

April 2023 – Girraween athletes begin the winter season in fine form!

April saw numerous fine performances by Girraween athletes across a wide range of events and disciplines. Their versatility was very much to the fore.

A highlight of April was the performance of Girraween athletes representing NSW at the Australian Junior Athletics Championships held in Brisbane. We congratulate Annisha Reader, Kavan Tharmanesan, Joel Byatt, Tasha Reader, Laelia Byatt and Kajan Srisivaeaswaran on making the NSW team. This is a very fine achievement. When looking through the results for all these athletes, one is struck by the depth in all these fields. This needs to be taken into account when analysing all their performances. One is struck how competitive these Championships were. Annisha Reader had an amazing meet, winning a gold medal in the Discus and a bronze in the Hammer Throw. It's not everyday that Girraween has an Australian champion in their ranks and all Girraween's members and friends send on our congratulations to Annisha on this almighty achievement. Joel Byatt obtained a new pb in his walk event, in what was an incredibly high standard race. Kajan Srisivaeaswaran also obtained a new pb in his Hammer Throw event. Congratulations to both Joel and Kajan on their very fine performances. All athletes should be very proud of their efforts. We wish them the very best with their athletics moving forward.



Joel

Laelia

Annisha

Kajan

The St George Classic was held at Ramsgate in April. These championships have been running for many decades and even though numbers have dwindled in recent years, the depth of these fields remains strong, even with smaller numbers. Whatever the weather the course is always a challenging one. It was gratifying to see a slight increase in the Girraween contingent from last year. Graham Sheargold posted a fine time in the 5km event, while the Girraween contingent of Geoff Sheargold, Tipene Robinson, Garry Womsley and Robert Eager all competed in the traditional 10km Novice event. Geoff posted a very fine sub-forty-minute time, whilst Tipene Robinson also posted an excellent time, under the forty-five-minute mark. Garry Womsley was second in his age category, whilst Robert Eager was third in his age category. Both athletes had to be pleased with their performances. This was the

first major ANSW representative event of the 2023 winter season. It is to be hoped that upcoming winter events continue to have a great Girraween presence.



Tipene, Garry, Rob, Geoff

The SMC Road Race Series continued in April and while the Girraween contingent was small, there were fine performances by both Tipene Robinson in the Half Marathon and Greg Sargeant in the 10km event, both posting fine times in what was a nice morning for a run.

Parkrun continued through April and there were standout efforts. Daniel Irving placed first on three occasions at the Rooty Hill parkrun, posting excellent times in all three instances. Tipene Robinson, Garry Womsley, Geoff Sheargold and Kristy Zammit all posted new pb's at parkrun in April. All four athletes showed fine form in doing so. Terry Rose also reached another significant milestone in April, reaching his 450th parkrun at Parramatta parkrun, a monumental achievement. Well done, Terry. As can be seen from the results, there were also many other fine times posted by Girraween members and friends at parkrun in April. Their consistency remains a highlight.

Graham Sheargold continued his fine form of late with a series of fine times posted at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. The Canberra Times Running festival saw both Graham Sheargold and Stephen Mifsud competing in the 10km event there, both posting competitive times. Steve Clark tackled the marathon in what were cold and wet conditions and battled on manfully to the finish. Congratulations to Steve on his remarkable perseverance. At the end of the month the redoubtable Raminder Singh picked up a silver medal at the NSW Masters Heavy Weight Pentathlon State Championships at West Gosford. Raminder goes from strength to strength at Masters events and we wish him well with his athletics journey.

Girraween athletes across all disciplines and all ages continue to inspire with their amazing achievements. We wish all athletes who are competing over the upcoming winter the very best. Results follow:

1-4-23 Rooty Hill parkrun 5km

1st	Daniel Irving	16:53
15th	Wayne Thurlow	21:43
37th	Greg Sargeant	25:56

41st David Perry 26:38

64th Geoff Newey 29:18

1-4-23 Nepean River parkrun 5km

11th Tipene Robinson 20:45 (new pb)

123rd Jason Cutajar 32:57

1-4-23 Queenstown (NZ) parkrun 5km

81st David Otte 37:51

86th Mischelle Otte 39:53

1-4-23 Parramatta parkrun 5km

219th Terry Rose 31:26 (450th pr)

346th Michael Christie 49:15 (walker)

1-4-23 Greenway parkrun 5km

58th Michael Free 22:55

1-4-23 Blue Gum Hills parkrun 5km

7th Danny Martins 22:59

1-4-23 Curl Curl parkrun 5km

64th Lisa Grant 23:12

1-4-23 Werrington Lakes Reserve parkrun 5km

8th Vija – Louise Heath 25:04

1-4-23 Karoola Park parkrun 5km

15th Stephen Parkins 27:02

1-4-23 Newy parkrun 5km

404th Andrew Free 34:19

1-4-23 Sydney Striders North Head

10km

125th Stephen Mifsud 55:47.7

1-4-23 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

19th Graham Sheargold 55:29

8-4-23 Rooty Hill parkrun 5km

29th Wayne Thurlow 23:20

42nd Stephen Parkins 25:24

57th David Perry 26:58

127th Mairead Connolly 37:05

148th David Otte 40:31

166th Mischelle Otte 46:22 (walker)

8-4-23 Whalan Reserve parkrun 5km

4th Tipene Robinson 20:36

9th Garry Womsley 23:16

22nd Jason Cutajar 31:53

8-4-23 The Ponds parkrun 5km

105th Brandon Goldsworthy 26:34
120th Greg Sargeant 26:53
458th Karen Clark 48:39 (walker)

8-4-23 Parramatta parkrun 5km

2nd Geoff Sheargold 17:55
265th Terry Rose 32:47
406th Michael Christie 57:05 (Tail walker)

8-4-23 Curl Curl parkrun 5km

118th Lisa Grant 23:32

8-4-23 Mosman parkrun 5km

16th Michael Free 24:34

8-4-23 Werrington Lake Reserves parkrun 5km

8th Vija-Louise Heath 28:18

8-4-23 Riverbank parkrun 5km

13th Peter Matthews 28:23

8-4-23 Riverbank parkrun 5km

38th Samuel Jackson 29:04

8-4-23 Avondale University College parkrun 5km

49th Geoff Newey 31:02

8-4-23 Newy parkrun 5km

330th Andrew Free 34:52

8-4-23 Western Districts Joggers and Harriers Lake Gillawarna

3.5km Handicap

24th Graham Sheargold 18:21.96

13-4-23 – 16-4-23 Chemistry Warehouse Australian Junior Athletics

Championships QASC, Brisbane, Qld

13-4-23

Women's Hammer Throw (1kg) U14

3rd Annisha Reader 33.00m

Men's Javelin (600g) U14

8th Kavan Tharmanesan 28.32m

14-4-23

Women's Discus (1kg) U14

1st Annisha Reader 36.26m

Women's Javelin (400g) U14

9th Annisha Reader 32.60m

15-4-23

Men's 5000m Race Walk U17

7th Joel Byatt 24:19.59

16-4-23**Women's Hammer Throw (3kg) IU17**

Tasha Reader ND

Women's 5000m Race Walk U18

13th Laelia Byatt 30:43.02

Men's Hammer Throw (5kg) U18

4th Kajanana Srisivaeaswaran 48.56m

15-4-23 Rooty Hill parkrun 5km

33rd Wayne Thurlow 25:28

131st Jason Cutajar 36:46

15-4-23 The Ponds parkrun 5km

22nd Adam Etherington 21:32

15-4-23 Curl Curl parkrun 5km

74th Lisa Grant 22:49

15-4-23 Rockhampton (Qld) parkrun 5km

24th Garry Womsley 23:34 (new pb)

15-4-23 Mosman parkrun 5km

14th Michael Free 24:36

15-4-23 Henry Kendall Reserve parkrun 5km

8th Stephen Parkins 26:48

15-4-23 Parramatta parkrun 5km

227th Terry Rose 32:46

15-4-23 Newy parkrun 5km

404th Andrew Free 38:26

15-4-23 Port Macquarie parkrun 5km

234th Michael Christie 40:00

**15-4-23 Western Districts Joggers and Harriers Lake Gillawarna
5@The Lake**

15th Graham Sheargold 25:54

16-4-23 SMC Road Race Series Smithfield**Half Marathon**

20th Tipene Robinson 1:49:19.4

10km

40th Greg Sargeant 57:38.9

5km

31st Terry Rose 34:05.5

36th Michael Christie 36:50.2

16-4-23 Canberra Times Marathon Festival Canberra ACT**10km****Male**

252nd Graham Sheargold 52:15

466th Stephen Mifsud 59:50

Marathon

Male

1010th Steve Clark 6:06.26

22-4-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:02
15th Wayne Thurlow 21:48
46th Greg Sargeant 25:51
52nd David Perry 26:53
79th Geoff Newey 30:43
119th Jason Cutajar 37:40
146th David Otte 44:54 (walker)
147th Mischelle Otte 44:57 (walker)

22-4-23 Parramatta parkrun 5km

108th Stephen Parkins 25:50
227th Katrina Russell 30:37
299th Terry Rose 31:46
324th Michael Christie 39:09

22-4-23 Curl Curl parkrun 5km

73rd Lisa Grant 23:04

22-4-23 North Wollongong parkrun 5km

59th Vija- Louise Heath 24:19

22-4-23 The Ponds parkrun 5km

73rd Brandon Goldsworthy 24:34

22-4-23 Casula Parklands parkrun 5km

22nd Tipene Robinson 28:09

22-4-23 Newy parkrun 5km

362nd Andrew Free 35:11

22-4-23 St George Classic & Novice Championships Scarborough Park

Ramsgate

A A Gainsford 5KM Fun Run

88th Graham Sheargold 25:57

Albie Thomas 10km Men's Race

39th Geoff Sheargold 38:49
55th Tipene Robinson 44:05
64th Garry Womsley 50:05 (2nd 60-64 cat)
72nd Robert Eager 1:02.06 (3rd 70-74 cat)

29-4-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:01
3rd Geoff Sheargold 17:20 (new pb)
12th Wayne Thurlow 21:27
35th Greg Sargeant 25:51
42nd David Perry 26:41

72nd Jason Cutajar 31:18
106th Mischelle Otte 38:19
139th David Otte 50:39 (walker)
143rd Kristy Zammit 53:18 (walker) new pb
145th Rod Zammit 54:48 (walker)
146th Geoff Newey 54:48 (walker)

29-4-23 The Ponds parkrun 5km

26th Adam Etherington 21:33
40th Brandon Goldsworthy 22:39

29-4-23 Whalan Reserve parkrun 5km

4th Garry Womsley 23:06
5th Vija-Louise Heath 23:29

29-4-23 Wentworth Common parkrun 5km

27th Tipene Robinson 24:19
47th Stephen Parkins 26:12 (new pb)

29-4-23 Parramatta parkrun 5km

190th Terry Rose 32:19
232nd Michael Christie 38:28

29-4-23 Curl Curl parkrun 5km

77th Lisa Grant 23:01

29-4-23 Mosman parkrun 5km

23rd Michael Free 24:09

29-4-23 Newy parkrun 5km

431st Andrew Free 53:56 (walker)

29-4-23 Toowoomba (Qld) parkrun 5km

388th Kevin Hall 56:02 (walker)

29-4-23 NSW Masters Heavy Weight Pentathlon State Championships West

Gosford

M70-79

2nd Raminder Singh 2028 pts

Michael Christie (GAP)

