason Cutajar	22:09
50th	Tipene Robinson	27:02
95th	David Otte	35:54
100th	Mischelle Otte	37:09

15-1-22 Parramatta parkrun 5km

92nd	Terry Rose	34:09
126th	Keith Mayhew	51:18

15-1-22 The Ponds parkrun 5km

12th	Matt Modini	22:00
22nd	Adam Etherington	22:40 (100th pr)

15-1-22 Newy parkrun 5km

133rd	Andrew Free	30:42
185th	Sharon Free	43:01

15-1-22 Huskisson parkrun 5km

52nd	Cristina Sotomayor	29:01
79th	Laura Corvalan	36:31

15-1-22 Curl Curl parkrun 5km

42nd	Lisa Grant	22:32
------	------------	-------

15-1-22 Rouse Hill parkrun 5km

19th	Greg Sargeant	28:41
------	---------------	-------

15-1-22 Forster parkrun 5km

34th	Helen Collins	26:38
------	---------------	-------

15-1-22 Western Districts Joggers and Harriers Lake Gillawarna

5@The Lake

17th	Graham Sheargold	29:22
------	------------------	-------

15-1-22 Illawarra Track Classic Kerry'n McCann Athletics Centre Wollongong

Men's 60m U16 Championship Prelims

Heat 1

7th	Neelesh Srestha	7.59
-----	-----------------	------

Heat 2

5th	Sumeet Dasgupta	7.60
-----	-----------------	------

Men's Javelin Throw Division 2

3rd	Cristobel Corvalan	46.07m 700g
-----	--------------------	-------------

Men's Long Jump Division 2

10th	Sumeet Dasgupta	5.26m
------	-----------------	-------

Women's Long Jump Division 2

2nd Vithussa Srisivaeaswaran 4.74m

15-1-22 – 16-1-22 AACT & NSW Combined Event Championships Phillip ACT**16-1-22****Women's 16-17 5000m Race Walk**

1st Laelia Byatt 30:38.39

16-1-22 SMC Smithfield**Half Marathon**

3rd Michael Kammerer 1:34:00.6

23rd Alison Shaw 2:24:01.1

10km

4th Jason Cutajar 44:59.1

15th Jason Oldridge 49:37.2

21st Tipene Robinson 51:17.4

5km

4th Garry Womsley 22:43.7

31st Gary Micallef 32:37.4

39th Mairead Connolly 35:41.4

2km Kids Dash

1st Sai Sravan Shailesh 8:59.7

2nd Sai Sraddha Shailesh 10:51.3

16-1-22 NSW Throwers Club Greystanes**Men's Hammer U18**

4th Kajanan Srisivaeaswaran 41.59m

Women's Discus U14

1st Annisha Reader 33.96m

Men's Discus U18

3rd Kajanan Srisivaeaswaran 33.52m

4th Avilash Tharmanesan 27.32m

Men's Discus U14

3rd Kavin Tharmanesan 25.17m

Women's Shot Put U14

6th Annisha Reader 7.84m

Men's Shot Put U18

3rd Avilash Tharmanesan 10.70m

Men's Shot Put U14

2nd Kavin Tharmanesan 9.54m

22-1-22 Rooty Hill parkrun 5km

8th Jason Cutajar 21:05

11th Rod Zammit 22:13

57th Mairead Connolly 32:43

96th Zach Zammit 52:07

97th David Perry 52:11

103rd Kristy Zammit 54:02 (new pb)
104th Hayley Zammit 54:02
114th Rosemary Zammit 1:01:07

22-1-22 Rouse Hill parkrun 5km

18th Helen Collins 26:22
25th Greg Sargeant 28:15 (new pb)
51st Mischelle Otte 38:54
52nd David Otte 40:17

22-1-22 Parramatta parkrun 5km

50th Stephen Parkins 24:28
119th Terry Rose 33:16
133rd Michael Christie 36:26
164th Keith Mayhew 52:16

22-1-22 The Ponds parkrun 5km

6th Michael Kammerer 19:44
11th Adam Etherington 21:03
30th Matt Modini 24:10

22-1-22 Huskisson parkrun 5km

114th Laura Corvalan 38:29
115th Cristina Sotomayor 38:30

22-1-22 St Peters parkrun 5km

40th Garry Womsley 22:32

22-1-22 Curl Curl parkrun 5km

62nd Lisa Grant 22:38

22-1-22 Wentworth Common parkrun 5km

35th Tipene Robinson 25:14

22-1-22 Newy Parkrun 5km

137th Andrew Free 30:21

28-1-22 – 30-1-22 AACT T & F Championships Bruce ACT

28-1-22

Women's Long Jump Ambulant WPA

4th Taylor Doyle 4.08m (74.05%)

29-1-22

Women's 100m Ambulant Heat 2 Prelims

2nd Taylor Doyle 16.13 (76.75%) q

Women's 100m Ambulant Final

7th Taylor Doyle 16.09 (76.94%)

29-1-22 Rooty Hill parkrun 5km

6th Jason Cutajar 20:57
13th Wayne Thurlow 23:01
16th Rod Zammit 23:38
21st Tipene Robinson 25:18

27th	Greg Sargeant	26:10
36th	Geoff Newey	29:07
58th	Mairead Connolly	33:57
98th	David Perry	47:29

29-1-22 Parramatta parkrun 5km

148th	Terry Rose	35:30
153rd	Michael Christie	36:09

29-1-22 Bathurst parkrun 5km

66th	Andrew Free	32:40
108th	Sharon Free	38:01

29-1-22 Gungahlin (ACT) parkrun 5km

153rd	Mischelle Otte	37:19
164th	David Otte	38:01

29-1-22 The Ponds parkrun 5km

5th	Michael Kammerer	19:57
-----	------------------	-------

29-1-22 Rouse Hill parkrun 5km

4th	Adam Etherington	22:07
-----	------------------	-------

29-1-22 Blue Gum Hills parkrun 5km

19th	Danny Martins	24:16
------	---------------	-------

29-1-22 Mosman parkrun 5km

27th	Michael Free	27:27
------	--------------	-------

29-1-22 Elzy Wellings 1000 Sylvania Waters Athletics Track Sylvania Waters

Men's 3000m Open

12th	Garry Womsley	13:07.50
------	---------------	----------

Mixed 1000m Community

8th	Garry Womsley	4:08:76
-----	---------------	---------

Michael Christie (GAP)

