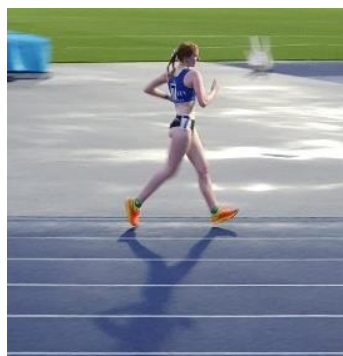


November 2023 – You are never too old to set another goal or to dream a new dream!



Joel with his 10,000km walks medal – SOPAC



Laelia competing in the 10,000km walks – SOPAC



Michael & Lisa @ Lisa's 300th Parkrun – Parramatta Parkrun

This month's header is most apt when it comes to describing the effort of Girraween's members and friends through November when illustrating their achievements. No matter the age, there were numerous noteworthy feats.

The highlight of the month was undoubtedly the effort of Joel and Laelia Byatt at the NSW 10,000m Walks Championships at SOPAC in the U20 section. Joel finished third in the U20 Men's Championships in what was an incredibly deep field. It was also his first race over the distance. To pick up a bronze medal was a most striking achievement. Laelia's effort in coming back from a recent injury to compete so well over this distance was a real highlight. Both Joel and Laelia have qualified for the 10,000m walks at the Nationals next April, a wonderful achievement by both athletes and all at Girraween send our congratulations on this very fine achievement.

The Treloar Shield Inter-Club Series continued through November and Joel and Laelia Byatt and Taylor Doyle were spotted at these meets. Taylor also competed at the Illawong High Velocity meet at Barden Ridge. Given the small numbers of Girraween athletes competing at Treloar Shield this season it is most heartening to see these athletes representing Girraween at these events and been so competitive.

We have to applaud the efforts of both Avilash Tharmanesan and Nathan Farrugia at the NSW Throwers Club meet held at the Gipps Road Sporting Complex Greystanes, early November. The Sunday morning in question saw absolutely appalling conditions with driving rain and strong wind, certainly no condition for any sport. Both athletes persisted and managed to register very creditable throws in their respective events in the circumstances. Well done to Avilash and Nathan.

The SMC Road Race series continued at Smithfield in November with a small Girraween contingent in attendance. Steve Mifsud posted a fine time in the Half Marathon event as the weather warmed up. Adam Etherington in the 10km and Alison Shaw in the 5km were other athletes who posted fine times in their respective events.

Parkrun continued through November right around the country and there were various highlights. Geneva McDermott, Samuel Jackson, Joel Byatt and Damon Byatt all posted new pb's; a fine achievement by all four athletes. Daniel Irving in NSW and Nikil Redipali in WA both finished first on two separate occasions, posting very quick times into the bargain. They are continuing to run well. Lisa Grant also completed her 300th parkrun at Parramatta parkrun in November, an excellent achievement and we send her our congratulations on reaching this mark.

Other highlights included an excellent series of runs by Graham Sheargold at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. Wayne Thurlow completed the Husky Half at of all places, Huskisson and ran steadily. Both Steve Mifsud and Terry Rose completed the 5km run at the iconic Fishers Ghost Fun Runs and came third in their respective age categories, no mean feat. Steve Mifsud was also spotted out at the Sydney Striders 10km at Lane Cove and posted another excellent time. It would be remiss of me to forget Peter Kimpton's epic in November. Peter completed the 50km event at the Stromlo Running Festival in the ACT. This is not a stroll in the park, but a very tough and demanding run. We congratulate Peter on this very fine achievement. We hope he is making a full recovery after those exertions.

We also need to mention an event which Girraween Athletics Club did not participate in and that was the NSW State Relays at SOPAC. This was the first time in over two decades where no Girraween team was present at this event. This naturally was most disappointing. It also leads us to the question as to where Girraween Athletics Club is heading in the future and what type of athletics club we all wish it to be. I don't pretend to have all the answers, but it is something that our members and friends who are interested in the future viability of the club can contribute in future discussions of where this club can go. The committee is listening, so if anybody has any feedback or suggestions, we would love to hear them. Please pass your ideas or feedback on to us. Thank you.

To finish on a positive note once again November saw many highlights from Girraween members and friends. Our members and friends never cease to inspire. We wish them all the very best over the summer months with their athletics: Results follow:

4-11-23 Rooty Hill parkrun 5km

1st	Daniel Irving	17:19
32nd	Brett Langley	23:39
43rd	Rod Zammit	24:59
142nd	Geneva McDermott	36:52 (new pb)
174th	Camille McDermott	45:15 (walker)
176th	Bettina McMahan	45:18 (walker)
191st	Mischelle Otte	48:00 (walker)
201st	David Otte	55:48(walker)

4-11-23 Parramatta parkrun 5km

200th	Terry Rose	33:24
238th	Michael Christie	36:35

4-11-23 Curl Curl parkrun 5km

75th Lisa Grant 22:34

4-11-23 Maitland parkrun 5km

30th Danny Martins 22:55

4-11-23 Rouse Hill parkrun 5km

16th Brandon Goldsworthy 24:09

4-11-23 Mosman parkrun 5km

11th Michael Free 24:43

4-11-23 Rockhampton (Qld) parkrun 5km

29th Garry Womsley 24:50

4-11-23 San Remo parkrun 5km

15th David Perry 26:29

4-11-23 Yarrabilla (Qld) parkrun 5km

63rd Vija-Louise Heath 38:20

4-11-23 Blackbutt parkrun 5km

130th Andrew Free 39:30

4-11-23 Western Districts Joggers & Harriers Lake Gillawarna**10km Handicap**

34th Graham Sheargold 1:03:42

4-11-23 Sydney Striders Lane Cove**10km**

97th Stephen Mifsud 56:15

4-11-23 Husky Running Festival Huskisson**Half Marathon**

804th Wayne Thurlow 2:12:55

4-11-23 Illawong High Velocity Meet Barden Ridge**Women Long Jump Open 5m+**

7th Taylor Doyle F38 4.13m

Women Shot Put Open

10th Taylor Doyle F38 5.69m

5-11-23 NSW Throwers Club Greystanes**Men's Discus U20**

1st Avilash Tharmanesan 1.75kg 31.41m

Men's Discus U16

1st Nathan Farrugia 1kg 34.35m

Men's Shot Put U20

1st Avilash Tharmanesan 6kg 11.01m

11-11-23 Rooty Hill parkrun 5km

22nd Wayne Thurlow 22:37

46th Samuel Jackson 24:38 (new pb)

52nd Rod Zammit 25:04

58th Bettina McMahon 25:53
67th David Perry 26:44
235th Rosemary Zammit 1:03:10 (walker)
236th Kristy Zammit 1:03:11 (tail walker)

11-11-23 The Ponds parkrun 5km

59th Brandon Goldsworthy 23:37
158th Greg Sargeant 27:38
169th Cristina Sotomayor 28:04
290th Claudio Corvalan 32:02

11-11-23 Parramatta parkrun 5km

42nd Lisa Grant 23:04 (300th pr)
198th Terry Rose 31:44
249th Michael Christie 35:45

11-11-23 Lake Mac parkrun 5km

21st Brett Langley 22:01

11-11-23 Harmony Boulevard (Qld) parkrun 5km

14th Michael Free 23:25

11-11-23 San Remo parkrun 5km

19th Tipene Robinson 23:59

11-11-23 Wentworth Common parkrun 5km

99th Vija-Louise Heath 28:21

11-11-23 Newy parkrun 5km

373rd Andrew Free 35:09

11-11-23 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

22nd Graham Sheargold 18:41

11-11-23 Treloar Shield Round 4 Mingara Regional Athletics Centre Tumbi

Umbi

Women's 5000m Race Walk Open

6th Laelia Byatt 32:37:80

Men's 5000m Race Walk Open

Joel Byatt DNF

12-11-23 Marsden's Law Fishers Ghost Fun Runs Campbelltown

5km

65th Stephen Mifsud 27:44 (3rd 60-69 cat)
142nd Terry Rose 35:52 (3rd 70-79 cat)

18-11-23 Rooty Hill parkrun 5km

2nd Joel Byatt 18:33 (new pb)
31st Rod Zammit 23:35
33rd Damon Byatt 23:45 (new pb)
175th David Perry 37:36
210th David Otte 44:28 (walker)

216th Geneva McDermott 46:02 (walker)
217th Jason Cutajar 46:07 (walker)
221st Mischelle Otte 47:00 (walker)
224th Camille McDermott 47:14 (walker)
225th Bettina McMahon 47:16 (walker)
250th Geoff Newey 52:32 (walker)
253rd Matthew Briggs 55:56 (walker)
262nd Rosemary Zammit 1:05:28 (walker)
263rd Kristy Zammit 1:06:01 (walker)

18-11-23 Nepean River parkrun 5km

35th Brett Langley 24:26
153rd Michael Christie 38:01
204th Tyrone Robinson 58:06 (walker)
205th Tipene Robinson 58:07 (walker)

18-11-23 Parramatta parkrun 5km

59th Michael Free 24:02
343rd Terry Rose 1:14:22 (Tail Walker)

18-11-23 Marina (WA) parkrun 5km

1st Nikil Redipali 17:51

18-11-23 The Ponds parkrun 5km

37th Brandon Goldsworthy 22:04

18-11-23 Cowra parkrun 5km

6th Lisa Grant 23:29

18-11-23 Blue Gum Hills parkrun 5km

13th Danny Martins 23:37

18-11-23 Rockhampton (Qld) parkrun 5km

26th Garry Womsley 24:45

18-11-23 Wentworth Common parkrun 5km

41st Stephen Parkins 25:19

18-11-23 Umbagog District (ACT) parkrun 5km

46th Vija-Louise Heath 29:22

18-11-23 Fingal Bay parkrun 5km

94th Katrina Russell 31:00

18-11-23 Blackbutt parkrun 5km

145th Andrew Free 38:06

18-11-23 Western Districts Joggers & Harriers Lake Gillawarna 5@The Lake

22nd Graham Sheargold 27:55

18-11-23 – 19-11-23 Stromlo Running Festival Canberra ACT

18-11-23

SRF50

75th Peter Kimpton 6:02:26

19-11-23 SMC Smithfield NSW

Half Marathon

36th Stephen Mifsud 2:09:39.2

10km

16th Adam Etherington 45:36.1

54th Graham Sheargold 59:52.6

55th Greg Sargeant 1:00:09.2

5km

18th Alison Shaw 28:21.9

31st Suresh Raju 31:59.1

35th Terry Rose 33:35.5

36th Michael Christie 34:10.5

25-11-23 Rooty Hill parkrun 5km

1st Daniel Irving 17:21

2nd Geoff Sheargold 18:28

33rd Stephen Parkins 24:24

62nd Vija-Louise Heath 27:10

63rd Rod Zammit 27:11

72nd Bettina McMahon 27:40

116th Jason Cutajar 38:46

25-11-23 Parramatta parkrun 5km

104th Terry Rose 33:36

129th Michael Christie 49:47 (walker)

25-11-23 Marina (WA) parkrun 5km

1st Nikil Redipali 17:20 (new pb)

25-11-23 The Ponds parkrun 5km

21st Brandon Goldsworthy 21:25

25-11-23 Maitland parkrun 5km

13th Danny Martins 22:17

25-11-23 Goulburn parkrun 5km

18th Tipene Robinson 23:06

25-11-23 Stones Corner (Qld) parkrun 5km

88th Garry Womsley 25:12

25-11-23 Newy parkrun 5km

320th Andrew Free 33:54

25-11-23 Treloar Shield Round 5 SOPAC

Women's 100m Para

2nd Taylor Doyle T38 14.79

Women's Discus Throw Para

1st Taylor Doyle T38 11.90m

Women's Triple Jump Open 7 & 9 Board

Taylor Doyle T38 Foul

25-11-23 NSW 10,000M Race Walk Championships SOPAC

Women's 10,000m Race Walk U20

5th Laelia Byatt 1:03.02.76

Men's 10,000m Race Walk U20

5th Joel Byatt 50:62.34 (3rd NSW U20)

Michael Christie (GAP)