

September 2022 - Girraween's athletes continue to amaze!



Annisha Reader



Kavin Tharmanesan



Cristobel Corvalan-Sotomayor



Joel Byatt

September 2022 was another remarkable month of athletic achievement by Girraween athletes across a wide variety of events.

The achievements that really stood out were those by Girraween's young athletes in both the NSW Combined High Schools Championships and the NSW All-Schools championships held later in the month. All athletes represented their schools well in both championships in events that were of a very high standard across the board. Naturally there were standouts. A highlight in the Combined High Schools Championships was Joel Byatt's superb performance in the 1500m walk where he set a new pb in the process, dominating the field in tough conditions. In the All-Schools Championships, Annisha Reader won a remarkable two gold and one silver medals as well as finishing fifth in the other of her four throwing events, an extraordinary achievement by any measure. Kavin Tharmanesan picked up a gold medal in one of his throwing events, while both Cristobel Corvalan-Sotomayor and Joel Byatt picked up well deserved bronze medals in their events. Girraween Athletics Club congratulates all athletes who competed in these championships on their performances. It was a month to remember for them.

The Sydney Half Marathon was held around Sydney Olympic Park early in the month. Daniel Irving ran wonderfully well, cracking the eighty-minute mark for the distance. We send our congratulations to Daniel on such a wonderful performance. Tipene Robinson and Jason Cutajar also cracked the hundred-minute mark with excellent times. Both Garry Womsley and Michael Free continued their fine form of late whilst Stephen Mifsud also ran consistently.

The Blackmores Sydney Running Festival saw Girraween athletes tackling the events with gusto. Both Adam Sinclair and Garry Womsley ran sub fifty-minute times for the 10km event - a highlight. Andrew Free hung in well. In the Half Marathon, both Michael Free and Bettina McMahon cracked the two-hour mark, whilst Stephen Mifsud maintained his consistent form of late. Tipene Robinson and Rodney Zammit in the Marathon cracked the four-hour mark with very fine runs on what is a tough course. Steve Clark and Jason Cutajar also put in

noteworthy performances. This was both Tipene and Jason's third marathon in three months. It's exhausting to think about it, but both athletes have great endurance.

Parkrun in September saw remarkable feats by Girraween athletes. Geoff Sheargold finished first on two occasions, whilst Daniel Irving and Tipene Robinson finished first as well in one of their events. No easy feat given the calibre of fields that participate each Saturday in these events. Remarkably, Michael Free continued his run of new pb's stretching back to July, garnering another four in September. This is quite remarkable by any measurement, and we send Michael our congratulations as he is setting fast times on each occasion. Tipene Robinson, Garry Womsley and Danny Martins also registered new pb's in September. Lisa Grant, Wayne Thurlow, Jason Cutajar and Stephen Parkins posted fine times across the month and their consistency is something to behold.

The SMC Road Race Series resumed in September at Smithfield. Michael Kammerer, Tipene Robinson and Jason Cutajar all posted fine times in the Half Marathon. Stephen Mifsud and Greg Sargeant also posted consistent times in the 10km event, while Garry Womsley posted the standout time by a Girraween athlete in the 5km event. Both Sai Sravan and Sai Sraddha Shailesh posted excellent times in the Kids 2km dash and both young athletes have continued their fine form from the winter months.

Garry Womsley continued running well at both the Campbelltown Joggers series and at the Lane Cove Fun Run, posting consistent times. Michael Kammerer finished outright second in the Festival of the Feet Half Marathon over the testing course within the environs of Lake Gillawarna. It was a very fine run by Michael in the circumstances. Speaking of Lake Gillawarna, Graham Sheargold also posted fine times in the Western Districts Joggers and Harriers Handicap series that he participated in over September.

September proved to be a remarkable month for Girraween athletes across the board from the top-class juniors through to the more venerable. The versatility and adaptability of our athletes never cease to amaze, and all athletes should be very proud of their achievements. Results follow:

3-9-22 Rooty Hill parkrun 5km

4th	Tipene Robinson	19:33 (new pb)
62nd	Jason Cutajar	26:29
75th	Rod Zammit	27:30
149th	Mairead Connolly	51:59

3-9-22 Parramatta parkrun 5km

122nd	Terry Rose	32:51
127th	Michael Christie	35:04

3-9-22 Curl Curl parkrun 5km

34th	Lisa Grant	22:59
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3-9-22 Werrington Lakes Reserve parkrun 5km

4th	Garry Womsley	23:26 (new pb)
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3-9-22 Wildflower parkrun 5km

8th Michael Free 24:42 (new pb)

3-9-22 Centennial parkrun 5km

128th Andrew Free 33:07

3-9-22 Western Districts Joggers Lake Gillawarna

10km

18th Graham Sheargold 58:33

4-9-22 Sydney Half SOPAC

Half Marathon

		Finish Time	Chip Time
54th	Daniel Irving	1:18:04	1:17:53
253rd	Tipene Robinson	1:34:17	1:34:17
298th	Jason Cutajar	1:37:41	1:37:30
468th	Garry Womsley	1:51:40	1:51:29
476th	Michael Free	1:52:51	1:52:16
561st	Stephen Mifsud	2:01:53	2:01:47

7km

89th Alison Shaw 44:54

97th Terry Rose 46:10

Family Fun Run

48th Stephen Mifsud 16:22 16:22

4-9-22 Festival of the Feet Lake Gillawarna

Half Marathon

2nd Michael Kammerer 1:31:52 (1st 50-59 cat)

6-9-22 Campbelltown Joggers 1000m & 3000m

1000m

12th Garry Womsley 4:10

3000m

7th Garry Womsley 13:51

7-9-22 – 9-9-22 NSWCHSS Secondary Athletics Championships SOPAC

Boys 12-15 Years 1500m Race Walk

1st Joel Byatt 7:08.54

Boys 12 Years Discus Final

7th Kavin Tharmanesan 28.91m

Boys 16 Years 800m Heat 2

2nd Daniel Sheehan 2:06.96

Boys 16 Years 800m Final

4th Daniel Sheehan 2:04.35

Boys 16 Years 1500m

6th Daniel Sheehan 4:24.43

Boys 16 Years Javelin Final

14th Kajanan Srisivaeaswaran 36.13m

Girls 17 Years 3000m Race Walk

7th Laelia Byatt 17:14.92

10-9-22 Rooty Hill parkrun 5km

1st	Daniel Irving	17:18
3rd	Danny Martins	19:15 (new pb)
5th	Tipene Robinson	20:22
6th	Adam Sinclair	20:27
23rd	Jason Cutajar	23:12
25th	Wayne Thurlow	23:24
33rd	Stephen Parkins	24:45
38th	Greg Sargeant	25:19

10-9-22 Parramatta parkrun 5km

1st	Geoff Sheargold	17:33
178th	Michael Christie	34:35
197th	Terry Rose	36:17

10-9-22 Campbelltown parkrun 5km

8th	Rod Zammit	22:39
23rd	Bettina McMahon	26:24

10-9-22 Goulburn parkrun 5km

26th	David Otte	37:08
27th	Mischelle Otte	38:57

10-9-22 Varsity Lakes (Qld) parkrun 5km

91st	Andrew Free	31:47
113rd	Sharon Free	44:32

10-9-22 The Ponds parkrun 5km

15th	Adam Etherington	20:58
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10-9-22 Curl Curl parkrun 5km

46th	Lisa Grant	22:28
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10-9-22 Cronulla parkrun 5km

12th	Michael Free	25:30 (new pb)
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11-9-22 Lane Cove Fun Run

5km

67th	Garry Womsley	23:18
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13-9-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m

6th	Garry Womsley	4:27
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17-9-22 Parramatta parkrun 5km

2nd	Geoff Sheargold	17:14
57th	Stephen Parkins	25:20
170th	Michael Christie	35:13

17-9-22 Rooty Hill parkrun 5km

21st	Greg Sargeant	25:39
22nd	Wayne Thurlow	25:39
67th	Geoff Newey	31:14

17-9-22 Casula Parklands parkrun 5km

1st Tipene Robinson 20:06
4th Jason Cutajar 22:58

17-9-22 Cronulla parkrun 5km

39th David Otte 39:44
43rd Mischelle Otte 42:15

17-9-22 St Peters parkrun 5km

34th Michael Free 22:49 (new pb)

17-9-22 Wentworth Common parkrun 5km

19th Lisa Grant 23:30

17-9-22 Mudgee parkrun 5km

34th Andrew Free 32:57

17-9-22 Western District Joggers & Harriers Lake Gillawarna

5@The Lake

12th Graham Sheargold 26:52

18-9-22 Blackmores Sydney Running Festival

Blackmores Bridge Run 10km

	Gun Time	Net Time
231st Adam Sinclair	43:53	43:51
566th Garry Womsley	49:25	49:22
7263rd Andrew Free	1:29.33	1:09.24

Half Marathon

2159th Michael Free	1:56.14	1:53.38
2787th Bettina McMahon	2:02.02	1:59.42
3046th Stephen Mifsud	2:03.31	2:01.42

Blackmores Sydney Marathon

603rd Tipene Robinson	3:33.54	3:33,14
902nd Rod Zammit	3:44.59	3:40.48
1585th Steve Clark	4:06.47	4:04.13
2094th Jason Cutajar	4:25.56	4:25.15

20-9-22 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Race 2

1st Garry Womsley 4:05

3000m

6th Garry Womsley 13:30

24-9-22 Rooty Hill parkrun 5km

3rd Daniel Irving 17:23
15th Wayne Thurlow 22:18
37th Greg Sargeant 25:47

24-9-22 Parramatta parkrun 5km

1st Geoff Sheargold 18:01
49th Stephen Parkins 24:48
140th Michael Christie 33:40

24-9-22 Kamay parkrun 5km

5th Tipene Robinson 21:36
16th Jason Cutajar 24:08

24-9-22 Woy Woy parkrun 5km

90th David Otte 35:17
115th Mischelle Otte 40:00

24-9-22 Rhodes parkrun 5km

58th Michael Free 22:27 (new pb)

24-9-22 Curl Curl parkrun 5km

52nd Lisa Grant 22:48

24-9-22 Inverell parkrun 5km

31st Graham Sheargold 27:54

24-9-22 Newy parkrun 5km

262nd Andrew Free 32:05

24-9-22 St Peters parkrun 5km

290th Garry Womsley 1:05.23 (walker)

24-9-22 – 27-9-22 NSW All Schools Championships SOPAC**24-9-22****Boys 100m Prelims Heat 4 15 Years**

6th Tyler Bussier 12.08

Girls Discus 750g 12 Years

1st Annisha Reader 40.11m

Boys Discus 750g 12 Years

9th Kavin Tharmanesan 27.97m

Girls Javelin 400g 12 Years

1st Annisha Reader 30.23m

Boys Javelin 600g 12 Years

1st Kavin Tharmanesan 24.23m

25-9-22**Boys Javelin 700g 17 Years**

3rd Cristobel Corvalan-Sotomayor 50.39m

26-9-22**Boys 200m Prelims Heat 2**

3rd Tyler Bussier 23.92

Girls Shot Put 3kg 12 Years

5th Annisha Reader 8.75m

Boys Shot Put 3kg 12 Years

5th Kavin Tharmanesan 10.13m

27-9-22**Boys 400m Hurdles 84cm 16 Years**

7th Neelesh Srestha 1:08.33

Boys 3000m Race Walk 15 Years

3rd Joel Byatt 15:08.82

Girls 5000m Race Walk 16 Years

7th Laelia Byatt 31:37.64

Girls 3000m Race Walk 14 years

8th Laura Corvalan-Sotomayor 19:05.42

Boys Hammer 5kg 16 Years

4th Kajan Srisivaeaswaran 36.98m

Girls Hammer 3kg 15 Years

5th Tasha Reader 41.15m

Girls Hammer 3kg 12 Years

2nd Annisha Reader 24.64m

25-9-22 SMC Road Race Series Smithfield**Half Marathon**

5th Michael Kammerer 1:36:14.1

6th Tipene Robinson 1:37:08.9

8th Jason Cutajar 1:42:27.2

10km

27th Stephen Mifsud 52:23.4

35th Greg Sargeant 56:32.6

41st Stephen O'Donnell 1:02:06.8

44th Alison Shaw 1:04:24.8

57th Mischelle Otte 1:22:20.8

5km

8th Garry Womsley 22:53.2

21st Jason Oldridge 28:40.3

32nd Michael Christie 32:45.8

2km Kids Dash

1st Sai Sravan Shailesh 8:49.2

3rd Sai Sraddha Shailesh 9:38.9

27-9-22 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m**

7th Garry Womsley 4:07

3000m

6th Garry Womsley 13:25

Michael Christie (GAP)

