

## **May 2022 – A month of marvellous, magical and magnificent athletic achievements by Girraween athletes!**

The month of May 2022 saw a very busy month for Girraween's athletes across a wide series of events. Whilst at last the weather started to fine up a little, albeit with a chill in the air, conditions in some instances were still most challenging, yet this did not deter Girraween's athletes from posting impressive performances.

The highlights across May were the performances of Girraween athletes at the first ANSW representative events of the 2022 winter season. The Sydney 10 (incorporating the NSW Road Championships) kicked off proceedings around the Sydney Olympic Park environs at the beginning of the month on a beautiful Sunday morning. Jason Cutajar had a superb run, finishing the 10km by posting a sub forty-minute time. Tipene Robinson also posted a personal best over the distance with an excellent time. Steve Clark, Graham Sheargold, Michael Christie and Terry Rose were also spotted out on the course in the 10km event which was great to see. Girraween walkers in Laelia and Joel Byatt participated in the 5km event and both posted admirable times in what is not their normal athletic discipline. Congratulations to both on their fine effort. The NSW Novice Championships were held at the traditional venue, Scarborough Park, Ramsgate. Whilst the temperature was ok, the actual surface conditions of the course were in places appalling with a great deal of surface water and mud apparent. Then in the back half of the Novice 10km, the rain rolled in to make things more interesting. Despite this, the small Girraween contingent were not deterred. Graham Sheargold ran very well over the 5km posting a very fine time, whilst Michael Christie managed to survive his experience as well. Geoff Sheargold ran a fine race, despite copping the heavy rain over the last half of the event. He had to be happy with his run, all things considered. The next day, Joel Byatt competed in the NSW Short Course Walks Championships at Chipping Norton in the most appalling conditions imaginable for walks. Due to local flooding the course was dramatically altered to a 250m stretch with a total of eleven turns which dramatically effected the times of all competitors. Nevertheless, Joel maintained his composure and finished first in what can only be described as a most remarkable effort in the circumstances. Joel's achievement of a State gold medal is one of the finest achievements by a Girraween athlete in recent times and all at Girraween send him their heartiest of congratulations on this feat.

Runners everywhere celebrated the return of the SMH Half Marathon in May and a small Girraween and friends contingent participated in this event. Daniel Irving snuck under the ninety-minute mark with a fine performance and at the same time it was a run of self-discovery. Both Jason Cutajar and Tipene Robinson also posted very respectable times indeed, whilst both Steve Mifsud and Alison Shaw were also happy to see the return of this event and posted most respectable times on what is a challenging and at times technical course. Steve Mifsud, remarkably is one of the SMH Half Marathon legends, having completed every Half since its' inception back in 1992, a remarkable feat.

The last SMC event of the abbreviated 2021-2022 season was held at Smithfield in May and a small Girraween contingent participated. Steve Mifsud, a week after the SMH Half

competed in the Half Marathon, which remarkably was his 200th career Half Marathon, another extraordinary milestone by this man of iron. We just do not know how he keeps backing up, but he does. His running career to-date is without a doubt one of great accomplishment and he keeps adding to it. There is a book there somewhere Steve. The 10km saw Geoff Sheargold post an excellent sub forty-minute time the day after his Novice adventures at Ramsgate, another fine run given the amount of water left on the SMC course after recent rain. Jason Cutajar and Tipene Robinson also backing up a week after the SMH Half posted fine times in the 10km, whilst Stephen O'Donnell was his usual dogged and determined self with his run. The 5km saw Mairead Connolly cap off a very consistent season over the 5km at SMC with another excellent run, given the state of the course. Sai Sravan and Sai Sraddha Shailesh finished first and second in the 2km Kids Dash posting another set of excellent times. They have both had a fine series competing in this event at SMC.

Parkrun continued throughout May and once again Girraween members and friends were to the fore across the month in what at times were challenging conditions, given the state of many courses. Daniel Irving, Jason Cutajar, Adam Etherington, Tipene Robinson and Rod Zammit posted eye-catching times, whilst Lisa Grant and Wayne Thurlow were also most consistent. Jason Cutajar and Michael Christie also posted new pb's in May, with Jason managing two and Michael one.

Garry Womsley continued his excellent form at the Tuesday night 1000m and 3000m series hosted by Campbelltown Joggers at Leumeah posting excellent times once again, despite the increasingly chilly evenings at Leumeah, with the wind at times having a major impact. Despite the challenges, numbers continue to be strong at this event and Garry would love to see some of his friends from Girraween there on occasion.

Graham Sheargold was spotted at Lake Gillawarna participating on a Saturday morning at the Western District Joggers events and continued to run well there, whilst Steve Mifsud also posted a fine time at the Lindfield Fun Run 10km at the beginning of the month. Both Garry Womsley and Terry Rose also participated in the Mother's Day classic event over the shorter distance and both posted times they were happy with.

The headline at the top of this newsletter says it all; it was a marvellous month of athletic achievement by Girraween athletes who never cease to amaze. They continue to inspire us all and long may this continue. Results follow:

## **1-5-22 Sydney 10 (Incorporating NSW Road Championships) Sydney Olympic Park**

### **10km**

332nd	Jason Cutajar	39:48
548th	Tipene Robinson	45:03
674th	Steve Clark	49:00
994th	Graham Sheargold	1:01:55

1059 <sup>th</sup>	Michael Christie	1:08:18
1080 <sup>th</sup>	Terry Rose	1:10:46

#### **5km**

126 <sup>th</sup>	Joel Byatt	22:03
171 <sup>st</sup>	Laelia Byatt	25:14

#### **1-5-22 Lindfield Fun Run**

##### **10km**

65 <sup>th</sup>	Stephen Mifsud	53:43 (net time)	(3rd 60-69 cat)
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#### **3-5-22 Campbelltown Joggers 1000m & 3000m series Leumeah**

##### **1000m Race 1**

17 <sup>th</sup>	Garry Womsley	4:01
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##### **3000m**

11 <sup>th</sup>	Garry Womsley	13:41
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#### **7-5-22 Rooty Hill parkrun 5km**

36 <sup>th</sup>	Greg Sargeant	25:00
62 <sup>nd</sup>	Wayne Thurlow	29:17
63 <sup>rd</sup>	Rod Zammit	29:18
80 <sup>th</sup>	Geoff Newey	32:03

#### **7-5-22 Parramatta parkrun 5km**

74 <sup>th</sup>	Stephen Parkins	25:58
154 <sup>th</sup>	Terry Rose	35:24
165 <sup>th</sup>	Michael Christie	37:32

#### **7-5-22 Rhodes parkrun 5km**

25 <sup>th</sup>	Jason Cutajar	20:38 (new pb)
34 <sup>th</sup>	Tipene Robinson	21:27

#### **7-5-22 Centennial parkrun 5km**

237 <sup>th</sup>	David Otte	33:43
238 <sup>th</sup>	Mischelle Otte	33:45

#### **7-5-22 Curl Curl parkrun 5km**

48 <sup>th</sup>	Lisa Grant	22:41
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#### **7-5-22 Newy parkrun 5km**

210 <sup>th</sup>	Andrew Free	31:59
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#### **7-5-22 Westies Joggers Lake Gillawarna**

##### **10km Handicap**

27 <sup>th</sup>	Graham Sheargold	59:36
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#### **8-5-22 Mother's Day Classic Sydney**

##### **4.8km**

10 <sup>th</sup>	Garry Womsley	21:53.600
129 <sup>th</sup>	Terry Rose	31:48.687

#### **10-5-22 Campbelltown Joggers 1000m & 3000m series Leumeah**

##### **1000m Race 2**

1 <sup>st</sup>	Garry Womsley	4:06
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**14-5-22 Centennial parkrun 5km**

41st	Jason Cutajar	23:50
54th	Rod Zammit	24:26
83rd	Tipene Robinson	26:33

**14-5-22 Parramatta parkrun 5km**

52nd	Stephen Parkins	26:17
159th	Michael Christie	49:08
177th	Terry Rose	1:00:18 (tail walker)

**14-5-22 Rooty Hill parkrun 5km**

28th	Greg Sargeant	25:22
80th	Adam Sinclair	35:06

**14-5-22 West Beach (SA) parkrun 5km**

94th	David Otte	35:11
95th	Mischelle Otte	35:19

**14-5-22 The Ponds parkrun 5km**

39th	Adam Etherington	22:31
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**14-5-22 Curl Curl parkrun 5km**

57th	Lisa Grant	23:12
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**14-5-22 Mosman parkrun 5km**

15th	Michael Free	26:50
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**14-5-22 Newy parkrun 5km**

212th	Andrew Free	32:04
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**15-5-22 SMH Half Marathon Sydney**

233rd	Daniel Irving	1:29:40
580th	Jason Cutajar	1:36:42
956th	Tipene Robinson	1:42:09
2552nd	Stephen Mifsud	2:05:18
6153rd	Alison Shaw	2:36:10

**17-5-22 Campbelltown Joggers 1000m & 3000m series Leumeah****1000m Race 1**

16th	Garry Womsley	4:02
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**3000m**

8th	Garry Womsley	13:18
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**21-5-22 Cooks River parkrun 5km**

3rd	Jason Cutajar	21:21
12th	Tipene Robinson	22:44
15th	Rod Zammit	23:31
52nd	Michael Christie	37:46

**21-5-22 Rooty Hill parkrun 5km**

1st	Daniel Irving	17:59
29th	Bettina McMahon	26:51
30th	Wayne Thurlow	26:51

**21-5-22 Blue Gum Hills parkrun 5km**

11th	Danny Martins	23:53
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**21-5-22 Thurrock parkrun, Orsett Heath (UK) 5km**

49th	Carly Eager	28:40
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**21-5-22 San Remo parkrun 5km**

27th	David Perry	29:27
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**21-5-22 Newy parkrun 5km**

141st	Andrew Free	31:13
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**21-5-22 Forster parkrun 5km**

11th	Terry Rose	34:42
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**21-5-22 St George Classic NSW Novice Championships Ramsgate****AA Gainsford 5km**

67th	Graham Sheargold	27:19
78th	Michael Christie	35:55

**Men's NSW Novice Championships 10km**

18th	Geoff Sheargold	40:05
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**22-5-22 SMC Road Race Series Smithfield****Half Marathon**

31st	Stephen Mifsud	2:10:41.3
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**10km**

3rd	Geoff Sheargold	39:29.4
7th	Jason Cutajar	42:10.2
14th	Tipene Robinson	46:21.5
39th	Stephen O'Donnell	1:00:45.1

**5km**

21st	Mairead Connolly	32:56.2
24th	Michael Christie	35:49.2

**2km Kids Dash**

1st	Sai Sravan Shailesh	9:37.1
2nd	Sai Sraddha Shailesh	10:33.9

**22-5-22 NSW Short Walks Championships Chipping Norton****Boys 3km Race Walk U16**

1st	Joel Byatt	16:11
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**24-5-22 Campbelltown Joggers 1000m & 3000m Series Leumeah****1000m Race 1**

15th	Garry Womsley	3:56 (pb)
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**3000m**

8th	Garry Womsley	13:05
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**28-5-22 North Sydney parkrun 5km**

11th	Jason Cutajar	20:32 (new pb)
25th	Rod Zammit	22:13
26th	Tipene Robinson	22:25
69th	Bettina McMahon	26:57
163rd	Adam Sinclair	35:49

**28-5-22 Rooty Hill parkrun 5km**

16th	Wayne Thurlow	23:34
29th	Greg Sargeant	25:32
39th	David Perry	27:02
65th	Geoff Newey	31:44

**28-5-22 Parramatta parkrun 5km**

67th	Stephen Parkins	25:48
156th	Terry Rose	34:07

**28-5-22 Willoughby parkrun 5km**

41st	Lisa Grant	23:36
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**28-5-22 Greenway parkrun 5km**

52nd	Michael Free	23:58
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**28-5-22 Newy parkrun 5km**

245th	Andrew Free	31:47
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**28-5-22 Cooks River parkrun 5km**

80th	Michael Christie	34:54 (new pb)
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**31-5-22 Campbelltown Joggers 1000m & 3000m Series Leumeah****1000m**

10th	Garry Womsley	4:09
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**3000m**

6th	Garry Womsley	13:29
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Michael Christie

(GAP)

