

October 2022 – Girraween athletes spotted far and wide!



Stephen Mifsud's Abbott World Marathon Majors medal

October 2022, saw one of the busiest months for Girraween athletes in many along day. Girraween athletes, as can be seen from the results listed below travelled far and wide for their events. There were numerous highlights across the month.

The Treloar Shield, ANSW's interclub competition kicked off again in October in what was a welcome return for athletics in this state. Girraween athletes competed in the first three Rounds. A big congratulations to Tyler Bussier, Neelesh Srestha, Garry Womsley, Laura Corvalan-Sotomayor, Sumeet Dasgupta, Kajanan Srisivaeaswaran and Laelia Byatt who represented Girraween so well at these meets. The first three rounds of the Treloar Shield saw big fields across most disciplines and at each round. It was great to have a Girraween presence at these events.

The SMC Road Race series continued at Smithfield in October. There were eye catching performances by both Michael Kammerer and Tipene Robinson in the Half Marathon, Geoff Sheargold in the 10km, (Geoff in fact came first), Garry Womsley in the 5km event and both Sai Sravan and Sai Sraddha Shailesh in the 2km kid's dash. Geoff posted a well worked sub forty-minute time into the bargain.

Parkrun continued across October and there were notable Girraween highlights. There were new pb's to Michael Free five, Danny Martins one and Stephen Parkins one. Incredibly, by the end of October, Michael Free has posted seventeen consecutive new pb's across numerous parkrun courses stretching back to July. This is remarkable, given that Michael had nothing left in the tank at the conclusion each of these events. It is by any stretch, one of the most remarkable achievement's by a Girraween athlete at parkrun, stretching back to 2012. Congratulation Michael from all at Girraween on this remarkable feat. Michael also completed his 250th parkrun at Rooty Hill parkrun in October, another wonderful milestone. Tipene Robinson completed his 100th parkrun and Andrew Free hit the 350th mark. These

numbers are extraordinary and are a fine testament to these athlete's achievements. Tipene Robinson, Danny Martins and Daniel Irving also finished first in park runs they ran in October, all posting excellent times.

One of GAP's correspondents, advised that in September, one of Girraween's favourite sons, Brad Milosevic had a crack at an Ultra Trail event in the ACT. Brad was part of a mixed relay team that participated in the Sri Chinmoy Canberra Trail Ultra 100km. Brad's team finished sixth out of forty-one teams. Given as we know Brad's background is not on the trails, it was a fine achievement by his team. The magic is still there.

In October, Stephen Mifsud completed the virtual Chicago marathon. This meant that Steve had now completed all six Abbott World Marathon Majors, two in real time and four over the last covid impacted years virtually. It's a wonderful achievement by Steve and we send him our congratulations on this feat.

There were other highlights in October. Danny Martins and Tipene Robinson completed the UTA22 & UTA 11 respectively as part of the UTA100 series of events in the Blue Mountains. Both Danny and Tipene posted fine times. Garry Womsley continued his fine form of late in the Campbelltown Joggers 1000m & 3000m series held on a Tuesday night at Leumeah, running most consistently. Graham Sheargold also continued his fine form of late at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. The Three Bridges event was held along the Parramatta River in late October and Alison Shaw in the 5km, Thomas List in the 9km and Michael Kammerer in the Half Marathon not only ran well, but all three runners also picked up well-deserved places in their respective categories.

October certainly proved to be a remarkable month from a Girraween perspective, with many excellent performances by Girraween members and friends. It was an excellent start to the upcoming summer season. Results follow:

11-9-22 Sri Chinmoy Canberra Trail 100km Ultra

Mixed Team Relay 100km – Team B1 & B2

6th	Brad Milosevic	1:54:49
	Brittany Harriden	2:20:49
	Britttany Harriden	2:46:00
	Brad Milosevic	1:49:38
	Total	8:51:14

1-10-22 Lithgow parkrun 5km

1st	Tipene Robinson	22:36
2nd	Jason Cutajar	24:28

1-10-22 Umbagog District (ACT) parkrun 5km

55th	David Otte	35:56
60th	Mischelle Otte	36:36

1-10-22 Rooty Hill parkrun 5km

25th	Rod Zammit	25:08
116th	David Perry	55:34 (walker)

1-10-22 Parramatta parkrun 5km

56th Stephen Parkins 24:56
215th Michael Christie 1:04:37 (tail walker)

1-10-22 Blue Gum Hills parkrun 5km

1st Danny Martins 21:23 (new pb)

1-10-22 Mt Penang parkrun 5km

7th Lisa Grant 22:49

1-10-22 St Peters parkrun 5km

41st Garry Womsley 22:50

1-10-22 Kamay parkrun 5km

5th Michael Free 22:54 (new pb)

1-10-22 Newy parkrun 5km

259th Andrew Free 34:23

1-10-22 Western Districts Joggers & Harriers Lake Gillawarna**10km Handicap**

20th Graham Sheargold 57:48

4-10-22 Campbelltown Joggers 1000m & 3000m series Leumeah**1000m Race 2**

3rd Garry Womsley 4:02

3000m

9th Garry Womsley 13:28

8-10-22 Rooty Hill parkrun 5km

1st Daniel Irving 20:36
8th Wayne Thurlow 22:20
9th Michael Free 22:29 (new pb) (250th pr)
25th Rod Zammit 25:12
48th Geoff Newy 29:22
62nd Samuel Jackson 33:18
67th Michael Christie 34:23

8-10-22 Wildflower parkrun 5km

3rd Tipene Robinson 22:44
46th Jason Cutajar 28:31

8-10-22 Werrington Lakes Reserve parkrun 5km

13th Mischelle Otte 36:16
18th David Otte 40:55

8-10-22 Blue Gum Hills parkrun 5km

5th Danny Martins 21:57

8-10-22 Curl Curl parkrun 5km

57th Lisa Grant 22:33

8-10-22 Bushy parkrun Dublin, Ireland, 5km

41st Stephen Parkins 25:45

8-10-22 Newy parkrun 5km

269th Andrew Free 32:45

8-10-22 Treloar Shield Round 1 SOPAC

Men's 60m U18

Section 2

4th Tyler Bussier 7.64

8th Neelesh Srestha 7.89

Men's 1500m Masters 50+

5th Garry Womsley 6:28.61

9-10-22 Billabergia Benelong Bridge Run Wentworth Point

10km

168th Alison Shaw 1:02:28

9-10-22 Campbelltown Joggers Club Relay Bradbury

2 x 3km legs Leg 1 Leg 2

9th Garry Womsley 13:46 14:12

11-10-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

2nd Garry Womsley 4:06

15-10-22 Parramatta parkrun 5km

2nd Geoff Sheargold 18:06

203rd Michael Christie 34:58

267th Terry Rose 45:29 (walker)

15-10-22 The Ponds parkrun 5km

27th Matt Modini 21:39

143rd Greg Sargeant 27:29

15-10-22 Cowpasture Reserve parkrun, Camden 5km

76th Mischelle Otte 32:36

86th David Otte 34:11

15-10-22 Rooty Hill parkrun 5km

1st Daniel Irving 17:24

15-10-22 East Richmond parkrun 5km

5th Tipene Robinson 20:06 (100th pr)

15-10-22 Mosman parkrun 5km

12th Michael Free 22:56 (new pb)

15-10-22 Bushy parkrun, Dublin, Ireland 5km

36th Stephen Parkins 25:12 (new pb)

15-10-22 Newy parkrun 5km

328th Andrew Free 32:51

15-10-22 Western Districts Joggers and Harriers Lake Gillawarna

5@the Lake

15th Graham Sheargold 26:50

15-10-22 Treloar Shield Round 2, The Crest, Bankstown

Men's 100m U18

Section 4

5th Neelesh Srestha 12.24

Men's 400m U18

Section 6

4th Neelesh Srestha 1:00.23

Men's 3000m Masters 50+

8th Garry Womsley 13:17:11

Women's 5000m Race Walk Open

10th Laura Corvalan Sotomayor 32:30.80

16-10-22 SMC Road Race Series Smithfield

Half Marathon

2nd Michael Kammerer 1:30:14.7

5th Tipene Robinson 1:35:10.1

14th Jason Cutajar 1:56:44.6

10km

1st Geoff Sheargold 39:34.1

33rd Stephen Mifsud 52:33.1

40th Graham Sheargold 58:54.1

42nd Alison Shaw 1:00:48.1

47th Stephen O'Donnell 1:03:49.1

60th Mairead Connolly 1:11:19.1

5km

6th Garry Womsley 23:10.1

28th Michael Christie 33:31.3

2km Kids Dash

1st Sai Sravan Shailesh 8:19.5

4th Sai Sraddha Shailesh 9:11.6

16-10-22 Sri Chinmoy Centennial Park 14km

Male 50 - 59

4th Michael Free 1:15.39

18-10-22 Campbelltown Joggers 1000m & 3000m

1000m Run Race 2

1st Garry Womsley 4:07

3000m Run

8th Garry Womsley 13:34

22-10-22 Bathurst parkrun 5km

8th Tipene Robinson 21:42 (100th pr)

186th Jason Cutajar 34:23

22-10-22 Parramatta parkrun 5km

173rd Michael Christie 36:53

206th Terry Rose 43:47 (walker)

22-10-22 Rooty Hill parkrun 5km

86th David Otte 35:07
125th David Perry 49:11 (walker)

22-10-22 North Sydney parkrun 5km

30th Michael Free 22:51 (new pb)

22-10-22 The Ponds parkrun 5km

80th Rod Zammit 25:05

22-10-22 Whalan Reserve parkrun 5km

15th Samuel Jackson 29:54

22-10-22 Tuggeranong (ACT) parkrun 5km

68th Mischelle Otte 33:36

22-10-22 Newy parkrun 5km

357th Andrew Free 33:53

22-10-22 Treloar Shield Round 3 SOPAC**Men's U18****Section 4**

8th Neelesh Srestha 12.15

Section 5

1st Tyler Bussier 11.88

6th Sumeet Dasgupta 22.14

Men's 200m U18**Section 3**

4th Tyler Bussier 23.55

Section 5

8th Neelesh Srestha 25.05

Men's 800m Masters 50+

6th Garry Womsley 3:09.12

Men's Hammer U18**Section 2**

4th Kajan Srisivaesawaran 37.79m

Men's 400m Hurdles 84cm U18

- Neelesh Srestha DNF

Women's 2000m Steeplechase 76.2cm U18

12th Laelia Byatt 9:51.83

23-10-22 Campbelltown Joggers 10km Handicap Airds

17th Garry Womsley 47:49

25-10-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Race 2**

2nd Garry Womsley 4:08

3000m Race

8th Garry Womsley 13:42

27-10-22 – 30-10-22 UTA100 Blue Mountains

27-10-22 UTA11 (11.5km 400m +/- elevation gain)

50th Tipene Robinson 1:07:00

28-10-22 UTA22 (18.4km 660m +/- elevation gain)

85th Danny Martins 1:46:54

29-10-22 Rooty Hill parkrun 5km

5th Tipene Robinson 20:32
13th Michael Free 21:59 (new pb)
24th Wayne Thurlow 23:38
67th Geoff Newey 30:48
88th Samuel Jackson 35:55
97th Josiah Jackson 38:00

29-10-22 Mosman parkrun 5km

10th Rod Zammit 23:05
35th Bettina McMahon 28:31

29-10-22 Parramatta parkrun 5km

226th Michael Christie 36:20
257th Terry Rose 41:06 (walker)

29-10-22 The Ponds parkrun 5km

13th Adam Etherington 21:19

29-10-22 Curl Curl parkrun 5km

68th Lisa Grant 22:38

29-10-22 Newy parkrun 5km

260th Andrew Free 31:49 (350th pr)

29-10-22 Werrington Lakes Reserve parkrun 5km

12th David Otte 35:08

29-10-22 NSW 3000M Championships E S Marks Field Kensington

Mixed 3000m Community 'B' Race

2nd Danny Martins 11:10.71

Men's 3000m 'L' Race

13th Garry Womsley 13:08.67

30-10-22 Three Bridges Run Rydalmere

5km

27th Alison Shaw 30:11 (2nd Masters 50-59 Cat)

9km

6th Thomas List 42:49(3rd Open 17-29 Cat)

21.1 km

11th Michael Kammerer 1:28:26 (1st Masters 50-59 Cat)

30-10-22 NSW Throwers Club Greystanes

Men's Hammer U18 5kg

2nd Kajanan Srisivaeaswaran 49.78m

30-10-22 Ryde-Eastwood Leagues Fun Run

5km

2nd Garry Womsley 23:54

Michael Christie (GAP)