

## **November 2022 – Success isn't how far you got, but the distance you travelled from where you started!**



*Lisa Grant*



*Girraween 4 x 800m Relay Team*



*Girraween 4 x 100m Relay Team*



*Lisa Grant with Girraween Members at her 250 Parkrun*

The headline is apt when talking about athletic achievement and there is little doubt that the achievements by Girraween athletes through November 2022 indicates that they have all travelled a long way from where they began their athletic journey.

Girraween Athletics Club had three teams at the State Relays in November. A big shout out to Diane Celnikier, Katrina Russell, Dominic Carr, Michael Christie, Jason Cutajar and Tipene Robinson for putting up their hands to represent Girraween at these relays. Congratulations in particular to Diane, Katrina, Jason and Ti in picking up a well-deserved bronze medal in one of their events on Sunday. It would be remiss not to mention the special effort of both Jason and Ti to even make the start line. They have both had a busy program of late, and were both running injured. They did not hesitate to put their hands up to ensure that their teammates had the opportunity to compete at these relays and both gentlemen illustrated all that is great about this club by their selfless attitude. It's a great example to all our members and friends of what the club can achieve with this type of commitment.

The last three rounds of the Treloar Shield were held in November. Congratulations to Garry Womsley, Tyler Bussier, Neelesh Srestha, Laelia Byatt and Laura Corvalan-Sotomayor for representing Girraween so well at these meets. Garry Womsley was the sole Girraween athlete to represent the club at all six rounds of the Treloar Shield this season. No mean feat. Congratulations Garry on this fine achievement.

There were milestones at parkrun through November. Rod Zammit completed his 200th parkrun, while Lisa Grant completed her 250th parkrun. Congratulations to both athletes on these fine achievements. Lisa Grant also saw some Girraween members at Parramatta parkrun to help her celebrate reaching her milestone. Lisa was very happy to meet some of her old friends. Michael Free amazingly kept his run of consecutive new pb's at parkrun going with another four in November. This streak stretches back to July, an amazing feat. Well done again Michael. Danny Martins also picked up another new pb at parkrun, while Daniel Irving finished first at Rooty Hill parkrun with another excellent effort. Congratulations to both athletes.

The SMC Road Race series was held at Smithfield on what was a very warm morning. Both Tipene Robinson and Michael Kammerer ran well in the circumstances in the Half Marathon, posting fine times. Geoff Sheargold was the first athlete across the line in the 10km event

with a solid performance. He continues to be in fine form. The rest of the Girraween contingent in the 10km event battle on gamely. Sai Sravan Shailesh had a superb run in the 2km kids dash, posting a very fine sub eight-minute time. Sai Sraddha Shailesh also ran well in the same event finishing third overall with another excellent effort.

Garry Womsley continued his fine series of performances in the Campbelltown Joggers 1000m and 3000m series at Leumeah through November, posting fine times. Graham Sheargold was in excellent form through November at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna running most consistently. Jason Cutajar tackled the epic Bondi to Manly 80km Ultra Run in November on no real suitable training for such an event and he was running injured. It's hard to say whether he was a little mad to attempt such an event, but one could not fault his courage in giving this event a go. Congratulations Jason on your achievement. That cannot be faulted. Michael Free was also spotted tackling another trail run, the Bare Creek Trail Run in November through the rugged Garigal National Park in the Northern suburbs of Sydney. It's a tough course, but Michael persevered and ran well.

In early November, Girraween Little A's conducted a most successful 50th Anniversary Gala Athletics Carnival at C V Kelly Park. A big thank you to the small band of Girraween members who assisted on the day. This was most appreciated by our friends from the Little A's Club.

It has been another month of fine athletic achievement by all Girraween athletes. All should be proud of their achievements. Results follow:

### **1-11-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**

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

2nd Garry Womsley 4:01

#### **3000m**

9th Garry Womsley 13:16

### **5-11-22 Rooty Hill parkrun 5km**

19th Wayne Thurlow 23:01

20th Rod Zammit 23:14

33rd Greg Sargeant 26:04

39th Bettina McMahon 26:57

130th David Perry 52:31 (walker)

### **5-11-22 Parramatta parkrun**

72nd Stephen Parkins 24:54

205th Michael Christie 35:53

243rd Terry Rose 41:19 (walker)

### **5-11-22 North Sydney parkrun 5km**

236th David Otte 43:23

251st Mischelle Otte 58:41 (walker)

### **5-11-22 Campbelltown parkrun 5km**

5th Tipene Robinson 20:29

**5-11-22 Curl Curl parkrun 5km**

42nd Lisa Grant 22:24

**5-11-22 Mt Penang parkrun 5km**

12th Michael Free 22:32 (new pb)

**5-11-22 Newy parkrun 5km**

355th Andrew Free 33:33

**5-11-22 Western Districts Joggers & Harriers Lake Gillawarna****10km Handicap**

18th Graham Sheargold 56:53

**5-11-22 Treloar Shield Round 4 Campbelltown****Men's 1500m Masters 50+**

6th Garry Womsley 6:08.11

**5-11-22 Janssen Bondi to Manly Ultra 80km**

395th Jason Cutajar 15:07.51

**6-11-22 Bare Creek Trail Run St Ives****20km**

80th Michael Free 2:18.56

**12-11-22 Rooty Hill parkrun 5km**

6th Tipene Robinson 20:36

12th Rod Zammit 21:25 (200th pr)

21st Wayne Thurlow 22:52

47th Jason Cutajar 25:37

58th Greg Sargeant 26:24

63rd Bettina McMahon 27:09

112th Michael Christie 34:02

**12-11-22 Curl Curl parkrun 5km**

63rd Lisa Grant 22:23

**12-11-22 Cooks River parkrun 5km**

23rd Michael Free 22:42 (new pb)

**12-11-22 Parramatta parkrun 5km**

215th Terry Rose 37:33

**12-11-22 Western Districts Joggers and Harriers Lake Gillawarna****3.5km Handicap**

18th Graham Sheargold 18:37

**12-11-22 Treloar Shield Round 5 The Ridge****Men's 100m U18****Section 2**

7th Tyler Bussier 11.75

9th Neelesh Srestha 12.24

**Men's 400m U18****Section 3**

6th Tyler Bussier 56.15

## Section 5

5th Neelesh Srestha 1:01.30

### Men's 3000m Masters 50+

7th Garry Womsley 13:00.18

### Women's 5000m Race Walk Open

7th Laelia Byatt 29:08.28

9th Laura Corvalan-Sotomayor 33:07.03

## 15-11-22 Campbelltown Joggers 1000m & 3000m series Leumeah

### 1000m Race 2

1st Garry Womsley 3:55

### 3000m

10th Garry Womsley 13:20

## 19-11-22 Parramatta parkrun 5km

6th Geoff Sheargold 18:45

22nd Danny Martins 20:42(new pb)

40th Lisa Grant 22:26 (250th pr)

72nd Stephen Parkins 24:48

104th Greg Sargeant 26:27

151st Robert Eager 29:17

175th Katrina Russell 31:06

216th Terry Rose 35:31

238th Michael Christie 37:58

283rd Vince Adams 54:43 (walker)

## 19-11-22 Rooty Hill parkrun 5km

11th Wayne Thurlow 22:34

45th Geoff Newey 28:52

79th David Otte 34:39

119th David Perry 45:19 (walker)

## 19-11-22 Penrith Lakes parkrun 5km

6th Tipene Robinson 23:33

18th Jason Cutajar 27:03

## 19-11-22 Curl Curl parkrun 5km

54th Michael Free 22:07 (new pb)

## 19-11-22 Newy parkrun 5km

302nd Andrew Free 32:53

## 19-11-22 Western Districts Joggers & Harriers Lake Gillawarna

### 5@The Lake

12th Graham Sheargold 26:22

## **19-11-22 – 20-11-22 NSW State Relay Championships Campbelltown**

### **19-11-22**

#### **Men's 4 x 800m Relay 160+**

Dominic Carr

Tipene Robinson

Jason Cutajar

Michael Christie 12:44.68 5th

### **20-11-22**

#### **Men's 4 x 100m Relay 160+**

Diane Celnikier

Jason Cutajar

Katrina Russell

Tipene Robinson 1:07.86 3rd

#### **Men's 4 x 200m Relay 160+**

Diane Celnikier

Jason Cutajar

Katrina Russell

Tipene Robinson 2:36.84 6th

## **20-11-22 SMC Road Race Series Smithfield**

### **Half Marathon**

13th Tipene Robinson 1:42:18.4

16th Michael Kammerer 1:45:09.6

30th Michael Free 1:57:31.7

47th Jason Cutajar 2:12:10.3

### **10km**

1st Geoff Sheargold 40:40.0

32nd Stephen Mifsud 55:34.7

41st Graham Sheargold 59:42.8

45th Greg Sargeant 1:02:21.8

55th Stephen O'Donnell 1:09:42.8

63rd Mairead Connolly 1:16:53.9

### **5km**

29th Michael Christie 34:32.9

### **2km Kids Dash**

1st Sai Sravan Shailesh 7:57.6

3rd Sai Sraddha Shailesh 9:30.4

## **22-11-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**

### **1000m Race 1**

1st Garry Womsley 4:06

### **3000m**

7th Garry Womsley 13:30

## **26-11-22 Rooty Hill parkrun 5km**

1st Daniel Irving 18:00

65th Geoff Newey 29:50

78th David Perry 31:53

**26-11-22 Parramatta parkrun 5km**

2nd Geoff Sheargold 17:49

172nd Terry Rose 33:51

190th Michael Christie 35:17

**26-11-22 Mosman parkrun 5km**

15th Tipene Robinson 22:14

28th Jason Cutajar 24:59

**26-11-22 Newy parkrun 5km**

272nd Andrew Free 33:09

373rd Sharon Free 47:21 (walker)

**26-11-22 Queanbeyan parkrun 5km**

32nd David Otte 38:35

53rd Mischelle Otte 49:56 (walker)

**26-11-22 The Ponds parkrun 5km**

20th Adam Etherington 21:24

**26-11-22 Curl Curl parkrun 5km**

54th Lisa Grant 22:28

**26-11-22 Cronulla parkrun 5km**

14th Michael Free 24:18 (new pb)

**26-11-22 Treloar Shield Round 6 SOPAC**

**Men's 800m Masters 50+**

**Section 2**

1st Garry Womsley 3:05.37

**29-11-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**

**1000m Race 1**

6th Garry Womsley 4:03

**3000m Series**

10th Garry Womsley 13:11

Michael Christie (GAP)

