

August 2023 – An amazing month of athletic endeavour!



Laelia & Joel @ NSW Long Walks



Stephen, Mark, Katrina, Graham @ NSW Road Relays



Geoff, Tipene, Garry, Nicholas @ NSW Road Relays

The month of August saw numerous eye-catching performances by Girraween members and friends across a variety of events.

The NSW Long Walks Championships were held at Chipping Norton. Joel Byatt, in his first-ever 8km race and at the State level, picked up a gold medal, posting a very fine time in the process. This was an extraordinary achievement by Joel and all at Girraween send our congratulations to him. Laelia Byatt picked up a bronze medal in her event; no mean achievement. Laura Corvalan-Sotomayor also gained a top-ten finish in her event. These three athletes are continuing a fine tradition of walks at Girraween at a top level, stretching back to the days of one Lisa Grant. Best wishes to Joel, Laelia and Laura as they continue their fine progress in the sport.

Girraween had two teams representing the club at the NSW Road Relay Championships at The Crest, Bass Hill early August. The 60+ team of Graham Sheargold, Mark Milliss, Stephen Mifsud and Katrina Russell competed bravely in what was a most competitive category and are to be congratulated for their efforts. The 30+ team of Geoff Sheargold, Tipene Robinson, Garry Womsley and Nicholas Hanna posted a most competitive time and were not far outside the medals. Well done to all four athletes - it was also nice to see Nicholas Hanna making a return to the representative arena at State level with his participation at these relays.

There was a sizeable Girraween contingent spotted at the City2Surf. Both Joshua Kimpton and Tipene Robinson posted times under the hour mark - no mean feat. Given that Joshua was in the 10-14 age category, his time was particularly noteworthy. Peter Kimpton and Thomas List also posted times under the seventy-minute mark which works out to be at a sub five minute per km pace; a very fine achievement on this course. Well done to all the Girraween contingent who participated once again in 2023.

Parkrun motored along in August and there were remarkable achievements by members and friends from Girraween. Daniel Irving finished first on three consecutive Saturdays at Rooty Hill, posting excellent times into the bargain. Geoff Sheargold and Nikil Redipali also

garnered first place for themselves. Danny Martins with two and Hugh McDermott, David Perry and Geoff Sheargold also gained new pb's, which is always a sign that these athletes are in fine fettle. GAP gives a big shout out to Geneva and Camille McDermott upon completion of their first ever parkrun in early August. Both Geneva and Camille are in the U10 category, so it was a remarkable effort. These two athletes did not just turn up and run on the day. There was a preparation that went into this, doing other sport as well as building up to this with shorter runs and walks. It would be remiss not to mention the support both girls had from their mum and dad Bettina and Hugh in getting to this point and it's a wonderful example of family involvement in parkrun. We hope that Geneva and Camille continue to enjoy their parkrun and running experiences.



Geneva, Hugh, Camille, Bettina @ Rooty Hill Parkrun

Both Graham Sheargold at Western Districts Joggers and Harriers and Garry Womsley at the Campbelltown Joggers 1000m & 3000m series, continued their fine form in their respective events in August. We need to mention that Garry Womsley was also successful in winning the monthly eliminator handicap event at Leumeah in August. This is no easy task, as the fields in these monthly events are always very deep. So, congratulations Garry on this achievement, no mean feat.

There were other noteworthy results in August. Brett Langley posted an excellent sub three-hour forty time at the Sunshine Coast Marathon. Congratulations Brett. Stephen Mifsud continued his consistent form both the Striders 10km at Homebush and the 10km event at the Mudgee Running Festival. Raminder Singh also gained a big haul of silver at a rare indoor event at this county, the Australian Masters' Indoor Throws Championships held at Lovedale in the Hunter Valley. Well done, Raminder. Whilst speaking of the Hunter Valley, Danny Martins continued his love affair with trail running, posting another excellent time in the 10km event at the Dungog Trail Running Festival in August.

There were many remarkable achievements by Girraween members and friends through August and we congratulate all athletes on their endeavour. Results follow:

1-8-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 1

8th	Garry Womsley	4:04
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1000m Event 2

3rd Garry Womsley 4:38

5-8-23 Rooty Hill parkrun 5km

1st Daniel Irving 16:50
6th Bruce Hogg 20:16
8th Tipene Robinson 20:35
16th Wayne Thurlow 22:01
23rd Brett Langley 23:23
48th Rod Zammit 26:50
71st David Perry 28:54
107th Hugh McDermott 32:48(new pb)
132nd Geneva McDermott 37:08
133rd Jason Cutajar 37:17
151st Camille McDermott 42:31
153rd Bettina McMahan 42:39
157th Vija-Louise Heath 44:03 (walker)

5-8-23 The Ponds parkrun 5km

34th Matt Modini 21:34
89th Brandon Goldsworthy 24:28
125th Greg Sargeant 26:09

5-8-23 Parramatta parkrun 5km

3rd Geoff Sheargold 17:00
188th Terry Rose 30:57
305th Michael Christie 47:15 (walker)

5-8-23 Wentworth Common parkrun 5km

38th Michael Free 23:28
59th Stephen Parkins 24:45

5-8-23 Maitland parkrun 5km

11th Danny Martins 21:54(new pb)

5-8-23 Curl Curl parkrun 5km

73rd Lisa Grant 22:31

5-8-23 Blackbutt parkrun 5km

166th Andrew Free 39:12

5-8-23 Sydney Striders 10km Homebush

115th Stephen Mifsud 55:18.0

5-8-23 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

14th Graham Sheargold 55:01

6-8-23 Dungog Trail Running Festival

10km Trail Run

40th Danny Martins 1:06.00

6-8-23 NSW Road Relays The Crest Bass Hill

60+ Male 4 x 4km

6th

Graham Sheargold 19:29

Mark Milliss 22:16

Stephen Mifsud 21:19

Katrina Russell 23:45

Total: 1:26.80

30+ Male 4x4km

4th

Geoff Sheargold 14:02

Tipene Robinson 15:42

Garry Womsley 18:23

Nicholas Hanna 17:50

Total: 1:05.59

8-8-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 2

1st Garry Womsley 4:20

Eliminator 3000m

	Distance Reached	Handicap	Placing 400m	Time 400m
Garry Womsley	400m	4:27	1st	1:25

12-8-23 Rooty Hill parkrun 5km

1st Daniel Irving 16:46

3rd Bruce Hogg 20:27

34th David Perry 27:13

46th Rod Zammit 28:52

102nd Mischelle Otte 42:13 (walker)

107th Jason Cutajar 42:59 (walker)

113th David Otte 45:29 (walker)

12-8-23 Parramatta parkrun 5km

3rd Geoff Sheargold 18:04

265th Terry Rose 41:57(walker)

276th Michael Christie 44:13

12-8-23 The Ponds parkrun 5km

29th Brandon Goldsworthy 22:24

12-8-23 Curl Curl parkrun 5km

60th Lisa Grant 22:33

12-8-23 Rouse Hill parkrun 5km

16th Matt Modini 22:36

12-8-23 Mosman parkrun 5km

13th Wayne Thurlow 24:04

12-8-23 Cooks River parkrun 5km

28th Michael Free 24:30

12-8-23 Avondale University College parkrun 5km

27th Tipene Robinson 24:41

12-8-23 Mudjimba Beach (Qld) parkrun 5km

48th Brett Langley 25:32

12-8-23 Newy parkrun 5km

284th Andrew Free 34:02

12-8-23 – 13-8-23 Sunshine Coast Marathon and Community Run Festival

13-8-23

Sunshine Coast Marathon

	Gun Time	Official Time
208th Brett Langley	3:37:46	3:35:11

13-8-23 City2Surf 14km

1145th	Joshua Kimpton	57:41
1884th	Tipene Robinson	59:58
4740th	Peter Kimpton	1:05:56
7041st	Thomas List	1:08:51
15191st	Garry Womsley	1:17:42
21335th	Steve Mifsud	1:23:30
22110th	Greg Sargeant	1:24:12
24533rd	Robert Eager	1:26:29
28681st	Wayne Jeff	1:30:40
37123rd	Suresh Raju	1:41:15
40665th	Matthew Briggs	1:46:58
43698th	Terry Rose	1:53:05
58307th	Rod Zammit	2:37:56(walker)
58311th	Kristy Zammit	2:37:57(walker)

15-8-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 1

5th Garry Womsley 4:07

3000m

8th Garry Womsley 14:16

19-8-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:11
12th	Tipene Robinson	23:07
14th	Wayne Thurlow	23:08
36th	Rod Zammit	25:45
80th	Geoff Newey	31:34
120th	Geneva McDermott	41:09
121st	Hugh McDermott	41:19
143rd	Camille McDermott	49:26(walker)
144th	Bettina McMahon	49:27(walker)
168th	Jason Cutajar	1:05.51 (walker)

19-8-23 Parramatta parkrun 5km

2nd	Geoff Sheargold	17:34
64th	Stephen Parkins	24:54

160th Terry Rose 31:58
283rd Michael Christie 49:12(walker)

19-8-23 The Ponds parkrun 5km

33rd Brandon Goldsworthy 22:49
103rd Greg Sargeant 26:25

19-8-23 Curl Curl parkrun 5km

87th Lisa Grant 22:44

19-8-23 Blue Gum Hills parkrun 5km

15th Danny Martins 23:58

19-8-23 San Remo parkrun 5km

25th David Perry 26:15 (new pb)

19-8-23 Parkville (Vic) parkrun 5km

300th Andrew Free 35:45

19-8-23 – 20-8-23 Australian Masters Indoor Throws Championships

Argentille Equestrian Centre Lovedale NSW

Men's Shot Put 4kg M75

2nd Raminder Singh 7.16m

Men's Weight Throw 16lb M75

2nd Raminder Singh 7.34m

Men's Super Weight 35lb M75

2nd Raminder Singh 3.44m

Men's 56lb M75

2nd Raminder Singh 2.25m

Men's 100lb M75

2nd Raminder Singh 1.20m

Heavy Weight Pentathlon

2nd Raminder Singh 1797 pts

20-8-23 Mudgee Running Festival

Anytime Fitness 10km Fun Run

99th Stephen Mifsud 56:05

20-8-23 NSW Long Walks Championships Chipping Norton

Girls 8000m Race Walk U18

3rd Laelia Byatt 49:07

Girls 5000m Race Walk U16

7th Laura Corvalan Sotomayor 31:44

Boys 8000m Race Walk U18

1st Joel Byatt 40:12

22-8-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

7th Garry Womsley 4:08

26-8-23 Rooty Hill parkrun 5km

1st Geoff Sheargold 17:18 (new pb)

5th	Daniel Irving	19:27
9th	Wayne Thurlow	21:20
13th	Rod Zammit	22:39
76th	Matthew Briggs	30:52
131st	David Perry	41:44
148th	Jason Cutajar	45:21 (walker)
168th	Kristy Zammt	57:12 (walker)
169th	Ashley Micallef	57:14 (walker)

26-8-23 The Ponds parkrun 5km

22nd	Brandon Goldsworthy	20:16
39th	Matt Modini	22:01
123rd	Greg Sargeant	26:27

26-8-23 Parramatta parkrun 5km

142nd	Terry Rose	31:31
264th	Michael Christie	47:38 (walker)

26-8-23 Huskisson parkrun 5km

87th	David Otte	39:54
89th	Mischelle Otte	41:07

26-8-23 Homestead (WA) parkrun 5km

1st	Nikil Redipali	16:55
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26-8-23 Maitland parkrun 5km

14th	Danny Martins	21:50 (new pb)
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26-8-23 Curl Curl parkrun 5km

74th	Lisa Grant	22:32
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26-8-23 Whalan Reserve parkrun 5km

4th	Garry Womsley	22:37
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26-8-23 Blue Gums Hills parkrun 5km

12th	Tipene Robinson	23:44
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26-8-23 Wildflower parkrun 5km

22nd	Michael Free	26:13
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26-8-23 Wentworth Common parkrun 5km

156th	Vija-Louise Heath	48:19 (walker)
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26-8-23 Newy parkrun 5km

492nd	Andrew Free	58:48 (walker)
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29-8-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

8th	Garry Womsley	4:07
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3000m

9th	Garry Womsley	14:17
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Michael Christie

(GAP)