

December 2023 – You are one step closer everyday, so don't give up today!



Rod Zammit with friends at his 250th parkrun at Rooty Hill



Gary Micallef striding out at Rooty Hill parkrun

Well, we have come to the end of another year of athletics and once again Girraween athletes competed well above their weight and are to be congratulated on their achievements across the year. The heading to this newsletter is most apt, as from our perspective Girraween athletes never give up and always battle through to the end.

The highlight in December was Annisha Reader's performances at the Australian All Schools Championships held in Perth. Annisha picked up first place in the Discus and fifth place in the Hammer in what were both very deep fields. While undoubtedly the gold medal was a highlight, her new pb's in both disciplines were most noteworthy, as that is what all athletes are always striving for, to push things that little bit further each time they compete. On behalf of all at Girraween we congratulate Annisha on this very fine achievement and wish her all the best with her athletics moving forward.

Taylor Doyle continued her progress, competing in the last round of the Treloar Shield at SOPAC, early December. Her efforts in the 100m, the Long Jump and Shot Put were excellent and she continues to make progress on the comeback trail with her athletics and we wish her the very best. Given that Girraween representation at Treloar Shield was miniscule this season, we congratulate Taylor and our other athletes who represented Girraween so ably at this series of meets over the first part of the 2023-2024 summer season.

The SMC Road Race Series continued on its merry way at Smithfield in December, on what was a steamy morning. There were highlights from a Girraween perspective. Steve Mifsud, coming back from very recent illness battled on manfully in the Half Marathon event. Adam Etherington posted another excellent time in the 10km event, continuing his fine form from the previous month. Sai Sravan Shailesh also posted an excellent time in the 5km event. He continues to run well. All Girraween athletes stuck to their task admirably in the conditions and are to be congratulated for their persistence.

Parkrun, as can be seen from the large number of results in December continued to be most popular with Girraween's members and friends. There were numerous highlights. Rod

Zammit completed his 250th parkrun at Rooty Hill parkrun at the end of December. A big congratulations to Rod on reaching this momentous milestone from his friends at Girraween. Congratulations to Michael Free who completed his 300th parkrun whilst in Victoria early in the month. Daniel Irving picked up three first place finishes and Nikil Redipali finished first twice. Given the pace that Daniel and Nikil run at, one could say this is no surprise. However, there are many fast runners who participate at parkrun, so these are still very fine achievements. Nikil Redipali, Damon Byatt and Sharon Free all obtained a new pb at parkrun in December, running very well into the bargain. One of Girraween's favourite son's in Brad Milosevic was also spotted out and about having a relaxing run at a parkrun in the ACT in December, still running well. Girraween members and friends were very busy at parkrun in December.

Graham Sheargold continued his consistency with a series of fine runs at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna in December. A special shout to Brandon Goldsworthy for his gutsy effort in the Kosci 50 at the Kosciuszko Ultra Trail event in early December. After the flare up of two old injuries at the half-way mark of this 50km event, he could hardly run, by the 30km mark he was reduced to walking given the pain he was in, yet he found a way to somehow to complete this event, showing incredible fortitude and perseverance to do so. Well done, Brandon!

December had been another remarkable month and once again we congratulate Girraween's members and friends on their sterling efforts across the board. Results follow:

2-12-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:16
23rd	Brett Langley	24:07
43rd	David Perry	26:42
54th	Greg Sargeant	28:03
136th	Jason Cutajar	39:30
169th	Mischelle Otte	55:13 (walker)
170th	David Otte	55:33 (walker)
171st	Rod Zammit	55:37 (walker)
172nd	Wayne Thurlow	55:38 (walker)

2-12-23 The Ponds parkrun 5km

186th	Brandon Goldsworthy	28:44
327th	Mairead Connolly	35:43

2-12-23 Parramatta parkrun 5km

180th	Katrina Russell	32:39
196th	Terry Rose	33:50

2-12-23 Curl Curl parkrun 5km

94th	Lisa Grant	22:49
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2-12-23 Nolen's Park (Vic) 5km

6th	Michael Free	24:45 (300th pr)
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2-12-23 Wentworth Common parkrun 5km

48th Stephen Parkins 25:15

2-12-23 Huskisson parkrun 5km

47th Vija-Louise Heath 26:05

2-12-23 St Peters parkrun 5km

384th Andrew Free 35:55

2-12-23 East Richmond parkrun 5km

90th Michael Christie 37:09

2-12-23 Western Districts Joggers & Harriers Lake Gillawarna**10km Handicap**

29th Graham Sheargold 1:01.16

2-12-23 Treloar Shield Round 6 SOPAC**Women's 100m Para**

2nd Taylor Doyle T38 15.22

Women's Long Jump Para

4th Taylor Doyle T38 4.14m

Women's Shot Put Para

3rd Taylor Doyle T38 6.29m

7-12-23- 9-12-23 Ultra Trail Kosciuszko**Kosci 50**

802nd Brandon Goldsworthy 11:27.10

8-12-23 – 10-12-23 Chemist Warehouse Australian All Schools Athletics**Championships Perth****9-12-23****U14 Women's Discus Throw (1kg) Final**

1st Annisha Reader 37.70m (pb)

10-12-23**U14 Women's Hammer Throw (3kg) Final**

5th Annisha Reader 36.37m (pb)

9-12-23 Rooty Hill parkrun 5km

4th Daniel Irving 18:26

24th Brett Langley 23:05

36th Damon Byatt 24:24

42nd Rod Zammit 25:00

60th Bettina McMahon 28:06

94th Vija-Louise Heath 32:17

135th Jason Cutajar 39:09

136th Samuel Jackson 39:15

156th David Otte 47:37 (walker)

165th Mischelle Otte 49:41 (walker)

9-12-23 Blackbutt parkrun 5km

44th Tipene Robinson 28:33

95th Andrew Free 38:27

9-12-23 Parramatta parkrun 5km

134th Michael Christie 38:17

157th Terry Rose 44:11 (walker)

9-12-23 Marina (Wa) parkrun 5km

1st Nikil Redipali 16:57(new pb)

9-12-23 Gungahlin (Act) parkrun 5km

3rd Brad Milosevic 18:02

9-12-23 Curl Curl parkrun 5km

85th Lisa Grant 23:25

9-12-23 The Ponds parkrun 5km

36th Matt Modini 23:30

9-12-23 Rockhampton (Qld) parkrun 5km

27th Garry Womsley 25:16

9-12-23 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

15th Graham Sheargold 18:11

16-12-23 Rooty Hill parkrun 5km

42nd Rod Zammit 26:50

43rd Wayne Thurlow 26:50

44th David Perry 26:58

122nd Jason Cutajar 36:48

123rd Matthew Briggs 37:09

152nd Kristy Zammit 50:09 (walker)

153rd Geneva McDermott 50:46 (walker)

154th Bettina McMahan 50:59 (walker)

162nd Mairead Connolly 57:08 (walker)

16-12-23 The Ponds parkrun 5km

33rd Brett Langley 22:37

36th Matt Modini 22:50

209th Brandon Goldsworthy 30:33

16-12-23 Parramatta parkrun 5km

271st Terry Rose 41:21

314th Michael Christie 49:52 (walker)

16-12-23 Champion Lakes (Wa) parkrun 5km

1st Nikil Redipali 16:53

16-12-23 Curl Curl parkrun 5km

114th Lisa Grant 23:07

16-12-23 Cooks River parkrun 5km

31st Michael Free 23:46

16-12-23 Fingal Bay parkrun 5km

58th Vija-Louise Heath 25:36

16-12-23 Rockhampton (Qld) parkrun 5km

39th Garry Womsley 26:01

16-12-23 Blackbutt parkrun 5km

93rd Andrew Free 37:44

16-12-23 East Richmond parkrun 5km

122nd Peter Tutty 43:08 (walker)

17-12-23 SMC Road Race Series Smithfield**Half Marathon**

57th Stephen Mifsud 2:08.48.4

10km

17th Adam Etherington 45:45.1

52nd Graham Sheargold 57:16.5

63rd Greg Sargeant 1:03.39.2

5km

10th Sai Sravan Shailesh 21:51.3

32nd Alison Shaw 28:18.0

49th Suresh Raju 31:47.8

55th Michael Christie 33:55.8

58th Terry Rose 35:46.1

2km Kids Dash

2nd Sai Sraddha Shailesh 7:53.8

23-12-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:16

32nd Brett Langley 22:54

41st Damon Byatt 23:25(new pb)

52nd Wayne Thurlow 24:56

137th Geoff Newey 33:47

156th Jason Cutajar 36:58

184th Gemma McDermott 46:26 (walker)

185th Bettina McMahon 46:26 (walker)

23-12-23 The Ponds parkrun 5km

179th Rod Zammit 27:39

180th Vija-Louise Heath 27:39

190th Greg Sargeant 27:57

610th Kristy Zammit 59:32 (walker)

611th Ashley Micallef 59:35 (walker)

23-12-23 Parramatta parkrun 5km

288th Michael Christie 35:55

382nd Terry Rose 55:02 (walker)

23-12-23 Curl Curl parkrun 5km

103rd Lisa Grant 23:05

23-12-23 Rouse Hill parkrun 5km

14th Matt Modini 23:44

23-12-23 Wentworth Common parkrun 5km

60th Stephen Parkins 25:16

23-12-23 Rockhampton (Qld) parkrun 5km

31st Garry Womsley 25:19

23-12-23 Wildflower parkrun 5km

27th Michael Free 26:24

23-12-23 Nepean River parkrun 5km

71st Tipene Robinson 26:25

23-12-23 Lake Mac parkrun 5km

203rd Andrew Free 33:40

23-12-23 Whalan Reserve parkrun 5km

29th Mairead Connolly 45:39(walker)

25-12-23 Parramatta parkrun 5km

67th Rod Zammit 25:00

94th Vija-Louise Heath 26:34

147th Graham Sheargold 29:31

149th Alison Shaw 29:34

218th Terry Rose 35:42

230th Michael Christie 38:53

25-12-23 Whalan Reserve parkrun 5km

33rd Wayne Thurlow 24:41

101st Michael Christie 36:37

25-12-23 Lake Mac parkrun 5km

279th Andrew Free 34:36

313th Sharon Free 42:47

25-12-23 The Ponds parkrun 5km

37th Matt Modini 22:12

25-12-23 Curl Curl parkrun 5km

115th Lisa Grant 23:22

25-12-23 Rhodes parkrun 5km

82nd Michael Free 23:50

25-12-23 East Richmond parkrun 5km

64th Tipene Robinson 31:21

30-12-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:16

30th Geoff Sheargold 22:39

45th Rod Zammit 25:00 (250th pr)

49th	Wayne Thurlow	25:17
64th	David Perry	26:27
103rd	Adam Sinclair	30:25
144th	Michael Christie	35:35
152nd	Jason Cutajar	37:05
159th	Geneva McDermott	38:53
161st	Camile McDermott	40:49
162nd	Bettina McMahon	40:51
170th	Hugh McDermott	44:55 (walker)
183rd	Gary Micallef	50:43 (walker)
185th	Ashley Micallef	50:44 (walker)
187th	Matthew Briggs	51:21 (walker)
218th	Kristy Zammit	1:04.26 (walker)

30-12-23 The Ponds parkrun 5km

57th	Adam Etherington	22:43
192nd	Greg Sargeant	28:07
259th	Brandon Goldsworthy	31:20

30-12-23 Parramatta parkrun 5km

50th	Brett Langley	23:48
256th	Terry Rose	35:12
345th	Keith Mayhew	52:11 (walker)

30-12-23 Dolls Point parkrun 5km

355th	Tyrone Robinson	58:03 (walker)
357th	Mikayla Robinson	59:48 (walker)
358th	Tipene Robinson	59:49 (walker)

30-12-23 Wentworth Common parkrun 5km

22nd	Michael Free	24:00
45th	Stephen Parkins	26:29

30-12-23 Lake Mac parkrun 5km

242nd	Andrew Free	33:28
296th	Sharon Free	37:52 (new pb)

30-12-23 Mosman parkrun 5km

27th	Lisa Grant	24:22
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30-12-23 The Entrance parkrun 5km

79th	Samuel Jackson	25:33
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30-12-23 University of Western Australia (Wa) parkrun 5km

32nd	Vija-Louise Heath	25:51
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Michael Christie (GAP)

