

March 2022 – Girraween athletes defy the extraordinary weather with never-say-die performances!

Well, March was a very wet month. Since records started to be kept in the 1850's in Sydney, it was the wettest March on record, the wettest calendar month in over thirty years back to February 1990 and the sixth wettest month overall in over one hundred and sixty years. Amidst all of that, Girraween's athletes once again showed us what they were made of, with a series of wonderful performances in the circumstances.

Girraween athletes, namely Joel Byatt, Laelia Byatt, Taylor Doyle and Kajan Srisivaeaswaran represented NSW at the recently completed Australian Championships held in Sydney. With over a week of appalling weather to contend with at SOPAC all athletes gave of their best in what was an incredibly strong competition across all ages and disciplines. To represent NSW at the national championships is a wonderful achievement. Congratulations to Joel, Laelia, Taylor and Kajan and they all deserve a well-earned rest, as it's certainly been a long season. Nikil Redipali, former Girraween athlete now studying in Western Australia since 2020, for the second year running represented Western Australia at these championships competing in the Men's Open 3000m Steeplechase. Congratulations Nikil.

The NSW Masters Athletics Championships were held in March. Girraween had six athletes competing in Diane Celnikier, Ashley Micallef, Dominic Carr, Claudio Corvalan, Raminder Singh and Garry Womsley. All six athletes gained medals, never an easy feat at these championships and we send our best wishes to them all on their excellent performances across the three days of competition in all their events.

The SMC Road Race Series was held at Smithfield in March and there were eye catching performances from Michael Kammerer in the Half Marathon, Jason Cutajar in the 10km event and Sai Sravan Shailesh and Sai Sraddha Shailesh in the 2km Kids Dash. All Girraween members and friends ran well in the various events they participated in.

Once again, parkrun proved most popular through March for Girraween members and friends. Many a Saturday morning saw challenging conditions to say the least, yet there were many fine times posted. Daniel Irving, Jason Cutajar and Adam Etherington were amongst those whose times were particularly noticeable. Well done to all concerned. Michael Christie also hit a milestone in March with his 400th parkrun. Naturally he was pleased with that achievement. It remains most positive that so many Girraween athletes continue to support parkrun across a variety of venues and long may this continue.

There were also many fine achievements in other events held in March. Joel and Laelia Byatt used the ACT Summer series walk events as a warmup for Nationals and both posted good times at the meet held at the AIS. Steve Mifsud posted one of his fastest Half Marathon times in many years while on a holiday in Malta early in the month and he was very pleased with that. Garry Womsley has also competed in the 3000m at the Campbelltown Joggers 1000m and 3000m series held on Tuesdays at Leumeah at the end of the month. He was pleased with his times.

Sadly the 2021-2022 summer season ended on a damp note with the last meet held at C V Kelly Park on February 19. The last month was washed out due to the state of the track. The annual R4J was not able to be held due to the ongoing state of the track and environs and the ongoing poor weather. Nevertheless, as can be seen by the results posted here, Girraween's athletes still found a way to compete throughout March to their great credit. Results follow:

5-3-22 Rooty Hill parkrun 5km

| | | |
|------|---------------|-------|
| 2nd | Daniel Irving | 17:58 |
| 23rd | Wayne Thurlow | 25:01 |
| 31st | Greg Sargeant | 25:53 |
| 65th | Geoff Newey | 30:15 |

5-3-22 St Peters parkrun 5km

| | | |
|-------|-----------------|-------|
| 36th | Jason Cutajar | 22:12 |
| 44th | Rod Zammit | 22:49 |
| 121st | Tipene Robinson | 26:17 |

5-3-22 Parramatta parkrun 5km

| | | |
|-------|------------------|-------|
| 131st | Terry Rose | 34:05 |
| 159th | Michael Christie | 40:16 |
| 183rd | Keith Mayhew | 48:29 |

5-3-22 Warners Lakes (Qld) parkrun 5km

| | | |
|-------|----------------|-------|
| 236th | David Otte | 36:23 |
| 263rd | Mischelle Otte | 39:28 |

5-3-22 The Ponds parkrun 5km

| | | |
|------|------------------|-------|
| 19th | Adam Etherington | 21:59 |
|------|------------------|-------|

5-3-22 Curl Curl parkrun 5km

| | | |
|------|------------|-------|
| 35th | Lisa Grant | 22:53 |
|------|------------|-------|

5-3-22 Mosman parkrun 5km

| | | |
|------|--------------|-------|
| 22nd | Michael Free | 27:23 |
|------|--------------|-------|

5-3-22 Bill Rose Sports Complex parkrun 5km

| | | |
|------|-------------|-------|
| 14th | Andrew Free | 32:30 |
|------|-------------|-------|

5-3-22 AACT 2021-2022 Summer Series No 11 AIS (ACT)

Men's 14-15 3000m Race Walk Pool 1

| | | |
|-----|------------|----------|
| 1st | Joel Byatt | 16:28.10 |
|-----|------------|----------|

Women's 16-17 3000m Race Walk Pool 1

| | | |
|-----|--------------|----------|
| 1st | Laelia Byatt | 16:58.24 |
|-----|--------------|----------|

6-3-22 Sport Malta Charity Marathon Malta

Half Marathon

| | | |
|-------|----------------|---------|
| 248th | Stephen Mifsud | 1:52.03 |
|-------|----------------|---------|

11-3-22 – 13-3-22 NSW Masters Athletics Championships SOPAC Warm Up

Track

11-3-22

Men's 5000m 55-59

3rd Garry Womsley 22:23.00

Men's Hammer Throw 4kg 75-79

2nd Raminder Singh 21.38m

Men's Pole Vault 50-54

2nd Dominic Carr 2.45m

12-3-22

Men's 1500m 55-59

3rd Garry Womsley 6:09.46

Women's 100m 65-69

1st Diane Celnikier 16.95

Men's 400m 50-54

4th Dominic Carr 64.44

Men's Discus Throw 1kg 75-79

1st Raminder Singh 20.92m

Men's Shot Put 7.26kg 45-49

3rd Claudio Corvalan 9.48m

Women's Discus Throw 1kg 30-34

2nd Ashley Micallef 19.75m

Men's Long Jump 50-54

1st Dominic Carr 4.74m

Men's Shot Put 4kg 75-79

1st Raminder Singh 7.89m

Women's Discus Throw 1kg 65-69

5th Diane Celnikier 15.14m

13-3-22

Women's 60m 65-69

1st Diane Celnikier 10.43

Men's 400m Hurdles 84.0cm

3rd Dominic Carr 78.14

Women's 200m 65-69

1st Diane Celnikier 39.30

Women's Shot Put 4kg 30-34

5th Ashley Micallef 6.28m

Men's Weight Throw 7.260kg 75-79

1st Raminder Singh 8.30m

Men's Triple Jump 50-54

1st Dominic Carr 10.25m

Women's Javelin Throw 600g 30-34

3rd Ashley Micallef 19.88m

Men's Javelin Throw 500g 75-79

2nd Raminder Singh 17.40m

12-3-22 Rooty Hill parkrun 5km

8th Jason Cutajar 20:57

48th Greg Sargeant 25:02

62nd Steve Williams 26:01

77th Tipene Robinson 27:51

80th David Perry 30:05

102nd Geoff Newey 30:51

12-3-22 Parramatta parkrun 5km

182nd Terry Rose 35:14

191st Michael Christie 36:07

234th Keith Mayhew 45:24

12-3-22 Sandton Point parkrun 5km

193rd David Otte 34:09

230th Mischelle Otte 40:45

12-3-22 The Ponds parkrun 5km

23rd Adam Etherington 21:07

12-3-22 East Richmond parkrun 5km

6th Rod Zammit 22:30

12-3-22 Woy Woy parkrun 5km

26th Lisa Grant 22:56

12-3-22 Mosman parkrun 5km

12th Michael Free 26:46

12-3-22 Newy parkrun 5km

172nd Andrew Free 30:24

19-3-22 Rooty Hill parkrun 5km

1st Daniel Irving 17:36

23rd Wayne Thurlow 27:00

24th Steve Williams 27:29

28th David Perry 28:26

39th David Otte 32:22

54th Mischelle Otte 43:10

19-3-22 Parramatta parkrun 5km

48th Terry Rose 34:29

53rd Michael Christie 36:39 (400th parkrun)

63rd Keith Mayhew 47:16

19-3-22 Wentworth Common parkrun 5km

25th Jason Cutajar 27:50

29th Tipene Robinson 28:11

19-3-22 The Ponds parkrun 5km

17th Adam Etherington 21:20

19-3-22 Nepean River parkrun 5km

16th Rod Zammit 22:27

19-3-22 Curl Curl parkrun 5km

35th Lisa Grant 23:07

19-3-22 St Peters parkrun 5km

27th Garry Womsley 23:18

19-3-22 Mosman parkrun 5km

12th Michael Free 27:50

19-3-22 East Richmond parkrun 5km

34th Andrew Free 31:30

20-3-22 SMC Smithfield**Half Marathon**

3rd Michael Kammerer 1:28.37.8

30th Alison Shaw 2:18.31.9

10km

7th Jason Cutajar 43;10,1

28th Tipene Robinson 51:17.4

36th Graham Sheargold 57:53.0

38th Stephen O'Donnell 58:33.1

5km

27th Mairead Connolly 33;21.1

29th Michael Christie 33:45.8

2km Kids Dash

1st Sai Sravan Shailesh 8:15.9

2nd Sai Sraddha Shailesh 9:14.7

22-3-22 Campbelltown Joggers 1000m & 3000m Track Series Leumeah**3000m**

12th Garry Womsley 12:47

26-3-22 Cowpasture Reserve parkrun Camden 5km

7th Rod Zammit 22:35

11th Jason Cutajar 23:13

15th Tipene Robinson 25:08

26-3-22 Rooty Hill parkrun 5km

29th Greg Sargeant 25:27

30th Wayne Thurlow 25:27

38th David Perry 27:34

26-3-22 Parramatta parkrun 5km

107th Terry Rose 32:57

135th Keith Mayhew 43:24

145th Michael Christie 55:21 (tail walker)

26-3-22 The Ponds parkrun 5km

24th Adam Etherington 21:21

26-3-22 Newy parkrun 5km

121st Andrew Free 30:52

26-3-22 – 3-4-22 Australian Open and Junior Athletics Championships SOPAC**27-3-22****Men's 3000m Race Walk U16**

9th Joel Byatt 16:55.12

30-3-22**Women's Long Jump Ambulant**

7th Taylor Doyle (T38) 4.21m 76.40%

31-3-22**Women's 5000m Race Walk U17**

10th Laelia Byatt 29:39.51

3-4-22**Men's Hammer (5kg) U17**

7th Kajan Srisivaeaswaran 41.65m

29-3-22 Campbelltown Joggers 1000m & 3000m Track Series Leumeah**3000m**

8th Garry Womsley 13:03

Michael Christie (GAP)