

July 2022 Girraween athletes back with a vengeance!

GAP had a look at the July 2021 newsletter when composing this headline and it makes for sad reading from an athletics perspective when everyone was in lockdown. Twelve months on, as you the reader can see, Girraween's athletes are well and truly back, given the variety of events they participated in last month. There are still health challenges to be met as everyone is aware, but it has been welcoming to see so many of the events returning this winter season.

As you know, we try and include results that are available for all Girraween athletes. Occasionally, the odd one gets missed and for that we apologise for. We have included the results from Throwers Club of NSW meet held at Greystanes at the end of June. Annisha Reader posted two fine results in both the Discus and Shot Put. Annisha had a fine summer over the 2021-2022 season and is continuing her excellent form through the winter. It's been challenging for our throwers with the inclement weather since the end of the summer season impacting on all training. We trust Annisha finds further events to compete in leading into the upcoming summer season.

The NSW Team Walks Championships were held at Ourimbah in July. While Girraween were not able to enter any teams, both Laelia and Joel Byatt were still able to compete in these championships as individuals. Joel picked up a well-deserved gold medal in his event while Laelia snared a well-earned bronze medal. It's a credit to both athletes, as well as their coach, Alissa Byatt, that they have continued to compete at such a high level over a long period. All at Girraween congratulate both Laelia and Joel on their very fine achievements.

On the same day as the Walks event, the NSW Road Relays were held at Ourimbah. Sadly, Girraween were only able to enter one team. But the 60+ team of Katrina Russell, Michael Christie, Graham Sheargold and Mark Milliss deserve great credit for putting their hands up to represent their club. They picked up a well-deserved bronze medal. The Girraween colours are always well recognised and respected. It was nice to hear the commentator mention both Girraween and Girraween's favourite son, Brad Milosevic whilst the Girraween representatives made their way around the course that Saturday afternoon. It's very important that Girraween continue to be represented at these ANSW events. It's to be hoped that in future more athletes can find a way to represent the club at ANSW events.

The parkrun phenomenon continued to motor along in July. It proved once again to be very popular with Girraween athletes, who were spotted at twenty-one different parkrun's in July, in NSW, VIC, QLD and the UK. There were some fine performances. Danny Martins, Daniel Irving and Geoff Sheargold finished first in their respective events in July, posting very quick times. Michael Free managed to post four new pb's across the month, an extraordinary effort on Michael's part. He was not shuffling along either as can be seen from the times he posted. Congratulations Michael!

Both Tipene Robinson and Jason Cutajar ran the Gold Coast marathon early July posting very fine times. It was Ti's first ever marathon and he has been kind enough to share his experience with us. It makes for wonderful reading. We thank Ti for sharing this. We have included it here.

Ti's first marathon!

Today, I am a marathon runner.

I re-started my running journey on Australia Day 2019 at Rooty Hill parkrun with Gary and Ashley.

Joined Girraween Athletics Club and later became the Summer Competition Manager. I was only interested in the short distance stuff. I have a crack at everything.

I ran my first City2Surf 11th August 2019 in memory of my Uncle Chiefy. It would have been his 10th time completing the event.

In 2020, I made a plan of all the events I wanted to run in. A good mate of mine, Ralphie said he'd join me in my journey if I changed the Blackmores Half to a full Marathon. I was very hesitant but agreed. But we didn't know the world would come to a stop.

2 years late same original plan but this time Jason wanted to run the Gold Coast Marathon for his birthday. We came, saw and conquered but not without its ups and downs.

12 weeks of training went as planned. I was ready. 1 week to go and I got food poisoning.

Had my Nans funeral on the Monday.

Still not fully recovered from food poisoning. I get hit with a flu...but fought on.

Race day. Did a slow 4km jog to the start line, followed by some stretching. It was a great morning for it. I had an awesome start, so glad I ran with a vest as part of my hydration strategy. After experiencing what it was like at the Sydney half marathon, I decided to wear a vest and take sips when I needed it not when it was provided.

So many people pull in during the early stages gave me full access to the road to keep pushing. I was ahead of the 3hr 30min pacers until half-way. 21km in and my tummy forced me to the nearest rest stop.

Back on track I found myself behind the pacers, legs were now heavy after the stop, but I managed to catch them, though I couldn't maintain the pace any longer.

33km refreshment stand. I see Jacob in the corner of my eye. I yell out to him as he tries to take a sip of water. Overwhelmed with joy, tears fill my eyes. I was so happy I caught up to him. Thinking, we're going to finish this together.... but he takes off.

I catch up to him as he was walking. It motivates him to jog along side me; he takes off again. 38km marker, I hear a familiar voice, it was Jason again, telling me he needed to us a restroom. Remembering the first time I ran a slow 5km tack with Gary, I remember telling him I could run at this pace forever. I didn't give up.

We run the next 2km together until he takes off again, this time with the 3hr40min pacers.

41km marker. I see another familiar face. It's Steve Whelan. He tells me Jason is not far ahead, go and catch him. 1.2km to go the crowd around the start/finish line had grown. The cheering lifts my spirit and I pick up the pace. I see the finish line and Jason is there waiting for me... We did it!

Such an emotional roller coaster. Mentally and physically challenging! I couldn't have got through it without the support of my family, friends, Girraween Athletics Club Rodney and the Running Bolts and my long run training buddies, Jason, Roxanne and Wayne,

This is dedicated to you Nanny Lil!

Thank you, Ti for sharing this.

The Westlink M7 Blacktown City Running Festival was held at the end of July on an incredibly cold morning starting at Blacktown International Sports Park and heading parallel along the M7 in either a northerly or southerly direction depending on the event. Girraween had representatives in all events. Both Tipene Robinson and Jason Cutajar tackled their second marathon in a month, a remarkable feat posting very fine times. Michael Free, Steve Mifsud and Steve Clark tackled the Half Marathon, running very well. Geoff Sheargold, Thomas List and Terry Rose were spotted out on the 10km course with Geoff running a very fine time, gaining a top ten finish. Thomas List posted an excellent sub fifty-minute time while Terry Rose hung in well. Michael Christie made his way around the 5km course in a sedate manner, whilst both Sai Sravan Shailesh and Sai Sraddha Shailesh both came third in their respective categories in the 2km kids dash, running well in the bargain.

There were other fine efforts by Girraween athletes in July. Garry Womsley continued tackling the Campbelltown Jogger series at Leumeah, posting fine times. Danny Martins, Michael Free and Wayne Jeff tackled the Real Insurance Sydney Harbour 10km. Danny Martins was most pleased with his effort, breaking forty minutes over the 10km for the first time. It was Danny's fastest time over the distance in more than a decade, so he was naturally thrilled with his effort. Terry Rose competed in the 5km event around the Harbour and was pleased with his run. It would be remiss not to forget Rob Eager's effort in the 10km event up on the Gold Coast as well. Rob dropped back from the Half Marathon due to injury, so it was a gutsy run by Rob in the circumstances.

It had been another remarkable month of athletic achievement by Girraween members and friend's and all should be pleased with their achievements. Results follow:

26-6-22 Throwers Club of NSW Greystanes

Women's Discus U14 (750g)

1st Annisha Reader 31.25m

Women Shot Put

2nd Annisha Reader 9.29m

2-7-22 Rooty Hill parkrun 5km

| | | |
|------|----------------|-------|
| 8th | Rod Zammit | 22:25 |
| 17th | Wayne Thurlow | 23:49 |
| 27th | Greg Sargeant | 25:48 |
| 45th | Geoff Newey | 31:18 |
| 53rd | David Otte | 34:25 |
| 54th | Mischelle Otte | 34:42 |

2-7-22 Varsity Lakes (Qld) parkrun 5km

| | | |
|------|-----------------|-------|
| 32nd | Jason Cutajar | 26:21 |
| 47th | Tipene Robinson | 28:23 |

2-7-22 Stockton parkrun 5km

| | | |
|-----|---------------|-------|
| 1st | Danny Martins | 20:38 |
|-----|---------------|-------|

2-7-22 Curl Curl parkrun 2km

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|------|------------|-------|
| 29th | Lisa Grant | 22:43 |
|------|------------|-------|

2-7-22 Wentworth Common parkrun

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|------|--------------|-------|
| 19th | Michael Free | 22:50 |
|------|--------------|-------|

2-7-22 Seaton (UK) parkrun 5km

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|------|-------------|-------|
| 75th | Carly Eager | 28:46 |
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2-7-22 Newy parkrun 5km

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|-------|-------------|-------|
| 105th | Andrew Free | 31:57 |
|-------|-------------|-------|

2-7-22 Parramatta parkrun 5km

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|------|------------|-------|
| 54th | Terry Rose | 32:04 |
|------|------------|-------|

2-7-22 Balyung Sanctuary (Vic) parkrun 5km

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|------|------------------|-------|
| 93rd | Michael Christie | 34:53 |
|------|------------------|-------|

2-7-22 St Peters parkrun 5km

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|-------|---------------|---------------------|
| 139th | Garry Womsley | 48:43 (tail walker) |
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3-7-22 Village Roadshow Theme Parks Gold Coast Marathon – Gold Coast

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| 1335th | Tipene Robinson | 3:36:33 |
| 1436th | Jason Cutajar | 3:39:32 |

3-7-22 Southern Cross University 10km run Gold Coast

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|--------|--------------|---------|
| 1968th | Robert Eager | 1:06:16 |
|--------|--------------|---------|

9-7-22 Willoughby parkrun 5km

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|------|-----------------|-------|
| 11th | Jason Cutajar | 21:23 |
| 12th | Rod Zammit | 21:27 |
| 15th | Tipene Robinson | 22:02 |

9-7-22 Rooty Hill parkrun 5km

| | | |
|------|---------------|-------|
| 1st | Daniel Irving | 17:23 |
| 45th | David Perry | 27:42 |
| 78th | Geoff Newby | 32:24 |

9-7-22 Parramatta parkrun 5km

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|------|--------------|----------------|
| 24th | Michael Free | 22:28 (new pb) |
|------|--------------|----------------|

101st Terry Rose 32:12

115th Michael Christie 35:29

9-7-22 Werrington Lakes Reserve parkrun 5km

16th David Otte 35:00

25th Mischelle Otte 43:44

9-7-22 Cairns (Qld) parkrun 5km

30th Lisa Grant 22:51

9-7-22 St Peters parkrun 5km

37th Garry Womsley 23:17

12-7-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 1

17th Garry Womsley 4:09

16-7-22 Rooty Hill parkrun 5km

3rd Daniel Irving 17:10

32nd Wayne Thurlow 23:36

44th Greg Sargeant 25:25

61st David Perry 27:16

16-7-22 Huskisson parkrun 5km

71st Mischelle Otte 34:55

72nd David Otte 35:23

16-7-22 Parramatta parkrun 5km

101st Terry Rose 32:49

126th Michael Christie 45:55

16-7-22 Menai parkrun 5km

2nd Tipene Robinson 21:14

16-7-22 Nepean River parkrun 5km

15th Jason Cutajar 22:05

16-7-22 Curl Curl parkrun 5km

39th Lisa Grant 22:12

16-7-22 Willoughby parkrun 5km

38th Michael Free 22:53 (new pb)

16-7-22 NSW Team Walks Championship Ourimbah

Men's 14-15 5km Race Walk

1st Joel Byatt 26:57

Women's 16-17 5km Race Walk

3rd Laelia Byatt 30:56

16-7-22 NSW Road Relay Championships Ourimbah

60-69 Men 4 x 4km 3rd

Katrina Russell 23:57

Michael Christie 25:20

Graham Sheargold 21:15

Mark Milliss 23:48

Total: 1:34:20

17-7-22 2022 Tradies Sutherland to Surf 11km

316th Jason Cutajar 49:01 (net time)

23-7-22 Rooty Hill parkrun 5km

1st Geoff Sheargold 18:34

21st Rod Zammit 23:48

26th Wayne Thurlow 24:36

67th David Otte 33:52

93rd Mischelle Otte 46:15

23-7-22 Parramatta parkrun 5km

93rd Michael Christie 36:04

95th Terry Rose 36:53

23-7-22 Chipping Norton parkrun 5km

3rd Tipene Robinson 20:03

23-7-22 Dolls Point parkrun 5km

18th Michael Free 22:15 (new pb)

23-7-22 Curl Curl parkrun 5km

34th Lisa Grant 22:56

23-7-22 St Peters parkrun 5km

39th Garry Womsley 23:13

24-7-22 Real Insurance Sydney Harbour 10km

| | 10km | Gun Time | Net Time |
|--|-------------|-----------------|-----------------|
|--|-------------|-----------------|-----------------|

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|-------|---------------|-------|-------|
| 192nd | Danny Martins | 39:50 | 39:45 |
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|-------|--------------|-------|-------|
| 670th | Michael Free | 49:15 | 48:26 |
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| 1350th | Wayne Jeff | 59:43 | 57:03 |
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5km

| | | | |
|-------|------------|-------|-------|
| 352nd | Terry Rose | 33:05 | 32:36 |
|-------|------------|-------|-------|

30-7-22 Werrington Lakes Reserve parkrun 5km

1st Rod Zammit 22:13

2nd Jason Cutajar 23:56

7th Bettina McMahon 27:54

18th Mairead Connolly 35:38

30-7-22 Parramatta parkrun 5km

3rd Geoff Sheargold 18:04

136th Terry Rose 35:57

163rd Michael Christie 44:26

30-7-22 Rooty Hill parkrun 5km

2nd Daniel Irving 17:06

14th Wayne Thurlow 22:47

30-7-22 East Richmond parkrun 5km

53rd Mischelle Otte 34:26

54th David Otte 35:27

30-7-22 Picton parkrun 5km

9th Tipene Robinson 20:03

30-7-22 Greenway parkrun 5km

36th Michael Free 22:13 (new pb)

30-7-22 Curl Curl parkrun 5km

57th Lisa Grant 22:55

31-7-22 M7 Westlink Blacktown City Running Festival**Marathon**

24th Tipene Robinson 3:32:58

47th Jason Cutajar 3:57:09

Half Marathon

115th Michael Free 1:52:53

149th Stephen Mifsud 1:59:53

181st Steve Clark 2:09:49

10km

9th Geoff Sheargold 38:20

26th Thomas List 45:53

188th Terry Rose 1:09:44

5km

85th Michael Christie 33:19

2km Kids Run

4th Sai Sravan Shailesh 10:10 (3rd Male 8-12 cat)

10th Sai Sraddha Shailesh 10:40 (3rd Female 8-12 cat)

Michael Christie (GAP)