

## **January 2023 – You don't always get what you wish for, you get what you work for!**

This month's headline is most apt when applied to athletics. From a perusal of the results listed in this month's newsletter, it becomes rapidly apparent that Girraween's members and friends worked hard for the results they achieved across January. They undoubtedly put in and their achievements speak for themselves across a wide range of events.

Two Girraween athletes in Taylor Doyle and Sumeet Dasgupta travelled south to compete in the NSW Illawarra Track Challenge held in Wollongong in January. This was a high standard competition and both athletes acquitted themselves well.

On an incredibly hot day at the end of the month out at Leumeah, we send a big shout out to Tyler Bussier, Neelesh Srestha and Sumeet Dasgupta who competed in the Campbelltown sprints meet at Campbelltown Athletics Stadium. There were deep fields across all events. Tyler, Neelesh and Sumeet acquitted themselves admirably, posting fine times in their respective races. They should be pleased with their efforts.

Taylor Doyle, continuing her return to athletics also competed in the ACT Championships held at the AIS Stadium in Canberra in January. Taylor's events in these championships were the 100m and Long Jump. It's nice to see Taylor competing again at this level. We all hope she is continuing to enjoy her return to the sport that she has graced so well for so long.

NSW Throwers Club held another meet at Greystanes in January. Annisha Reader and Kajanan Srisivaeaswaran were the Girraween athletes taking part in this meet. Annisha was placed first in her three event's and she is continuing to enjoy a stellar season, throwing at a high standard. Kajanan also was placed first in his event, with another most consistent performance.

The SMC Road Race series once again was held on a warm Sunday at Smithfield. There were noteworthy performances from Girraween athletes. Tipene Robinson in the Half Marathon, Graham and Geoff Sheargold in the 10km and Sai Sravan and Sai Sraddha Shailesh in the 2km kids dash posted the standout Girraween performances on the day. Having said that, all Girraween members and friends stuck to their task well on a warm morning.

As our reader's can see, parkrun once again was to the fore over January, with many Girraween members and friends participating. Both Tipene Robinson and Samuel Jackson posted two new pb's, no mean feat in the conditions. Daniel Irving finished first in a parkrun event at Rooty Hill, while numerous Girraween athletes continued to post fine times on a variety of courses.

Graham Sheargold continued to post excellent times in the Western Districts Joggers and Harries series at Lake Gillawarna, whilst Garry Womsley also continued to post fine times upon the resumption of the Campbelltown Joggers 1000m and 3000m series at Leumeah. Garry also placed third in his category in the 5km fun run which was part of the Australia Day Aquathon series of events at Wollongong. This was a superb effort by Garry, posting a

great sub twenty-three-minute time, in what was a deep field. Congratulations to both Graham and Garry on their continued fine form.

Overall, it had been a wonderful start to the year by Girraween athletes, whether it was on the track, field and road, in at times most challenging conditions. Girraween's athletes continue to inspire and we wish all our members and friends the very best across the remainder of the summer season. Results follow:

### **1-1-23 Parramatta parkrun 5km**

2nd	Geoff Sheargold	18:21
67th	Graham Sheargold	26:09
91st	Greg Sargeant	27:49
115th	Alison Shaw	30:17
135th	Mairead Connolly	32:00
144th	Terry Rose	35:37
150th	Michael Christie	35:49
196th	Keith Mayhew	50:18

### **1-1-23 Whalan Reserve parkrun 5km**

15th	Daniel Irving	20:48
28th	Rod Zammit	22:58
34th	Wayne Thurlow	23:57
143rd	Jason Cutajar	48:46
165th	Hayley Zammit	54:08 (walker)
166th	Kristy Zammit	54:09 (walker)
183rd	David Perry	59:39 (walker)

### **1-1-23 Rouse Hill parkrun 5km**

8th	Matt Modini	22:41
13th	Danny Martins	23:21
15th	Steve Clark	23:40

### **1-1-23 North Wollongong parkrun 5km**

222nd	Mikayla Robinson	1:05:50 (walker)
223rd	Tyrone Robinson	1:06:49 (walker)
224th	Tipene Robinson	1:06:50 (walker)

### **1-1-23 Willoughby parkrun 5km**

22nd	Andrew Free	24:13
------	-------------	-------

### **1-1-23 Newy parkrun 5km**

165th	Andrew Free	34:25
-------	-------------	-------

### **7-1-23 Rooty Hill parkrun 5km**

1st	Daniel Irving	17:33
46th	Greg Sargeant	26:34
64th	Rod Zammit	27:34
77th	Nathan Moffitt	29:07
86th	David Perry	30:45

### **7-1-23 Shellharbour parkrun 5km**

65th Robert Eager 31:40  
66th Geoff Newey 31:44

### **7-1-23 The Ponds parkrun 5km**

19th Matt Modini 21:38  
273rd Mairead Connolly 42:08

### **7-1-23 Parramatta parkrun 5km**

56th Stephen Parkins 25:27  
164th Terry Rose 55:48 (tail walker)

### **7-1-23 Sandon Point parkrun 5km**

19th Tipene Robinson 21:56

### **7-1-23 Queens Domain (Tas) parkrun 5km**

22nd Wayne Thurlow 22:01

### **7-1-23 Curl Curl parkrun 5km**

65th Lisa Grant 22:50

### **7-1-23 North Sydney parkrun 5km**

31st Michael Free 23:02

### **7-1-23 St Peters parkrun 5km**

57th Garry Womsley 23:37

### **7-1-23 Rouse Hill parkrun 5km**

41st Jason Cutajar 33:42

### **7-1-23 Huskisson parkrun 5km**

190th Michael Christie 33:50

### **7-1-23 Newy parkrun 5km**

327th Andrew Free 46:49 (walker)

### **7-1-23 Western Districts Joggers and Harriers Lake Gillawarna**

#### **10km Handicap**

14th Graham Sheargold 56:26

### **14-1-23 Rooty Hill parkrun 5km**

11th Rod Zammit 21:35  
14th Danny Martins 22:16  
51st Greg Sargeant 26:51  
60th David Perry 27:59  
65th Nathan Moffitt 28:46  
94th Jason Cutajar 32:50

### **14-1-23 Parramatta parkrun 5km**

14th Geoff Sheargold 19:19  
77th Stephen Parkins 24:57  
261st Terry Rose 35:40  
279th Michael Christie 36:45

### **14-1-23 Newy parkrun 5km**

362nd Andrew Free 35:10  
453rd Sharon Free 42:26 (walker)

### **14-1-23 Fingal Bay parkrun 5km**

24th Steve Clark 21:32

### **14-1-23 Whalan Reserve parkrun 5km**

3rd Tipene Robinson 22:03 (new pb)

### **14-1-23 Curl Curl parkrun 5km**

87th Lisa Grant 22:37

### **14-1-23 North Sydney parkrun 5km**

31st Michael Free 23:50

### **14-1-23 Western Districts Joggers and Harriers Lake Gillawarna**

#### **3.5km Handicap**

21st Graham Sheargold 18:51.37

### **14-1-23 NSW Illawarra Track Challenge Wollongong**

#### **Women's Long Jump Division 3 Open**

8th Taylor Doyle T38 3.75m

#### **Women's 100m Open**

##### **Section 9**

6th Taylor Doyle T38 15.65

#### **Men's 100m Open**

##### **Section 12**

4th Sumeet Dasgupta 11.96

#### **Men's 60m U18**

##### **Heat 2 Preliminaries**

7th Sumeet Dasgupta 7.60

### **15-1-23 SMC Road Race Series Smithfield**

#### **Half Marathon**

15th Tipene Robinson 1:46:33.7

#### **10km**

33rd Graham Sheargold 52:31.1  
34th Geoff Sheargold 52:32.1  
37th Stephen Mifsud 54:03.2  
55th Greg Sargeant 1:02:26.1  
58th Stephen O'Donnell 1:05:03.3  
69th Mairead Connolly 1:12:56.5

#### **5km**

39th Michael Christie 32:23.1  
44th Terry Rose 35:08.6

#### **2km Kids Dash**

1st Sai Sravan Shailesh 8:17.2  
4th Sai Sraddha Shailesh 10:00.2

## **15-1-23 NSW Throwers Club Greystanes**

### **Women's Hammer U14**

1st Annisha Reader 750g 28.80m

### **Men's Hammer U18**

1st Kajanan Srisivaeaswaran 5kg 42.98m

### **Women's Discus U14**

1st Annisha Reader 750g 41.93m

### **Women's Shot Put U14**

1st Annisha Reader 3kg 9.65m

## **21-1-23 Rooty Hill parkrun 5km**

2nd Daniel Irving 17:37  
17th Adam Sinclair 21:21  
46th Samuel Jackson 26:13 (new pb)  
49th Greg Sargeant 26:19  
58th David Perry 27:10  
142nd David Otte 38:38  
143rd Mischelle Otte 38:54

## **21-1-23 Parramatta parkrun 5km**

8th Geoff Sheargold 18:19  
237th Terry Rose 33:47  
253rd Michael Christie 35:20

## **21-1-23 Rouse Hill parkrun 5km**

10th Tipene Robinson 23:04 (new pb)  
50th Geoff Newey 30:48  
75th Jason Cutajar 36:30

## **21-1-23 Curl Curl parkrun 5km**

52nd Rod Zammit 21:51  
63rd Lisa Grant 22:32

## **21-1-23 St Peters parkrun 5km**

64th Garry Womsley 23:00

## **21-1-23 North Sydney parkrun 5km**

36th Michael Free 23:26

## **21-1-23 Newy parkrun 5km**

391st Andrew Free 35:33

## **21-1-23 Western Districts Joggers and Harriers Lake Gillawarna**

### **5@the Lake**

16th Graham Sheargold 25:31

## **24-1-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**

### **1000m Race 1**

9th Garry Womsley 4:03

### **3000m**

12th Garry Womsley 13:24

## **26-1-23 Australia Day Aquathon Wollongong**

### **5km Fun Run**

51st Garry Womsley 22:52 (3rd 50-59 cat)

## **28-1-23 Rooty Hill parkrun 5km**

12th Rod Zammit 21:49

16th Wayne Thurlow 22:16

53rd Samuel Jackson 26:02 (new pb)

68th Greg Sargeant 27:23

100th Jason Cutajar 30:09

112th Geoff Newey 32:35

## **28-1-23 Parramatta parkrun 5km**

5th Geoff Sheargold 18:20

94th Stephen Parkins 26:22

221st Terry Rose 34:58

236th Michael Christie 36:02

## **28-1-23 Umbagog District (ACT) parkrun 5km**

81st David Otte 39:27

85th Mischelle Otte 41:59

## **28-1-23 Southern Gardens Botanic Gardens parkrun 5km**

14th Tipene Robinson 23:07

## **28-1-23 Curl Curl parkrun 5km**

119th Lisa Grant 23:13

## **28-1-23 Mosman parkrun 5km**

21st Michael Free 24:06

## **28-1-23 Newy parkrun 5km**

513th Andrew Free 37:21

## **27-1-23 – 29-1-23 Athletics ACT U20 & Open Championships AIS Athletics**

### **Track Bruce ACT**

#### **28-1-23**

#### **Women's 100m Ambulant**

2nd Taylor Doyle 14.80 85.29%

#### **Women's 20-99 Long Jump Ambulant**

5th Taylor Doyle 4.02m 72.96%

## **29-1-23 Campbelltown Sprints Campbelltown Athletics Stadium Leumeah**

### **Men's 100m**

#### **Section 5**

2nd Tyler Bussier 11.64

10th Neelesh Srestha 12,29

#### **Section 6**

8th Sumeet Dasgupta 12.20

**Men's 200m**

**Section 6**

2nd Tyler Bussier 23.69

**Section 7**

6th Neelesh Srestha 25.64

**Section 8**

2nd Sumeet Dasgupta 24.87

**31-1-23 Campbelltown Joggers 1000m & 3000m series Leumeah**

**1000m**

4th Garry Womsley 4:17

Michael Christie (GAP)



