

May 2023 – The difference between the impossible and the possible lies in determination!



Rob, Ti, Michael, Vija-Louise & Graham at Sydney 10

Joel & Laelia at NSW Short Walks

Throughout May, Girraween's athletes certainly lived up to the above headline with many of them showing great determination across a wide series of events. This is illustrated by the results achieved across the board.

The NSW Short Walks championships were held at The Armory, Newington, a different venue. Joel Byatt picked up a well-deserved gold medal in the U18 3000m Walk, while Laelia Byatt picked up a great bronze medal in the U18 3000m Walk. Laura Corvalan Sotomayor finished a gutsy sixth in the 3000m U16 3000m Walk. These were all very fine achievements and to pick up state medals is no mean feat. Our congratulations go to both Joel and Laelia on their fine achievements. This has been a very long season. All Girraween's walkers deserve praise for maintaining such a competitive level over such a long time. Both athletes and coaches deserve kudos for their achievements over 2022-2023.

The Sydney 10 was held around the streets of Sydney Olympic Park in May and there was a good Girraween contingent present. It was exciting to see the Girraween royal blue and white out and about that cool Sunday morning. There were several highlights. Geoff Sheargold posted a very fine sub-forty-minute time, whilst Tipene Robinson and Danny Martins ran superbly to both post time in the low forty-minute range. Vija- Louise Heath and Garry Womsley also ran times under the fifty-minute mark, no mean feat. Both Joel and Laelia Byatt ran in the 5km event, with Joel posting an excellent sub twenty-minute time. Given that both Joel and Laelia's main discipline is the walk, their achievements over this distance certain were eye-catching. It was also nice to see Nicholas Hanna having a run in the 5km event as well.

The last of the SMC Road Race Series events for the 2022-2023 season were held at Smithfield at the end of May. Tipene Robinson, a week after the HOKA Sydney Half Marathon, posted another excellent time, on what was a freezing morning at Smithfield.

Graham Sheargold posted another very fine time in the 10km event. Jean Davis, making her SMC debut ran excellently in the 5km event. Sai Sravan Shailesh and Sai Sraddha Shailesh both came first in their respective categories in the 2km kids dash, picking up well-deserved prizes into the bargain.

The parkrun events continued throughout May. There were many noteworthy achievements. Kristy Zammit and Vija-Louise Heath gained two new pb's, whilst Garry Womsley, Stephen Parkins, Brandon Goldsworthy, Nikil Redipali and Tipene Robinson each achieved a new pb. Achieving a new pb is never easy, so congratulations to all concerned. Both Daniel Irving (twice) and Nikil Redipali (once) finished first in their respective parkrun events. A mighty achievement, Mischelle and David Otte both achieved their 300th parkrun at Menai in May. Congratulations to both Mischelle and David on reaching this wonderful milestone. So many of Girraween's members and friends continue posting consistent fast times week in and week out at parkrun. Wayne Thurlow, Danny Martins, Adam Etherington, Lisa Grant, Brandon Goldsworthy and Garry Womsley are names that spring to mind, and we wish them all the best with their running.

The renamed SMH Half Marathon, now re-named the HOKA Runaway Sydney Half saw a small Girraween contingent tackle the challenging course in May. Tipene Robinson posted a very fine time. Both Bettina McMahon and Stephen Mifsud also ran most consistently and should be pleased with their effort. Stephen Mifsud has completed every one of these events since it first started back in 1992, one of only ten people to do so, an extraordinary achievement. Congratulations to all three runners.

Throughout May, both Graham Sheargold with his performances at the Western District Joggers and Harriers handicap series on a Saturday morning and Garry Womsley with his achievements at the Campbelltown Joggers 1000m & 3000m series on a Tuesday evening, continued their outstanding form at these events. Tipene Robinson had an excellent run at the UTA22 race on a very tough course, as part of the UTA100 races in the Blue Mountains. Ti's versatility continues to amaze. Steve Clark, Garry Womsley, Alison Shaw and Terry Rose all participated in the 5km event at the Mother's Day Classic in Parramatta Park and had to be pleased with their performances. Steve Mifsud tackled the well-known Lindfield Fun Run at the end of the month, putting in another dogged performance on a tough course.

All in all, May had been another remarkable month in terms of performance from Girraween members and friends. Our athletes continue to inspire. Results follow:

2-5-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 2

3rd Garry Womsley 4:08

3000m

17th Garry Womsley 14:14

6-5-23 Rooty Hill parkrun 5km

8th Wayne Thurlow 22:35

38th David Perry 26:29

148th Jason Cutajar 51:31 (walker)

151st Kristy Zammit 52:33 (walker) (new pb)

157th Rod Zammit 57:25 (walker)

6-5-23 The Ponds parkrun 5km

17th Adam Etherington 21:17

114th Greg Sargeant 26:40

6-5-23 Parramatta parkrun 5km

294th Terry Rose 41:14 (walker)

320th Michael Christie 49:57 (walker)

6-5-23 Whalan Reserve parkrun 5km

1st Tipene Robinson 20:08

6-5-23 Blue Gum Hills parkrun 5km

4th Danny Martins 22;19

6-5-23 Curl Curl parkrun 5km

93rd Lisa Grant 22:32

6-5-23 Werrington Lakes Reserve parkrun 5km

4th Garry Womsley 23:00 (new pb)

6-5-23 Centennial parkrun 5km

98th Michael Free 23:38

6-5-23 Wentworth Common parkrun 5km

30th Stephen Parkins 25:26 (new pb)

6-5-23 Newy parkrun 5km

506th Andrew Free 56:01 (walker)

6-5-23 Western Districts Joggers and Harriers Lake Gillawarna

10km Handicap

15th Graham Sheargold 54:57

7-5-23 Sydney 10 (Incorporating NSW Road Championships) Sydney Olympic Park

10k

Wave A	Gun Time	Chip Time
---------------	-----------------	------------------

239th Geoff Sheargold	36:47	36:47
-----------------------	-------	-------

440th Danny Martins	41:36	41:21
---------------------	-------	-------

Wave B

103rd Tipene Robinson	42:06	41:49
-----------------------	-------	-------

380th Vija-Louise Heath	48:17	47:44
-------------------------	-------	-------

462nd Graham Sheargold	50:55	50:21
------------------------	-------	-------

Wave C

31st Garry Womsley	48:42	48:40
--------------------	-------	-------

154th Stephen Mifsud	54:32	54:28
----------------------	-------	-------

272nd Robert Eager	59:01	58:30
--------------------	-------	-------

452nd Terry Rose	1:18.45	1:18.09
------------------	---------	---------

453rd Michael Christie	1:19.25	1:18.48
------------------------	---------	---------

5km Fun Run

46th	Joel Byatt	18:56	18:45
99th	Nicholas Hanna	22:01	21:57
128th	Laelia Byatt	24:06	23:55

9-5-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 2**

2nd	Garry Womsley	4:14
-----	---------------	------

11-5-23 – 14-5-23 UTA100 Blue Mountains**12-5-23****UTA22**

290th	Tipene Robinson	3:04.34
-------	-----------------	---------

13-5-23 Rooty Hill parkrun 5km

17th	Wayne Thurlow	21:32
33rd	Tipene Robinson	23:44
34th	Vija-Louise Heath	23:48
39th	Stephen Parkins	24:25
49th	Greg Sargeant	25:31
55th	David Perry	26:20

13-5-23 Wildflower parkrun 5km

120th	Mischelle Otte	49:32 (walker)
121st	David Otte	49:34 (walker)

13-5-23 Parramatta parkrun 5km

305th	Michael Christie	48:32 (walker)
320th	Terry Rose	57:20 (tail walker)

13-5-23 East Richmond parkrun 5km

8th	Brandon Goldsworthy	21:19
-----	---------------------	-------

13-5-23 Curl Curl parkrun 5km

79th	Lisa Grant	22:38
------	------------	-------

13-5-23 Wentworth Common parkrun 5km

32nd	Michael Free	23:14
------	--------------	-------

13-5-23 Newy parkrun 5km

435th	Andrew Free	52:16 (walker)
-------	-------------	----------------

14-5-23 Mother's Day Classic Western Sydney (Parramatta Park)**5km**

6th	Steve Clark	21:48.720 (1st 40-49 cat)
10th	Garry Womsley	23:25.800 (1st 60+ cat)
44th	Alison Shaw	29:37.190
99th	Terry Rose	37:31.150 (2nd 60+ cat)

16-5-23 Campbelltown Joggers 1000m & 3000m series Leumeah**1000m Event 1**

16th	Garry Womsley	
------	---------------	--

20-5-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:51
28th	Rod Zammit	24:05
52nd	David Perry	27:00
70th	Geoff Newey	29:09

20-5-23 Parramatta parkrun 5km

3rd	Geoff Sheargold	17:23
165th	Katrina Russell	30:25
211th	Terry Rose	35:15
268th	Keith Mayhew	48:02 (walker)
272nd	Michael Christie	49:48 (walker)

20-5-23 The Ponds parkrun 5km

17th	Adam Etherington	21:21
43rd	Tipene Robinson	23:01

20-5-23 Menai parkrun 5km

104th	Mischelle Otte	49:10 (walker) 300th pr
111th	David Otte	50:01 (walker) 300th pr

20-5-23 Curl Curl parkrun 5km

71st	Lisa Grant	22:26
------	------------	-------

20-5-23 GreenWay parkrun 5km

36th	Michael Free	23:14
------	--------------	-------

20-5-23 Rouse Hill parkrun 5km

16th	Brandon Goldsworthy	23:23 (new pb)
------	---------------------	----------------

20-5-23 Galston parkrun 5km

20th	Vija-Louise Heath	24:36 (new pb)
------	-------------------	----------------

20-5-23 Rhodes parkrun 5km

80th	Stephen Parkins	24:41
------	-----------------	-------

20-5-23 Newy parkrun 5km

460th	Andrew Free	51:19 (walker)
-------	-------------	----------------

20-5-23 Western Districts Joggers and Harriers Lake Gillawarna**5@The Lake**

8th	Graham Sheargold	25:15
-----	------------------	-------

21-5-23 NSW Short Walks Championships – The Armory Newington**Women's 3000m Race Walk U18**

3rd	Laelia Byatt	16:49.00
-----	--------------	----------

Women's 3000m Race Walk U16

6th	Laura Corvalan- Sotomayor	18:59.00
-----	---------------------------	----------

Men's 3000m Race Walk U18

1st	Joel Byatt	14:43.00
-----	------------	----------

21-5-21 HOKA Runaway Sydney Half Marathon

Half Marathon	Net Time
1465th Tipene Robinson	1:40.39

5925th Bettina McMahon 2:06.09

5945th Stephen Mifsud 2:06.16

23-5-23 Campbelltown Joggers 1000m & 3000m Series Leumeah

1000m Event 1

8th Garry Womsley 4:14

3000m

14th Garry Womsley 14:21

27-5-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:34

16th Wayne Thurlow 23:03

23rd Stephen Parkins 24:30

37th David Perry 26:10

112th Jason Cutajar 45:28 (walker)

120th Kristy Zammit 47:44 (new pb) (walker)

27-5-23 Parramatta parkrun 5km

5th Geoff Sheargold 17:08

269th Keith Mayhew 46:43 (walker)

280th Michael Christie 48:55

296th Terry Rose 1:19.46 (tail walker)

27-5-23 Tuggeranong (ACT) parkrun 5km

322nd Mischelle Otte 43:44 (walker)

340th David Otte 46:19

27-5-23 Werrington Lakes Reserve parkrun 5km

2nd Vija-Louse Heath 23:27 (new pb)

28th Garry Womsley 1:17.15 (tail walker)

27-5-23 Champion Lakes (WA) parkrun 5km

1st Nikil Redipali 17:22 (new pb)

27-5-23 Curl Curl parkrun 5km

95th Lisa Grant 22:21

27-5-23 Centennial parkrun 5km

82nd Tipene Robinson 23:13 (new pb)

27-5-23 Wildflower parkrun 5km

17th Brandon Goldsworthy 24:49

27-5-23 Riddlesdown (UK) parkrun 5km

154th Kevin Hall 38:13

27-5-23 Newy parkrun 5km

464th Andrew Free 45:47 (walker)

27-5-23 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

19th Graham Sheargold 18:45

28-5-23 SMC Road Race Series Smithfield

Half Marathon

20th Tipene Robinson 1:40.53.8

10km

32nd Graham Sheargold 53:51.4

43rd Greg Sargeant 57:34.1

48th Stephen O'Donnell 58:28.3

60th Mairead Connolly 1:12.03.2

5km

28th Jean Davis 31:45.3

34th Terry Rose 34:10.5

39th Michael Christie 35:54.4

2km Kids Dash

1st Sai Sravan Shailesh 7:59.2

3rd Sai Sraddha Shailesh 8:35.5

28-5-23 Lindfield Fun Run

10km

	Gun Time	Net Time
163rd Stephen Mifsud	58:23	58:22

Michael Christie

(GAP)