

October 2023 – The impossible is always possible if you keep the dream alive!



Annisha @ NSW All Schools



Bettina & Rod @ Western Sydney Marathon

The headline for this newsletter is most apt when describing the efforts of Girraween athletes across the month of October. Many members and friends proved that anything is possible by their performances throughout October and should be very proud of their achievements.

Two Girraween junior athletes in Annisha Reader and Kavin Tharmanesan competed for their respective schools in the NSW All Schools Championships at SOPAC early in the month. Annisha picked up two gold medals in the discus and hammer and two top-five places in the javelin and shot. Given the depth of the fields that is a magnificent performance by Annisha. A big congratulations to her. Kavin also competed in three events garnering one top-five finish and finishing just outside the top-five in his other events. Congrats to Kavin on his very fine efforts again competing in deep fields. The efforts of Girraween athletes last month and this, in this year's All Schools Championships were again top-class. We wish them all the best with their athletics over the coming summer season.

The Treloar Shield, ANSW's interclub competition, kicked off in October, with the biggest numbers in many a long year. With a re-structured competition and the increase of junior athletes across the board competing in all events, the organisers have been naturally pleased with these numbers. We want to give a shout out to Diane Celnikier, Garry Womsley and Laura Corvalan Sotomayor who were the three Girraween representatives spotted at these meets in October. Diane, Garry and Laura all competed strongly in their respective events and our club should be grateful for their presence at the Treloar Shield.

After September's epic Sydney marathon, one may have thought some Girraween athletes needed a breather, but amazingly a small number backed up to tackle another marathon in October. Both Bettina McMahon and Rod Zammit tackled the Western Sydney Marathon around the environs of the International Regatta Centre near Penrith in early October, only three weeks after their exploits in the Sydney Marathon. Both runners made it under the five-hour mark, and we send our congratulations to both Bettina and Rod on this wonderful achievement. It would be also remiss not to mention both Stephen Mifsud's effort in the Half Marathon and Sai Sravan and Sai Sraddha Shailesh's efforts in the Junior Dash at the Regatta Centre in their respective events on the same day, where these three athletes posted fine times to. A week later Brandon Goldsworthy and Tipene Robinson tackled the iconic Melbourn Marathon, posting times well under the four-hour mark. Well done to both runners. In fact, Brandon's net time was a sub three-thirty, a wonderful achievement given it was only a month after Sydney. Brandon's effort over the last two months at these events, given he has come back from major injury early in 2023 in posting these excellent times is nothing short of amazing.

The SMC Road Race Series continued in October at Smithfield. Geoff Sheargold finished first in the 10km event with another excellent run, posting a very fine sub-forty-minute time. Both Sai Sravan Shailesh and Garry Womsley posted excellent times in the 5km event, while Sai Sraddha Shailesh also posted another excellent time in the 2km Kids Dash. We want to give a shout-out to the rest of the Girraween contingent who support this great series and we encourage any of our members and friends who would like to pop out to Smithfield and try it out. You'll be glad you did,

It wouldn't be a monthly newsletter without mentioning parkrun. Andrew Free reached the amazing milestone of his 400th parkrun in October. This is an extraordinary achievement on Andrew's part, and we send him our congratulations on reaching this epic milestone. Both Damon Byatt and Katrina Russell achieved new pb's in October, running well into the bargain. Daniel Irving, Geoff Sheargold, Joel Byatt, Adam Etherington all posted excellent times in October, while both Lisa Grant and Wayne Thurlow continued their extraordinary consistency across the month.

Raminder Singh showed what an ironman he is by competing in an extraordinary eight events over four days at the Australian Master Games in Adelaide, picking up medals along the way. Well done to Raminder on this very fine achievement. Both Graham Sheargold in the UK and Garry Womsley in the Campbelltown Joggers 1000m & 3000m series continued their consistent form of late. Geoff Sheargold posted another fine time at the Western Districts Joggers and Harriers handicap series 10km event early in the month finishing first. Alison Shaw at the 3 BBB 10km and Terry Rose at the Three Bridges 5km events also posted fine times in their respective events, while Danny Martins continued his fine recent form with an excellent run in the Fernleigh 15 event in October. Tipene Robinson also ran a leg of a Running Bolts in the Bondi to Manly 80km Ultra later in the month and posted a very fine time on a tough leg in the process.

While Girraween is not a big club, the breadth of its members and friends' achievements continue to both amaze and inspire and this can be seen by a brief perusal of this month's results. Long may this continue. Results follow:

**1-10-23 Baxter's Loch Ness Marathon and Festival of Running Inverness UK
River Ness 10km & Corporate Challenge**

		Gun Time	Net Time
596th	Graham Sheargold	56:18	55:548

6-10-23 – 8-10-23 NSW All Schools Championships (Juniors) SOPAC

6-10-23

Boys Hammer 13 Years 1kg

19th Kavin Tharmanesan 28.65m

Girls Discus Throw 13 Years 1kg

1st Annisha Reader 37.17m

Boys Shot Put 13 Years 3kg

10th Kavin Tharmanesan 11.42m

7-10-23

Boys Javelin Throw 13 Years 600g

5th Kavin Tharmanesan 30.42m

Girls Javelin Throw 13 Years 400g

5th Annisha Reader 26.94m

8-10-23

Girls Shot Put 13 Years 3kg

5th Annisha Reader 10.41m

Girls Hammer 13 Years 3kg

1st Annisha Reader 36.11m

7-10-23 Rooty Hill parkrun 5km

13th Joel Byatt 21:27

44th David Perry 25:21

104th Geoff Newey 31:29

172nd Bettina McMahon 52:27 (walker)

173rd Mischelle Otte 52:37 (walker)

174th David Otte 52:38 (walker)

188th Kristy Zammit 1:00:15 (walker)

189th Ashley Micallef 1:00:15 (walker)

203rd Rod Zammit 1:07:22 (walker)

7-10-23 The Ponds parkrun 5km

24th Adam Etherington 21:36

35th Brandon Goldsworthy 22:10

122nd Greg Sargeant 26:31

7-10-23 Parramatta parkrun 5km

215th Terry Rose 33:00

338th Michael Christie 1:03:27 (tail walker)

7-10-23 Curl Curl parkrun 5km

68th Lisa Grant 22:40

7-10-23 Centennial parkrun 5km

132nd Michael Free 24:07

7-10-23 Blackbutt parkrun 5km

124th Andrew Free 38:39

7-10-23 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

1st Geoff Sheargold 39:17

7-10-23 – 12-10-23 Australian Masters Games Adelaide**7-10-23****75-79 Men's Hammer 4kg**

2nd Raminder Singh 22.13m

75-79 Men's Shot Put 4kg

2nd Raminder Singh 6.81m

8-10-23**75-79 Men's Javelin 500g**

3rd Raminder Singh 17.95m

75-79 Men's Discus 1kg

4th Raminder Singh 19.10m

9-10-23**75-79 Men's Triple Jump**

3rd Raminder Singh 4.45m

77-79 Men's Pentathlon – Weight Throw

4th Raminder Singh 341pts

10-10-23**75-79 Men's Weight Throw 7.26kg**

4th Raminder Singh 6.65m

75-79 Men's Outdoor Pentathlon

2nd Raminder Singh 589pts

8-10-23 Western Sydney Marathon International Regatta Centre Penrith**Marathon**

123rd Bettina McMahon 4:45:00

132nd Rod Zammit 4:59:10

Half Marathon

232nd Stephen Mifsud 2:08:03

Junior Dash

4th Sai Sravan Shailesh 7:15

6th Sai Sraddha Shailesh 7:49 (1st Female)

14-10-23 Rooty Hill parkrun 5km

5th Geoff Sheargold 19:15

49th David Perry 25:56

113th Matthew Briggs 31:22

119th Rod Zammit 31:51
210th Mairead Connolly 50:20(walker)
213th Camille McDermott 51:19(walker)
214th Geneva McMahan 51:27 (walker)
216th Bettina McMahan 52:03 (walker)

14-10-23 The Ponds parkrun 5km

21st Adam Etherington 21:35
129th Greg Sargeant 27:21

14-10-23 Parramatta parkrun 5km

187th Terry Rose 32:19
292nd Michael Christie 28:54(walker)

14-10-23 Curl Curl parkrun 5km

58th Lisa Grant 22:16

14-10-23 Blue Gum Hills parkrun 5km

5th Danny Martins 22:45

14-10-23 Mt Penang parkrun 5km

27th Michael Free 24:49

14-10-23 Studley (Vic) parkrun 5km

57th Tipene Robinson 27:07

14-10-23 Shellharbour parkrun 5km

34th Stephen Parkins 27:38

14-10-23 Fingal Bay parkrun 5km

72nd Katrina Russell 30:15 (new pb)

14-10-23 Newy parkrun 5km

453rd Andrew Free 48:58 (walker) (400th pr)

14-10-23 Treloar Shield Round 1 SOPAC

Women's 100m 50+

9th Diane Celnikier 17.38

15-10-23 BBB Run Wentworth Point

10km

254th Alison Shaw 59:57

15-10-23 Melbourne Marathon Festival

Melbourne Marathon

	Gun Time	Net Time
1785th Brandon Goldsworthy	3:30:25	3:29:42
2676th Tipene Robinson	3:45:13	3:43:48

15-10-23 SMC Road Race Series Smithfield

10km

1st Geoff Sheargold 39:36.4
48th Greg Sargeant 1:02:13.4
56th Stephen O'Donnell 1:06:33.5
64th Mairead Connolly 1:15:10.4

5km

8th	Sai Sravan Shailesh	22:10.3
16th	Garry Womsley	23:44.7
38th	Terry Rose	33:25.9
41st	Michael Christe	35:21.8

2km Kids Dash

3rd	Shai Sraddha Shailesh	8:36.9
9th	Sophia Zhu	11:28.9

17-10-23 Campbelltown Joggers 1000m & 3000m Series Leumeah**1000m Event 1**

7th	Garry Womsley	4:17
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21-10-23 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:13
4th	Geoff Sheargold	17:31
24th	Wayne Thurlow	22:54
32nd	Michael Free	24:05
47th	David Perry	25:56
56th	Rod Zammit	26:58
58th	Damon Byatt	27:13
219th	Mischelle Otte	53:03 (walker)
222nd	David Otte	53:16 (walker)
232nd	Kristy Zammit	56:48 (walker)
233rd	Ashley Micallef	57:31 (walker)

21-10-23 The Ponds parkrun 5km

43rd	Brandon Goldsworthy	23:21
120th	Greg Sargeant	26:53

21-10-23 Parramatta parkrun 5km

221st	Michael Christie	36:56
245th	Terry Rose	41:44 (walker)

21-10-23 Curl Curl parkrun 5km

83rd	Lisa Grant	22:28
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21-10-23 Wentworth Common parkrun 5km

43rd	Brett Langley	24:34
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21-10-23 Newy parkrun 5km

424th	Andrew Free	36:33
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21-10-23 Shellharbour parkrun 5km

144th	Vija-Louise Heath	45:14 (walker)
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21-10-23 Treloar Shield Round 2 The Crest Georges Hall**Men's 3000m 50+**

5th	Garry Womsley	14:00.10
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22-10-23 Fernleigh 15 Adamstown to Belmont

74th	Danny Martins	1:05:53
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22-10-23 Three Bridges Run UWS Rydalmere

5km

51st Terry Rose 33:26 (3rd 60+ cat)

24-10-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 2

1st Garry Womsley 4:13

28-10-23 Rooty Hill parkrun 5km

2nd Geoff Sheargold 17:48

24th Wayne Thurlow 22:23

40th Damon Byatt 24:01 (new pb)

59th Rod Zammit 25:02

68th Brett Langley 25:36

71st David Perry 25:46

82nd Samuel Jackson 26:50

175th Mairead Connolly 33:53

227th Kristy Zammit 44:06 (walker)

233rd Camille McDermott 46:04 (walker)

234th Bettina McMahon 46:04 (walker)

28-10-23 The Ponds parkrun 5km

33rd Adam Etherington 21:32

28-10-23 Curl Curl parkrun 5km

82nd Lisa Grant 22:29

28-10-23 St Peters parkrun 5km

89th Michael Free 23:45

28-10-23 Mudgee parkrun 5km

29th Stephen Parkins 25:35

28-10-23 Chipping Norton parkrun 5km

52nd Terry Rose 32:03

28-10-23 Parramatta parkrun 5km

229th Michael Christie 39:00

28-10-23 Blackbutt parkrun 5km

111th Andrew Free 39:43

28-10-23 Campbelltown parkrun 5km

121st Vija-Louise Heath 48:39(walker)

28-10-23 Treloar Shield Round 3 Campbelltown Athletics Centre Leumeah

Women's 100m 50+

13th Diane Celnikier 17.20

Women's 5000m Race Walk Open

4th Laura Corvalan Sotomayor 32:13.60

28-10-23 Johnson & Johnson Bondi to Manly Ultra 80km

Mixed Relay Leg 3 (22.5km) **Team: Running Bolts**
42nd Tipene Robinson 2:12:53 **Team Total: 7:39:53**

Michael Christie (GAP)