

March 2023 – Girraween athletes step up again !

Girraween's athletes once again stood tall in March with great performances in a wide cross-section of events. This was a fine follow up after last month's performances.

The NSW Open, U23 & Para Championships were held at the beginning of March. A big shout out goes to Taylor Doyle, Sumeet Dasgupta and Tyler Bussier on their efforts in these championships. Whilst Taylor continues her comeback and is a very experienced athlete, both Sumeet and Tyler are at the beginning of their athletics journey. Yet they were not overawed stepping up and competing at this elite level. We congratulate all three athletes on their efforts and wish both Sumeet and Tyler all the very best with their athletics into the future.

The Australian Master's Athletics Championships were held in Sydney in March. Six Girraween athletes in Geoff Sheargold, Ashley Micallef, Diane Celnikier, Raminder Singh, Katrina Russell and Dominic Carr represented NSW at these championships. Four of them in Geoff, Ashley, Raminder and Dominic won medals, whilst Geoff and Dominic won gold medals within their collection. This was a fine achievement. All athletes deserve our congratulations. Given the many problems that beset these championships, which were many and varied; across the four days, Girraween's athletes did remarkably well to maintain their focus in their events.

The SMC Road Race series was once again held at Smithfield in March. Tipene Robinson had another stand-out run in the Half Marathon event, a little over a week after his epic performance in the Six-Foot track event. Geoff Sheargold ran a great sub forty-minute time in the 10km event, while Stephen Mifsud and Stephen O'Donnell ran very solidly in the same event, both finishing under the hour mark.

Taylor Doyle, Sumeet Dasgupta and Tyler Bussier all competed in the Campbelltown High Velocity meet towards the end of March. All three athletes once again performed well against strong competition.

Parkrun continued through March across many venues. Girraween members and friends were spotted far and wide and both locally, interstate and overseas. There were numerous very consistent performers as can be seen from the times listed below. Daniel Irving also finished first at a Rooty Hill parkrun, posting an excellent time into the bargain.

There were other noteworthy performances through March. Tipene Robinson finished his first ever Six-Foot Track event in what can only be described as an epic performance. Ti's training was hampered by injury in the lead up, yet nevertheless he prevailed in a very gutsy performance. Congratulations Ti. Both Garry Womsley in his regular 1000m & 3000m series at Leumeah and Graham Sheargold in the Western Districts Joggers and Harriers handicap series at Lake Gillawarna, maintained their consistent form of late. Their efforts over a long period of time are meritorious. We wish both Garry and Graham all the best with these series in the months ahead.

It would be remiss of me not to mention the return of Run 4 Jess in early March at C V Kelly Park Girraween after a two-year absence. It was the 10th anniversary of this event and once again it was a very special day. Thank you to our members and friends who gave of their valuable time and helped on the day. This was very much appreciated.

In closing, it has been another month of great athletics achievement through March and we wish all our members and friends the very best with their athletics through the months ahead. Results follow:

3-3-23 – 5-3-23 NSW Open & U23 & Para Championships SOPAC

3-3-23

Women's Long Jump PA Ambulant

5th Taylor Doyle(T38) 4.20m 76.23%

Men's 100m

Heat 1 Preliminaries

10th Sumeet Dasgupta 12.27

4-3-23

Women's 100m PA Ambulant

6th Taylor Doyle(T38) 15.15 81.72%

5-3-23

Women's 200m PA Ambulant

Heat 1 Preliminaries

4th Taylor Doyle (T38) 31.73q 81.69%

Men's 200m Open

Heat 5 Preliminaries

8th Tyler Bussier 23.47

Women's 200m PA Ambulant Final

8th Taylor Doyle 33.06 78.40%

4-3-23 Rooty Hill parkrun 5km

8th Wayne Thurlow 21:09

18th Rod Zammit 22:45

27th Vija-Louise Heath 23:48

70th Bettina McMahon 28:11

97th Jason Cutajar 32:23

4-3-23 Parramatta parkrun 5km

5th Geoff Sheargold 17:37

119th Stephen Parkins 26:49

246th Terry Rose 33:16

367th Michael Christie 1:00.33 (tail walker)

4-3-23 The Ponds parkrun 5km

9th Brandon Goldsworthy 19:55

124th Greg Sargeant 26:45

4-3-23 Casula Parklands parkrun 5km

3rd Tipene Robinson 21:00

4-3-23 Whalan Reserve parkrun 5km

4th Garry Womsley 22:56

4-3-23 Curl Curl parkrun 5km

70th Lisa Grant 22:57

4-3-23 Mosman parkrun 5km

14th Michael Free 24:06

4-3-23 Shingashigwa Ukima (Japan) parkrun 5km

46th Geoff Newey 30:58

4-3-23 Newy parkrun 5km

352nd Andrew Free 33:07

4-3-23 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

20th Graham Sheargold 59:17

7-3-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 1**

10th Garry Womsley 4:12

3000m

6th Garry Womsley 13:39

10-3-23 – 13-3-23 Australian Masters Athletics Championships SOPAC**10-3-23****M35 10,000m**

2nd Geoff Sheargold 37:33.3

M75 Shot Put

4th Raminder Singh 7.46m

W30 Hammer Throw

2nd Ashley Micallef 14.39m

W65 100m

4th Diane Celnikier 16.60

M75 Hammer Throw

5th Raminder Singh 19.19m

11-3-23**M75 Javelin Throw**

3rd Raminder Singh 17.75m

W30 Javelin Throw

4th Ashley Micallef 18.83m

W30 Discus Throw

4th Ashley Micallef 18.36m

W65 200m

5th Diane Celnikier 36.65

W65 Discus Throw

6th Katrina Russell 15.03m

M75 Discus Throw

7th Raminder Singh 19.70m

12-3-23**M35 5000m**

2nd Geoff Sheargold 17:51.62

M75 Weight Throw

5th Raminder Singh 8.16m

M50 Outdoor Pentathlon

4th Dominic Carr 2304 pts

M75 Outdoor Pentathlon

4th Raminder Singh 655 pts

13-3-23**M35 8km CC Upjohn Park Rydalmere**

1st Geoff Sheargold 34:03

W65 8km CC Upjohn Park Rydalmere

4th Katrina Russell 1:01.13

W30 Weight Throw

2nd Ashley Micallef 4.98m

M50 Pole Vault

3rd Dominic Carr 2.50m

M50 Triple Jump

1st Dominic Carr 10.23m

M75 Triple Jump

3rd Raminder Singh 4.48m

11-3-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:23

17th Wayne Thurlow 22:07

68th Geoff Newey 29:16

90th Bettina McMahon 32:18

181st Jason Cutajar 1:01.29 (walker)

11-3-23 Parramatta parkrun 5km

286th Terry Rose 32:59

329th Mairead Connolly 36:14

379th Michael Christie 40:19

11-3-23 Penrith Lakes parkrun 5km

2nd Rod Zammit 22:20

5th Vija-Louise Heath 24:35

11-3-23 The Ponds parkrun 5km

112th Greg Sargeant 26:27

11-3-23 Newy parkrun 5km

300th Andrew Free 32:53

11-3-23 Nepean River parkrun 5km

134th Mischelle Otte 38:01

11-3-23 Six Foot Track Marathon Katoomba to Jenolan Caves Cottages

592nd Tipene Robinson 6:17.14

14-3-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

4th Garry Womsley 4:05

18-3-23 Parramatta parkrun 5km

4th Geoff Sheargold 17:52

246th Terry Rose 33:50

363rd Michael Christie 51:53 (walker)

18-3-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:20

96th David Perry 31:55

218th Jason Cutajar 1:02.53 (walker)

18-3-23 Menai parkrun 5km

21st Rod Zammit 24:22

27th Vija-Louise Heath 24:40

18-3-23 Owairaka (NZ) parkrun 5km

163rd David Otte 39:21

169th Mischelle Otte 42:47

18-3-23 East Richmond parkrun 5km

8th Tipene Robinson 20:56

18-3-23 Rouse Hill parkrun 5km

5th Adam Etherington 22:53

18-3-23 Rockhampton (Qld) parkrun 5km

20th Garry Womsley 23:40

18-3-23 Curl Curl parkrun 5km

153rd Lisa Grant 24:27

18-3-23 Mosman parkrun 5km

20th Michael Free 24:32

18-3-23 Wentworth Common parkrun 5km

58th Stephen Parkins 26:16

18-3-23 The Ponds parkrun 5km

253rd Brandon Goldsworthy 31:09

18-3-23 Newy parkrun 5km

355th Andrew Free 33:06

18-3-23 Western Districts Joggers & Harriers Lake Gillawarna

5@The Lake

32nd Graham Sheargold 32:33

19-3-23 SMC Road Race Series Smithfield

Half Marathon

22nd Tipene Robinson 1:41.00

10km

2nd	Geoff Sheargold	38:52.0
39th	Stephen Mifsud	56:35.3
42nd	Stephen O'Donnell	57:14.9
57th	Graham Sheargold	1:06.06.2
63rd	Mairead Connolly	1:09.31.8

5km

36th	Terry Rose	35:13.5
39th	Michael Christie	37:41.1

25-3-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:06
25th	Wayne Thurlow	23:04
42nd	Rod Zammit	25:13
50th	Greg Sargeant	26:07
64th	David Perry	27:14
79th	Samuel Jackson	29:15
83rd	Jason Cutajar	29:42

25-3-23 Parramatta parkrun 5km

159th	Stephen Parkins	26:09
415th	Michael Christie	49:53 (walker)
437th	Terry Rose	1:21.27 (tail walker)

25-3-23 Lower Hutt (NZ) parkrun 5km

179th	David Otte	38:08
180th	Mischelle Otte	38:17

25-3-23 Shipwreck (WA) parkrun 5km

1st	Nikil Redipali	17:28
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25-3-23 The Ponds parkrun 5km

17th	Adam Etherington	21:13
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25-3-23 Chipping Norton parkrun 5km

10th	Tipene Robinson	21:25
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25-3-23 Rhodes parkrun 5km

126th	Vija-Louise Heath	23:40
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25-3-23 Curl Curl parkrun 5km

108th	Lisa Grant	23:46
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25-3-23 Newy parkrun 5km

316th	Andrew Free	33:36
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25-3-23 Campbelltown High Velocity Meet Campbelltown**Women's Long Jump Open**

12th	Taylor Doyle (T38)	4.21m
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Men's Long Jump Open

13th	Sumeet Dasgupta	5.33m
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Women's 100m Open

Section 7

3rd Taylor Doyle (T38) 15.80

Men's 100m Open

Section 8

7th Tyler Bussier 11.85

Section 10

6th Sumeet Dasgupta 12.30

28-3-23 Campbelltown Joggers 1000m & 3000 Series Leumeah

1000m Event 2

3rd Garry Womsley 4:03

3000m

14th Garry Womsley 14:05

Michael Christie (GAP)