

June 2023 – Girraween athletes continue their great early winter season form!

Throughout June, Girraween athletes lived up to the headline with fine performances across the month. There were numerous eye-catching performances.

The NSW Teams Walk Championships were held at The Armory, Newington at the end of the month. Joel Byatt picked up a gold medal in his event with another very fine performance, whilst Laelia Byatt picked up a silver medal in her event, an excellent result. Laura Corvalan Sotomayor competed in the U16 5km walk and finished a gutsy fourth. These three athletes deserve great credit, as they have all been competing at a high level since the start of the 2022-2023 summer season. All at Girraween congratulate them on their achievements, whether it be at national, state, or local level. We wish them the very best as they continue with their athletics.



Laelia & Joel at NSW Teams Walks

Girraween had two teams competing at the NSW Cross-Country Relays at Upjohn Park, Rydalmere at the beginning of June. The men's 60+ team of Katrina Russell, Stephen Mifsud, Graham Sheargold and Mark Milliss acquitted themselves well and competed bravely on what was a tough course. The Men's 30+ team of Brett Langley, Tipene Robinson, Dominic Carr and Brandon Goldsworthy posted some very fine times, in what was a very tough competitive category. Both teams deserve great credit for their efforts. Sai Sravan Shailesh who competed as an individual in the U14 Men's event and Sai Sraddha Shailesh who competed as an individual in the Women's U12 event both posted excellent times in their respective races and deserve our congratulations on their efforts. Girraween hosted the BBQ at this event. It would be remiss not to mention our members and friends who worked on the BBQ across the whole of Saturday. It was a massive effort from all concerned and we thank our members and friends for giving their time. Funds raised go straight back into the club.



Mark, Katrina, Steve, Graham (60+ team)

Dominic, Brandon, Ti, Brett (30+ team)

We give a big shout out to both Tipene Robinson and Graham Sheargold for making the trip south and representing Girraween at the NSW Cross-Country Championships near Nowra in the middle of the month. Both athletes competed well on the tough course in their respective categories. This was a 100% increase in representation for Girraween at this event from 2022, so that was a bonus one could say.



Ti & Graham at NSW Cross Country

The NSW Throwers Club held a meet at Greystanes early June. Sai Sradha Shailesh and Avilash Tharmanesan were the two Girraween athletes who competed at that event. Both Sai Sradha and Avilash posted very competitive throws in their events and had to be pleased with their efforts. Congratulations to both Sai Sradha and Avilash on their performances.

The parkrun monolith did not miss a beat through June. Numbers were still large at many of the events, despite the many cold mornings. Girraween athletes provided many highlights. Stephen Parkins picked up two new pb's, whilst Geoff Sheargold, Garry Womsley and Kristy Zammit each posted one new pb. Daniel Irving finished first in two of his parkrun's, while

Nikil Redipali and Garry Womsley each finished first in one of their events. The achievement of new pb's and finishing first in any of these events cannot be taken lightly and we congratulate all these athletes on achieving these milestones. Wayne Thurlow also completed his 300th parkrun at Rooty Hill in June, an almighty achievement. Congratulations Wayne on this significant milestone. Brandon Goldsworthy also completed his 100th parkrun at The Ponds in June. Congratulations to Brandon on this great milestone. Girraween members and friends were also spotted far and wide at parkrun events in June, both interstate and overseas in Norway, Sweden and the UK. Nice to see that all our friends were able to track down a parkrun on their travels.

Graham Sheargold and Garry Womsley continued participating in both the Western Districts Joggers and Harriers and Campbelltown Joggers events respectively across June. Both athletes maintained their high levels of consistency. Vija-Louise Heath and Mathew Briggs also posted excellent times in the 12km race at the iconic Bay to Bay event held up on the Central Coast in June. Both fine efforts. It would be remiss of GAP not to mention Raminder Singh's effort at the UTS Norths All-Comers Throws meet at the end of June. Raminder competed in the Throws Pentathlon made up of five separate throwing events and finished first in his category. Congratulations to Raminder on his sterling efforts. Danny Martins has also been busy up in the Hunter region. Early in the month he posted a fine time in the 8km event at the Maitland River Run. At the end of June, Danny tackled the iconic King of the Mountain run on the bush trails of Mt Sugarloaf, west of Newcastle. He ran a great sub three-hour time on what is an incredibly tough course. Congratulations to Danny on his excellent effort.

On a sadder note, Girraween Athletics Club lost one of nature's gentleman with the passing away of Joe Butler at the age of 86 in June. Joe had been a member of Girraween Athletics Club from the early 2000's through to 2014. He was a lovely man and was always supportive of his friends at Girraween through the years. A minute's silence for Joe was held before the first race at the West Met Cross-Country meet at Bella Vista on June 24. This was very much appreciated by those Girraween members present. The following week a small number of Girraween members and friends were able to attend Joe's funeral service. RIP Joe, you will be sadly missed.

Well, it had been another excellent month of athletic endeavour by Girraween members and friends, and we congratulate one and all on their achievements across such a wide range of disciplines and events. Results follow:

3-6-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:30
10th	Wayne Thurlow	22:03
41st	Greg Sargeant	26:02
43rd	David Perry	26:13
95th	Jason Cutajar	40:46
141st	Rod Zammit	59:07 (walker)

3-6-23 Wentworth Common parkrun 5km

32nd Vija-Louise Heath 23:45
42nd Stephen Parkins 25:02 (new pb)

3-6-23 Parramatta parkrun 5km

234th Terry Rose 33:32
301st Keith Mayhew 46:30 (walker)

3-6-23 Penrith Lakes parkrun 5km

37th David Otte 39:45
39th Mischelle Otte 41:09

3-6-23 East Richmond parkrun 5km

10th Tipene Robinson 20:43

3-6-23 The Ponds parkrun 5km

25th Adam Etherington 21:21

3-6-23 Curl Curl parkrun 5km

73rd Lisa Grant 22:30

3-6-23 Riddlesdown (UK) parkrun 5km

177th Kevin Hall 41:35

3-6-23 Newy parkrun 5km

402nd Andrew Free 42:02

3-6-23 Western Districts Joggers and Harriers Lake Gillawarna

10kmHandicap

13th Graham Sheargold 55:08

3-6-23 NSW XC Relay Championships Upjohn Park Rydalmere

60+ Male 4 x 4km 7th

Katrina Russell	27:01	
Stephen Mifsud	22:26	
Graham Sheargold	21:48	
Mark Milliss	24:54	Total: 1:36:11

30+ Male 4 x 4km 7th

Brett Langley	18:35	
Tipene Robinson	18:13	
Dominic Carr	19:51	
Brandon Goldsworthy	17:36	Total: 1:14:16

U14 Male 2km

Sai Sravan Shailesh	8:11	1st
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U12 Female 2km

Sai Sraddha Shailesh	9:05	1st
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4-6-23 NSW Throwers Club Greystanes

U12 Women's Hammer

3rd Sai Sraddha Shailesh	2kg	13.58
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U12 Women's Discus

6th Sai Sraddha Shailesh	750g	12.04
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U18 Men's Discus

5th Avilash Tharmanesan 1.5kg 33.84

U12 Women's Shot Put

5th Sai Sraddha Shailesh 2kg 6.13

U18 Men's Shot Put

3rd Avilash Tharmanesan 5kg 11.83

4-6-23 Maitland River Run Maitland**8km**

5th Danny Martins 33:21 (1st 30-39 cat)

6-6-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 2**

2nd Garry Womsley 4:06

10-6-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:11

8th Tipene Robinson 20:37

15th Wayne Thurlow 21:45

23rd Vija-Louise Heath 22:58

46th Bettina McMahon 25:44

55th Rod Zammit 26:55

79th Geoff Newey 30:04

134th Jason Cutajar 44:27 (walker)

10-6-23 Parramatta parkrun 5km

4th Geoff Sheargold 16:56 (new pb)

330th Michael Christie 58:02 (walker)

10-6-23 Pioneer (WA) parkrun 5km

2nd Nikil Redipali 17:50

10-6-23 The Ponds parkrun 5km

40th Matt Modini 23:16

10-6-23 Rockhampton (Qld) parkrun 5km

20th Garry Womsley 23:33 (new pb)

10-6-23 Wentworth Common parkrun 5km

41st Stephen Parkins 24:49 (new pb)

10-6-23 Lovstien parkrun Bergen (Norway) 5km

8th Lisa Grant 26:05

10-6-23 San Remo parkrun 5km

88th Terry Rose 33:04

10-6-23 Newy parkrun 5km

411th Andrew Free 36:29

10-6-23 Reigate Priory (UK) parkrun 5km

307th Kevin Hall 39:44

10-6-23 Western Districts Joggers and Harriers Lake Gillawarna

3.5km Handicap

17th Graham Sheargold 17:58

13-6-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

6th Garry Womsley 4:15

17-6-23 Rooty Hill parkrun 5km

2nd Daniel Irving 17:10

8th Wayne Thurlow 21:00 (300th pr)

27th Rod Zammit 23:57

30th Stephen Parkins 24:07

68th David Perry 28:18

75th Geoff Newey 28:51

17-6-23 The Ponds parkrun 5km

39th Brandon Goldsworthy 23:00 (100th pr)

41st Matt Modini 23:04

122nd Greg Sargeant 27:00

17-6-23 Nepean River parkrun 5km

111th David Otte 45:06 (walker)

118th Mischelle Otte 45:46 (walker)

17-6-23 Parramatta parkrun 5km

335th Michael Christie 52:25 (walker)

345th Terry Rose 1:00.27 (tail walker)

17-6-23 Malmo Ribersborg (Sweden) parkrun 5km

21st Lisa Grant 22:52

17-6-23 Huskisson parkrun 5km

42nd Tipene Robinson 26:50

17-6-23 Newy parkrun 5km

309th Andrew Free 35:53

17-6-23 Werrington Lakes Reserve parkrun 5km

21st Jason Cutajar 39:53

17-6-23 NSW Cross-Country Championships Tapitallee via Nowra

Men's 10km CC 35-39

9th Tipene Robinson 48:45

Men's 8km CC 65+

4th Graham Sheargold 44:30

18-6-23 Bay to Bay Running Festival Central Coast

12km

126th Vija- Louise Heath 57:49

482nd Matthew Briggs 1:11.09

24-6-23 Rooty Hill parkrun 5km

18th Wayne Thurlow 20:50

22nd	Brett Langley	21:45
44th	Rod Zammit	24:46
49th	Bettina McMahon	25:21
88th	Matthew Briggs	29:56
126th	Kristy Zammit	46:57 (new pb)
134th	Geoff Newey	49:15 (walker)

24-6-23 The Ponds parkrun 5km

20th	Adam Etherington	21:39
34th	Matt Modini	22:57
116th	Greg Sargeant	26:51

24-6-23 Parramatta parkrun 5km

210th	Terry Rose	32:26
260th	Jason Cutajar	39:07
296th	Michael Christie	52:02 (walker)

24-6-23 East Richmond parkrun 5km

47th	Tipene Robinson	27:30
116th	Vija-Louise Heath	46:37 (walker)

24-6-23 Homestead (WA) parkrun 5km

1st	Nikil Redipali	16:50
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24-6-23 Whalan Reserve parkrun 5km

1st	Garry Womsley	23:35
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24-6-23 Chalkwell Beach (UK) parkrun 5km

77th	Lisa Grant	23:41
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24-6-23 Wentworth Common parkrun 5km

65th	Stephen Parkins	25:05
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24-6-23 Wildflower parkrun 5km

31st	Michae Free	26:47
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24-6-23 Lake Mac parkrun 5km

133rd	Andrew Free	34:54
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24-6-23 Riddlesdown (UK) parkrun 5km

118th	Kevin Hall	52:21 (walker)
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24-6-23 UTS Norths All Comers Winter Series II Throws Pentathlon Chatswood

M75 Weight Throw – Throws Pentathlon

1st	Raminder Singh	8.35	417 pts
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M75 Javelin Throw – Throws Pentathlon

1st	Raminder Singh	17.51	314 pts
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M75 Discus Throw – Throws Pentathlon

1st	Raminder Singh	20.89	417 pts
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M75 Shot Put - Throws Pentathlon

1st	Raminder Singh	7.34	519 pts
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M75 Hammer Throw – Throws Pentathlon

1st	Raminder Singh	20.81	375 pts
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M75 Throws Pentathlon – Masters

1st Raminder Singh 2042 pts

24-6-23 Kind of the Mountain Mt Sugarloaf Richmond Vale

25km Male

26th Danny Martins 2:58.51

25-6-23 NSW Team Walks Championships-The Armory Newington

Women's 5km Race Walk U18

2nd Laelia Byatt 29:25

Women's 5km Race Walk U16

4th Laura Corvalan Sotomayor 32:27

Men's 5km Race Walk U18

1st Joel Byatt 24:38

Michael Christie (GAP)