

June 2022 - Girraween athletes begin winter in fine form!

Well, the month of June saw in the beginning of the official winter season with fine performances from Girraween athletes across the month. Even the onset of colder weather did not deter Girraween athletes from giving their best.

Girraween had two teams representing the club at the NSW XC Relay Championships at Upjohn Park, Rydalmere early in the month. While no medals were forthcoming in this instance, all athletes gave their best. A special mention, to Stephen Mifsud, who ran for both teams. Without Steve's gutsy effort, Girraween would have only been able to field one team. So, thank you Steve from all your teammates. Girraween Athletics Club also hosted the BBQ on the day and once again George and Judy Milosovic stepped into offer their wonderful support. Thank you, George and Judy, and all our wonderful volunteers who assisted throughout the day. It was a big success.

Graham Sheargold was Girraween's sole athlete to travel down to Tapitallee near Nowra for the NSW XC Championships later in the month. Congratulations to Graham for flying the Girraween flag at this event this year and for his fine run in his event. It is hoped next time that a few more Girraween athletes can make the trip.

The Australian Federation of Race-Walking Clubs Carnival was held at Stromlo in the ACT in June on a very cold and windy day. Joel and Laelia Byatt braved these challenging conditions and both athletes came away with well-deserved medals as part of their respective NSW teams in their events. Congratulations to Joel and Laelia on their achievements.

Whilst there were many cold Saturday mornings in June, this did not deter Girraween athletes from continuing to participate in parkrun at numerous venues. Tipene Robinson with two, and Michael Free, Samiel Jackson and Jason Cutajar with one all gained new pb's in June with excellent runs. As can be gleaned from the results listed below, Girraween athletes continue to post fine times.

Sai Sravan Shailesh and Sai Sraddha Shailesh, had a great month of distance running. Both of them participated in the LA's Family Fun Run Festival at SOPAC, posting excellent times, with Sai Sravan winning the event. They also participated in the Junior Dash at the Western Sydney Marathon at Penrith Lakes at the end of the month. Sai Sravan was third male across the line and Sai Sraddha was first female across the line, both posting excellent times. Both these young athletes are having a wonderful season of cross-county and we wish them continued enjoyment and success on their athletics journey.

June saw Garry Womsley continued to run most consistently at the Campbelltown Joggers series on a Tuesday night at Leumeah. He did not let the cold evenings deter him, once again posting a series of fine times. Graham Sheargold was spotted out at Lake Gillawarna running well at the Western District Harriers event while Steve Mifsud had another fine run at the Half Marathon as part of the Western Sydney Marathon events held at Penrith Lakes at the end of June.

Once again, it had been a month of fine athletic endeavour by Girraween's athletes. On the whole, they had to be pleased with their effort. It's always pleasing to see so many athletes participating in such a variety of events.

Results follow:

4-6-22 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:47
12th	Adam Sinclair	22:18
43rd	Greg Sargeant	25:47
47th	David Perry	26:46
70th	Geoff Newey	30:25
89th	David Otte	36:49
92nd	Mischelle Otte	37:08

4-6-22 Panania parkrun 5km

3rd	Jason Cutajar	20:39
9th	Tipene Robinson	21:57

4-6-22 Parramatta parkrun 5km

111th	Terry Rose	32:13
134th	Michael Christie	37:53

4-6-22 Curl Curl parkrun 5km

47th	Lisa Grant	22:25
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4-6-22 North Sydney parkrun 5km

69th	Michael Free	26:08
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4-6-22 St Peters parkrun 5km

301st	Garry Womsley	56:40 (tail walker)
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4-6-22 Western Districts Joggers Lake Gillawarna

10km Handicap

21st	Graham Sheargold	58:48
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4-6-22 NSW XC Relay Championships Upjohn Park Rydalmere

50-59 Men's 4 x 4km

11th

Stephen Mifsud	21:57		
Garry Womsley	19:13		
Graham Sheargold	23:33		
Mark Milliss	26:44	Total	1:31:27

60-69 Men's 4 x 4km

5th

Katrina Russell	26:32		
Michael Christie	27:15		
Robert Eager	27:19		
Stephen Mifsud	22:32	Total	1:43:38

U14 Boy's 4 x 4km

Sai Sravan Shailesh	8:03
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7-6-22 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m

8th Garry Womsley 4:02

3000m

5th Garry Womsley 13:22

11-6-22 Greenway parkrun 5km

17th Jason Cutajar 20:22

20th Tipene Robinson 20:45

22nd Rod Zammit 21:00

11-6-22 Parramatta parkrun 5km

70th Stephen Parkins 25:51

140th Terry Rose 32:14

162nd Michael Christie 35:08

11-6-22 Rooty Hill parkrun 5km

21st Wayne Thurlow 23:46

51st Geoff Newey 28:10

95th David Perry 42:20

11-6-22 Willoughby parkrun 5km

151st Mischelle Otte 39:37

152nd David Otte 40:29

11-6-22 Curl Curl parkrun 5km

53rd Lisa Grant 22:17

11-6-22 North Sydney parkrun 5km

50th Michael Free 25:06

11-6-22 Newy parkrun 5km

301st Andrew Free 33:49

11-6-22 LA's NSW Family Fun Run Festival SOPAC

1.5km

1st Sai Sravan Shailesh 5:32.39

4th Sai Sraddha Shailesh 6:17.94

12-6-22 Australian Federation of Race-Walking Clubs Carnival, Stromlo, ACT

U16 Boys 3km

7th Joel Byatt (Member NSW Team finished 1st)

U18 Women's 5km

6th Laelia Byatt (Member NSW Team finished 2nd)

14-6-22 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Race 2

2nd Garry Womsley 4:04

18-6-22 Rooty Hill parkrun 5km

1st Daniel Irving 17:43

4th Tipene Robinson 20:18 (new pb)

30th Greg Sargeant 25:31

35th Bettina McMahon 26:08

45th David Perry 27:32

18-6-22 Parramatta parkrun 5km

51st Stephn Parkins 25:21

124th Terry Rose 31:28

140th Michael Christie 34:23

18-6-22 Panania parkrun 5km

3rd Rod Zammit 20:55

18-6-22 Chipping Norton parkrun 5km

2nd Jason Cutajar 20:57

18-6-22 Curl Curl parkrun 5km

32nd Lisa Grant 22:33

18-6-22 St Peters parkrun 5km

33rd Garry Womsley 22:48

18-6-22 North Sydney parkrun 5km

36th Michael Free 23:46 (new pb)

18-6-22 Newy parkrun 5km

126th Andrew Free 32:22

18-6-22 NSW Cross Country Championships Tapitallee via Nowra

Men's 8km CC 65+

5th Graham Sheargold 46:51

21-6-22 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Race 2

1st Garry Womsley 4:04

3000m

12th Garry Womsley 13:25

25-6-22 Rooty Hill parkrun 5km

3rd Daniel Irving 17:29

8th Tipene Robinson 20:03 (new pb)

21st Rod Zammit 22:31

25th Wayne Thurlow 23:11

42nd Greg Sargeant 25:37

45th Bettina McMahon 25:52

56th David Perry 27:14

75th Samuel Jackson 30:08 (new pb)

80th Geoff Newey 30:27

25-6-22 Parramatta parkrun 5km

154th Michael Christie 35:47

214th Terry Rose 59:15 (tail walker)

25-6-22 St Peters parkrun 5km

23rd Jason Cutajar 21:06 (new pb)

25-6-22 Curl Curl parkrun 5km

52nd Lisa Grant 22:12

25-6-22 Mosman parkrun 5km

8th Michael Free 24:11

25-6-22 Newy parkrun 5km

222nd Andrew Free 32:36

26-6-22 Western Sydney Marathon Penrith Lakes**Half Marathon**

146th Stephen Mifsud 1:59:47 (net time)

Junior Dash

3rd Sai Sravan Shailesh 8:05 (3rd male)

5th Sai Sraddha Shailesh 9:09 (1st female)

Michael Christie (GAP)