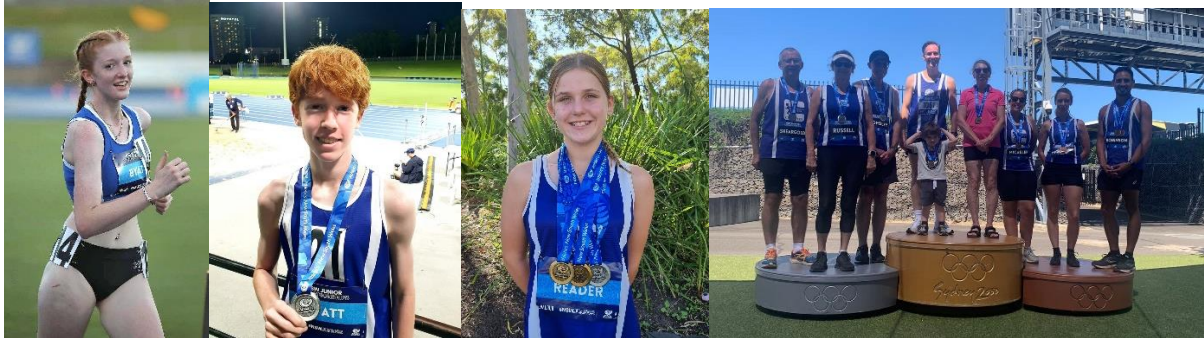


February 2023 – A fabulous month of athletic achievement by Girraween’s athletes!



Wow! February turned out to be an amazing month for Girraween Athletics Club due to the extraordinary achievements by Girraween athletes across a wide range of events as can be seen from the results listed below.

The NSW Junior Championships were held at SOPAC towards the end of February. A big congratulations to Neelesh Srestha, Laura Corvalan-Sotomayor, Joel Byatt, Laelia Byatt, Annisha Reader, Tasha Reader, Kavin Tharmanesan, Kajanan Srisivaeaswaran, Tyler Bussier and Sumeet Dasgupta on their fine performances in a Championships, that by and large had very deep fields. All should be pleased with their efforts. There were highlights. Annisha Reader won two gold medals and a silver medal in only what could be described as an eye-catching performance. Joel Byatt and Kajanan Srisivaeaswaran also picked up medals in their respective events with excellent efforts. Congratulations to those athletes who also achieved National qualifiers. It was exciting to see all these athletes competing so well in such a high standard competition.

The NSW Masters' Championships were held at Leumeah early in February and there was a strong Girraween contingent at these Championships. We congratulate Geoff Sheargold, Tipene Robinson, Graham Sheargold, Maureen Moloney, Diane Celnikier, Katrina Russell, Ashley Micallef, Raminder Singh and Garry Womsley on their excellent performances. Remarkably, all athletes picked up medal's at these Championships, no mean feat. In some instances there were very competitive fields, so to achieve this was indeed noteworthy. Geoff Sheargold was dominant over the longer track events, Tipene Robinson was remarkably consistent over a wide range of events, while both Ashley Micallef and Raminder Singh competed with distinction in the field events. All athletes though should be pleased with their achievements and it was exciting to see such a large Girraween contingent at these championships.

The SMC Road Race series was once again held at Smithfield and there were highlights from a Girraween perspective. Tipene Robinson had a fine run in the Half Marathon. Geoff Sheargold once again showed us his remarkable consistency with another excellent performance in the 10km. The 2km Kids dash once again saw Sai Sraavan Shailesh lead the

way home for Girraween with an excellent run. Sai Sraddha Shailesh also posted another fine time.

Graham Sheargold representing Australia, competed in the Masters section of the World Cross Country Championships held in Bathurst in February, in what can only be described as brutal conditions. Congratulations to Graham for not only making it to the start line, but also for hanging in throughout the race to achieve a well-deserved top ten finish in his category.

Parkrun continued throughout February. Congratulations to Heidi Juhart, Tipene Robinson and Vija-Louise Heath on achieving new pb's in February, no mean feat in what were at times very warm conditions. As can be noted when perusing the results, many Girraween members and friends continued to post exceptional times across February, which they should be very pleased with. Michael Christie also achieved the landmark of his 450th parkrun in February to.

Both Garry Womsley and Graham Sheargold throughout February continued posting fine times at the Campbelltown Joggers 1000m & 3000m series and Westies Joggers and Harriers handicap series respectively. Both Garry and Graham have been competing at these events for a long time. They continue to run incredibly consistently and are a great example of what can be achieved through hard work and attention to detail with their training regimes.

It would be remiss not to forget Taylor Doyle and Raminder Singh. Taylor competed at the High Velocity meet at Campbelltown, continuing her comeback to athletics with another series of consistent performances. Raminder was spotted down at Wollongong competing in the NSW Masters Throws Pentathlon Championships, picking up a well-deserved silver medal. At times, both Taylor and Raminder compete in events that may slip under the radar, so it's nice to be able to shine a light on their accomplishments.

February was a remarkable month and Girraween athletes once again stood tall. We wish our athletes all the best in their respective competitions as the summer season draws to a close and preparations are made for the upcoming winter season. Results follow:

4-2-23 Rooty Hill parkrun 5km

9th	Wayne Thurlow	20:44
73rd	Geoff Newey	30:09
85th	Samuel Jackson	32:13
138th	Mischelle Otte	39:13
176th	David Otte	46:29 (walker)

4-2-23 Parramatta parkrun 5km

73rd	Stephen Parkins	25:06
149th	Heidi Juhart	29:00 (new pb)
271st	Michael Christie	36:32
362nd	Terry Rose	1:07.27 (tail walker)

4-2-23 Campbelltown parkrun 5km

102nd	Tipene Robinson	47:54 (walker)
105th	Ashley Micallef	48:10 (walker)

4-2-23 Coffs Harbour parkrun 5km

21st Lisa Grant 22:58

4-2-23 Rouse Hill parkrun 5km

28th Matt Modini 23:25

4-2-23 North Sydney parkrun 5km

47th Michael Free 24:36

4-2-23 Newy parkrun 5km

453rd Andrew Free 38:41

4-2-23 The Beaches parkrun 5km

38th Jason Cutajar 46:02 (walker)

4-2-23 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

16th Graham Sheargold 56.22

4-2-23 – 5-2-23 NSW Masters Championships Campbelltown Athletic Centre**4-2-23****Men's 1500m 35-29**

1st Geoff Sheargold 4:47.11

3rd Tipene Robinson 5:21.57

Men's 1500m 65-69

5th Graham Sheargold 7:01.60

Women's 100m 35-39

4th Maureen Moloney 15.76

Women's 100m 65-69

2nd Diane Celnikier 17.27

6th Katrina Russell 19.00

Men's 400m 35-39

2nd Tipene Robinson 1:05.70

Women's 400m 35-39

3rd Maureen Moloney 1:19.62

Women's 400m 65-69

2nd Katrina Russell 1:40.07

Women's Discus 1kg 30-34

1st Ashley Micallef 18.32m

Men's Hammer Throw 4kg 75-79

2nd Raminder Singh 20.06m

Men's Javelin 500g 75-79

2nd Raminder Singh 15.95m

Women's Long Jump 35-29

4th Maureen Moloney 3.27m

Men's Weight Throw 7.26kg 75-79

2nd Raminder Singh 7.67m

5-2-23**Men's 5000m 65-69**

2nd Graham Sheargold 25:52.50

Men's 5000m 55-59

2nd Garry Womsley 22:55.10

Men's 5000m 35-39

1st Geoff Sheargold 18:09.60

3rd Tipene Robinson 20:41.03

Women's 60m 65-69

1st Diane Celnikier 10.31

Women's 60m 35-39

4th Maureen Moloney 9.60

Men's 800m 55-59

2nd Garry Womsley 3:19.64

Men's 800m 35-39

2nd Tipene Robinson 2:38.92

Women's 200m 65-69

2nd Diane Celnikier 36.75

3rd Katrina Russell 41.33

Women's 200m 35-29

2nd Maureen Moloney 31.76

Women's Javelin 600g 30-34

3rd Ashley Micallef 16.25m

Men's Discus Throw 2kg 35-39

5th Tipene Robinson 20.08m

Men's Discus Throw 1kg 75-79

3rd Raminder Singh 21.59m

Men's Shot Put 7.26kg 35-39

3rd Tipene Robinson 7.14m

Women's Weight Throw 9.08 kg 30-34

1st Ashley Micallef 4.46m

Women's Hammer Throw 4kg 30-34

1st Ashley Micallef 13.54m

Men's Shot Put 4kg 75-79

3rd Raminder Singh 7.25m

7-2-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 2**

4th Garry Womsley 4:08

3000m

15th Garry Womsley 13:57

11-2-23 Rooty Hill parkrun 5km

3rd Brandon Goldsworthy 20:17

7th Wayne Thurlow 20:36

63rd Geof Newey 29:03

114th Mischelle Otte 37:01

165th David Otte 46:26 (walker)

11-2-23 Wentworth Common parkrun 5km

24th Tipene Robinson 22:31 (new pb)

99th Jason Cutajar 29:17

116th Bettina McMahon 30:37

11-2-23 Mosman parkrun 5km

15th Michael Free 24:01

17th Vija-Louise Heath 24:15 (new pb)

11-2-23 Parramatta parkrun 5km

7th Geoff Sheargold 18:58

357th Michael Christie 1:02.34 (tail walker)

11-2-23 Curl Curl parkrun 5km

78th Lisa Grant 22:26

11-2-23 Blue Gum Hills parkrun 5km

6th Danny Martins 23:08

11-2-23 Rouse Hill parkrun 5km

7th Matt Modini 23:35

11-2-23 Werrington Lakes Reserve parkrun 5km

4th Garry Womsley 23:42

11-2-23 Shellharbour parkrun 5km

54th Greg Sargeant 29:54

11-2-23 San Remo parkrun 5km

117th Terry Rose 33:02

11-2-23 Newy parkrun 5km

417th Andrew Free 36:00

11-2-23 Western Districts Joggers and Harriers Lake Gillawarna

3.5km Handicap

26th Graham Sheargold 18:55

14-2-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Race 1

4th Garry Womsley 4:05

18-2-23 Rooty Hill parkrun 5km

5th Wayne Thurlow 20:27

47th Greg Sargeant 27:17

55th Geoff Newey 28:36

177th David Perry 56:38 (walker)

18-2-23 Parramatta parkrun 5km

4th Geoff Sheargold 17:57

242nd Terry Rose 35:48

327th Michael Christie 53:10 (walker) (450th pr)

18-2-23 Kamay parkrun 5km

10th Rod Zammit 22:56

18th Vija-Louise Heath 23:39

18-2-23 Bathurst parkrun 5km

128th Danny Martins 21:31

18-2-23 The Ponds parkrun 5km

21st Matt Modini 21:57

18-2-23 Woy Woy parkrun 5km

21st Tipene Robinson 22:11

18-2-23 Curl Curl parkrun 5km

68th Lisa Grant 22:51

18-2-23 Galston parkrun 5km

23rd Brandon Goldsworthy 23:06

18-2-23 Mosman parkrun 5km

14th Michael Free 23:59

18-2-23 Fingal Bay parkrun 5km

92nd Katrina Russell 31:38

18-2-23 Newy parkrun 5km

355th Andrew Free 34:11

18-2-23 Campbelltown High Velocity Meet Campbelltown Athletics Stadium

Women's 100m Open

Section 10

5th Taylor Doyle T38 15.55

Women's Open Long Jump

9th Taylor Doyle T38 3.99m

18-2-23 – 19-2-23 World Athletics Cross Country Championships Bathurst

19-2-23

Masters World Championships 6km

M65

10th Graham Sheargold 35:33

19-2-23 SMC Road Race Series Smithfield

Half Marathon

22nd Tipene Robinson 1:40:55.8

10km

4th Geoff Sheargold 39:49.8

56th Stephen O'Donnell 59:11.5

65th Greg Sargeant 1:04:43.6

73rd Mairead Connolly 1:10:48.6

5km

33rd Terry Rose 35:03.4

47th Michael Christie 40:52.3

2km Kids Dash

1st	Sai Sravan Shailesh	8:15.4
3rd	Sai Sraddha Shailesh	9:18.7

24-2-23 – 26-2-23 NSW Junior Championships SOPAC**24-2-23****Men's 100m Hurdles 91.4cm U18**

6th	Neelesh Srestha	18.02
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Women's 5000m Walk U17

10th	Laura Corvalan-Sotomayor	32:14.95
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Men's 5000m Walk U17

2nd	Joel Byatt	25:57.76
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Women's 5000m Walk U18

5th	Laelia Byatt	30:42.82
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Women's Javelin U14

1st	Annisha Reader	35.68m
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Women's Hammer Throw U17

4th	Tasha Reader	43.51m
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Men's Javelin U14

4th	Kavin Tharmanesan	28.34m
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Women's Hammer Throw U14

2nd	Annisha Reader	35.69m
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Men's Hammer Throw U18

2nd	Kajanan Srisivaeaswaran	44.63m
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25-2-23**Men's 100m U17****Heat 2 Preliminaries**

7th	Tyler Bussier	11.77
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Men's 100m U18**Heat 3 Preliminaries**

8th	Sumeet Dasgupta	12.18
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Women's Shot Put U14

4th	Annisha Reader	9.69m
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Men's Shot Put U14

4th	Kavin Tharmanesan	10.92m
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26-2-23**Men's 200m U17****Heat 2 Preliminaries**

4th	Tyler Bussier	23.44
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Men's 200m U18**Heat 3 Preliminaries**

8th	Sumeet Dasgupta	25.25
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Women's Discus Throw U14

1st	Annisha Reader	35.59m
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Men's Long Jump U18

10th Sumeet Dasgupta 5.38m

25-2-23 Parramatta parkrun 5km

2nd Geoff Sheargold 17:27

235th Terry Rose 33:13

355th Michael Christie 54:19 (walker)

25-2-23 Rooty Hill parkrun 5km

36th Greg Sargeant 26:09

157th David Perry 52:17 (walker)

161st Wayne Thurlow 54:41 (walker)

25-2-23 Whalan Reserve parkrun 5km

4th Tipene Robinson 19:38 (new pb)

10th Vija-Louise Heath 23:09

25-2-23 Chermside (Qld) parkrun 5km

208th David Otte 52:46 (walker)

209th Mischelle Otte 52:50 (walker)

25-2-23 The Ponds parkrun 5km

34th Matt Modini 22:30

25-2-23 Curl Curl parkrun 5km

59th Lisa Grant 22:41

25-2-23 Newy parkrun 5km

323rd Andrew Free 33:07

25-2-23 NSW Masters Throws Pentathlon Championships Wollongong M75

2nd Raminder Singh 1909 pts

28-2-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 1**

13th Garry Womsley 4:08

3000m

12th Garry Womsley 13:43

Michael Christie (GAP)

