

July 2023 – Never put an age limit on your dreams!



Nathan @ NSW Throwers Club



Graham, Katrina, Tipene @ NSW XC Relays



Danny @ Elephant Trail Event

The heading for the July 2023 Girraween Athletics Club newsletter is most apt when it comes to describing the efforts of all Girraween athletes across July 2023. Girraween athletes of all ages performed wonderfully well across a variety of events through July, with numerous noteworthy achievements.

We send our congratulations to Katrina Russell, Graham Sheargold and Tipene Robinson who represented Girraween so ably at the NSW Short Course Cross Country Championships at West Dapto, on what was a brutally cold and very windy day on that Saturday, early July. While no medals were forthcoming, the three athletes posted very respectable times in what were most competitive fields in their respective categories. Well done to all concerned.

The NSW Throwers Club conducted a meet at Gipps Rd, Greystanes early July and Girraween had three representatives competing in this event. Kavin Tharmanesan, Avilash Tharmanesan and Nathan Farrugia competed at this meet. They all gained top three places in four out of the five events they participated in. Congratulations to these athletes on their performances. The NSW Throwers Club events are highly regarded which certainly adds merit to the performance of Kavin, Avilash and Nathan at this event.

Parkrun continued on its merry way throughout July, and there were numerous highlights. Stephen Parkins with two new pb's, and Tipene Robinson, Nikil Redipali and Kristy Zammit with one each all should be happy with their fine achievements. There was also parkrun tourism in July with Robert Eager whilst in the UK and Vija-Louise Heath whilst in The Netherlands and Poland taking a rare opportunity to participate in a parkrun in these countries whilst on their travels. A shout out also to Girraween members and friends who took on the role of pacemakers at the Rooty Hill parkrun early July at that event's Christmas in July celebrations. This was very much appreciated by all participants on the day.

Both Graham Sheargold and Garry Womsley continued their fine form of late at the Western Districts Joggers and Harriers events at Lake Gillawarna and the Campbelltown Joggers 1000m & 3000m series at Leumeah respectively across the month. They continue to post times of high quality in these events and their ongoing consistency is remarkable. Well done to both Graham and Garry.

Stephen Mifsud competed in the Gold Coast Marathon, adding another notch to his list of Marathon achievements. Steve also posted an excellent time at the Sutherland to Surf. Both Geoff and Graham Sheargold posted excellent times at the Real Insurance Sydney Harbour 10 in July, whilst Terry Rose was first in his age category in the 5km event held at the same location. It was a bitterly cold morning with the wind coming off the harbour, so all three athletes are to be commended on their endeavour. Tipene Robinson and Steve Mifsud also tackled the challenging Festival of the Feet events at Lake Gillawarna, posting fine times in their respective races.

Last, but certainly no mean's least, we cannot forget Danny Martins remarkable effort in the 25km race at the Elephant Trail Race event held in Cairncross State Forest, a little northwest of Port Macquarie. Danny was kind enough to share his thoughts on this event and has given us permission to share these with you. Thank you, Danny.

Danny's report

The single lap course is quite brutal. In the middle section 9-12km mark you go straight up 400m of elevation then from 12-15km mark you drop back down 400m of elevation on the other side which felt a lot slower because it was very technical, and I didn't want to risk falling over. Had 3 runners past me on this section. Because of the steepness and how technical the course is it's probably harder than UTA.

I was thinking I could get under 3 hours like in the King of the Mountain, but I was so wrong. This is a very different course and very technical. Ended up under 3.30 with 3:29:03 (happy with that). As it was technical, I didn't cramp up like in King of the Mountain which is a good thing. I was sore for 3 days with DOMS (Delayed-Onset Muscle Soreness) for both events.

Result: 3:29:03, Place: 16th Male.

It's a great event and recommend it. It's well organised and course marking are excellent. Worth the drive up. I'm liking these longer events. Perhaps I'll tackle a 50km eventually like UTA50. I'm just fascinated how people can go and do 100km or 100mile races to see how far they can push their bodies, Event's like the UTMB, Western States Hard Rock all look amazing.

Thank you so much Danny for your wonderful insights and honesty. GAP will be certainly asking for a report next time you do one of these events.

So, as we can see it was another remarkable month of achievement by Girraween's athletes who never cease to amaze. Results follow:

1-7-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:18
17th	Wayne Thurlow	22:23

26th	Stephen Parkins	24:09
30th	Rod Zammit	24:52
103rd	Jason Cutajar	42:37
111th	Matthew Briggs	50:07 (walker)
118th	Kristy Zammit	56:56 (walker)
119th	David Perry	56:57 (walker)

1-7-23 The Ponds parkrun 5km

11th	Tipene Robinson	20:58 (new pb)
17th	Adam Etherington	21:49
126th	Greg Sargeant	26:55

1-7-23 Parramatta parkrun 5km

100th	Brett Langley	25:55
201st	Terry Rose	32:13
310th	Michael Christie	50:19(walker)

1-7-23 Weymouth (UK) parkrun 5km

184th	Carly Eager	28:30
189th	Robert Eager	28:42

1-7-23 Curl Curl parkrun 5km

271st	Mischelle Otte	43:41 (walker)
272nd	David Otte	43:59 (walker)

1-7-23 Rouse Hill parkrun 5km

17th	Matt Modini	23:36
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1-7-23 Dolls Point parkrun 5km

50th	Michael Free	23:38
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1-7-23 Newy parkrun 5km

261st	Andrew Free	36:08
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1-7-23 Riddelstown (UK) parkrun 5km

155th	Kevin Hall	40:12
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1-7-23 Mt Penang parkrun 5km

93rd	Vija-Louise Heath	43:42 (walker)
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1-7-23 Western Districts Joggers and Harriers Handicap Lake Gillawarna

10km Handicap

19th	Graham Sheargold	55:18.72
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2-7-23 Gold Coast Marathon

5090th	Stephen Mifsud	4:57.55
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2-7-23 NSW Throwers Club Greystanes

Men's Discus U18

2nd	Avilash Tharmanesan	1.5kg	34.87
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Men's Discus U16

3rd	Nathan Farrugia	1kg	32.22
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Men's Discus U14

4th	Kavin Tharmansean	1kg	28.29
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Men's Shot Put U18

2nd Avilash Tharmanesan 5kg 12.83

Men's Shot Put U14

2nd Kavin Tharmanesan 3kg 11.35

8-7-23 Rooty Hill parkrun 5km

5th Daniel Irving 18:59
15th Tipene Robinson 20:52
24th Wayne Thurlow 22:00
35th Brett Langley 24:41
50th Rod Zammit 26:00
54th Bettina McMahon 26:30
87th Dominic Carr 29:59
129th Matthew Briggs 37:20
147th Jason Cutajar 46:24 (walker)
148th David Perry 46:29 (walker)
170th Kristy Zammit 55:36 (walker)
171st Zac Zammit 55:36 (walker)

8-7-23 The Ponds parkrun 5km

25th Matt Modini 22:11
107th Greg Sargeant 26:20

8-7-23 Parramatta parkrun 5km

188th Terry Rose 31:00
287th Michael Christie 45:35

8-7-23 Champion Lakes (WA) parkrun 5km

1st Nikil Redipali 16:25 (new pb)

8-7-23 Singleton parkrun 5km

2nd Danny Martins 20:56

8-7-23 Curl Curl parkrun 5km

76th Lisa Grant 23:07

8-7-23 Werrington Reserve parkrun 5km

3rd Garry Womsley 23:57

8-7-23 Wentworth Common parkrun

41st Stephen Parkins 24:38 (new pb)

8-7-23 Newy parkrun 5km

304th Andrew Free 36:32

8-7-23 Mt Penang parkrun 5km

113th Vija-Louise Heath 42:02 (walker)

8-7-23 NSW Short Course Cross-Country Championships West Dapto**Women's 4km CC 65-69**

4th Katrina Russell 26:04

Men's 7.5km CC 35-39

6th Tipene Robinson 35:13

Men's 6km CC 65-69

6th Graham Sheargold 31:21

9-7-23 Festival of the Feet Lake Gillawarna**Half Marathon**

27th Tipene Robinson 1:43.28

7km

36th Stephen Mifsud 39:40

11-7-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 1**

2nd Garry Womsley 4:16

15-7-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:01

6th Tipene Robinson 19:56

9th Wayne Thurlow 21:11

19th Rod Zammit 23:45

33rd Greg Sargeant 26:15

120th David Otte 40:10

122nd Mischelle Otte 40:31

132nd Jason Cutajar 46:47(walker)

154th Kristy Zammit 57:12 (walker)

155th David Perry 57:15 (walker)

15-7-23 The Ponds parkrun 5km

22nd Adam Etherington 21:25

28th Matt Modini 22:01

48th Brandon Goldsworthy 24:01

360th Vija-Louise Heath 52:29 (walker)

15-7-23 Parramatta parkrun 5km

208th Terry Rose 31:32

323rd Michael Christie 49:04 (walker)

15-7-23 Curl Curl parkrun 5km

84th Lisa Grant 22:40

15-7-23 Henry Kendall Reserve parkrun 5km

4th Stephen Parkins 25:48 (new pb)

15-7-23 Newy parkrun 5km

285th Andrew Free 35:06

15-7-23 Western Districts Joggers and Harriers Lake Gillawarna**5@theLake**

11th Graham Sheargold 24:37

14-6-23 – 16-7-23 Elephant Trail Run Port Macquarie**16-7-23****25km**

18th Danny Martins 3:29.03

16-7-23 Tradies Sutherland to Surf 11km

	Gun Time	Net Time
1424th Stephen Mifsud	1:00.02	59:23

18-7-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

8th Garry Womsley 4:11

3000m

7th Garry Womsley 14:01

22-7-23 Rooty Hill parkrun 5km

3rd Daniel Irving	16:52
9th Tipene Robinson	21:30
11th Wayne Thurlow	21:36
34th Rod Zammit	25:21
46th David Perry	27:49
139th Kristy Zammit	46:48 (walker) (new pb)

22-7-23 The Ponds parkrun 5km

26th Matt Modini	21:47
27th Brandon Goldsworthy	21:51
126th Greg Sargeant	26:51

22-7-23 Parramatta parkrun 5km

292nd Michael Christie	48:48(walker)
312th Terry Rose	1:03.42 (Tail Walker)

22-7-23 Curl Curl parkrun 5km

76th Lisa Grant 22:38

22-7-23 Rhodes parkrun 5km

83rd Michael Free 23:55

22-7-23 Rockhampton (Qld) parkrun 5km

21st Garry Womsley 24:03

22-7-23 Blackbutt parkrun 5km

86th Andrew Free 38:59

22-7-23 Zuiderpark (The Netherlands) parkrun 5km

113th Vija-Louise Heath 43:23 (walker)

23-7-23 Real Insurance Sydney Harbour 10k & 5k

	Gun Time	Net Time
526th Terry Rose	34:21	33:21 (1st 70-79cat)

10km

97th Geoff Sheargold	36:15	36:11
1031st Graham Sheargold	50:49	49:39

25-7-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

8th Garry Womsley 4:13

3000m

10th Garry Womsley 14:24

29-7-23 Rooty Hill parkrun 5km

2nd Daniel Irving 16:52

8th Tipene Robinson 21:17

14th Brett Langley 22:22

28th Rod Zammit 24:56

47th David Perry 27:29

29-7-23 The Ponds parkrun 5km

16th Brandon Goldsworthy 21:18

93rd Greg Sargeant 26:10

29-7-23 Parramatta parkrun 5km

176th Terry Rose 30:57

304th Michael Christie 58:33 (tail walker)

29-7-23 Curl Curl parkrun 6km

77th Lisa Grant 22:39

29-7-23 Rouse Hill parkrun 5km

31st Matt Modini 23:05

29-7-23 Whalan Reserve parkrun 5km

6th Garry Womsley 23:28

29-7-23 Dolls Point parkrun 5km

35th Michael Free 23:54

29-7-23 Maitland parkrun 5km

67th Danny Martins 26:57

29-7-23 Willoughby parkrun 5km

183rd Andrew Free 35:53

29-7-23 Jelenia Gora (Poland) parkrun 5km

19th Vija-Louise Heath 42:22 (walker)

Michael Christie (GAP)