

September 2023 – Don't bother just to be better than others. Try to be better than yourself!



Laelia & Joel at NSW All Schools



Rod after the Sydney Marathon



Wayne at Bushy Parkrun

The headline for the September newsletter is most apt when it comes to describing the efforts of Girraween members and friends across last month in many events. As the reader can see from the results, the Club's athletes were better than themselves, with many mighty performances.

Congratulations to Girraween athletes who represented their schools so well in the NSW All Schools Championships (Seniors) and Primary School Challenge in September. Avilash, Joel, Kajan, Laelia, Laura, Sumeet, Tasha and Tyler competed very well in events that had very deep fields. Sai Sraddha posted fine times in her events in the Primary School Challenge section of this meet. Kajan, Avilash and Laelia picked medals, with Kajan's been gold. An excellent effort. It is also worth mentioning that Joel and Laelia in their walk events both posted big pb's, against strong competition. All athletes should be proud of their performances.

The Sydney Marathon Festival was held on an un-seasonally hot day in September. A number of Girraween members and friends bravely tackled the full marathon, an event where many people had to pull out due to illness and injury in the extreme conditions. One cannot speak highly enough regarding the effort of our Girraween members and friends who finished this event, from Daniel through to Mairead, who all kept their personal dreams alive and found a way to finish this event. We also want to send a shout out to those friends who completed their first ever marathon, an almighty effort. There is no doubt they all had a story to tell. Their experiences will stay with them for a very long time. Congratulations to all concerned. There were also Girraween members who tackled the shorter events and whilst they were not out on the course as long, they still faced their own challenges. Well done to them.

The iconic SMC Road Race Series for 2023-2024 kicked off in September at Smithfield, a little earlier than normal. Girraween members were spotted out on the course in the shorter events. Geoff finished first overall in the 10km event with a superb run, whilst Sai Sravan finished third overall in the 5km event with an excellent performance. Sai Sraddha finished second in the 2km kid's dash. It was nice to see one of Girraween's stalwarts in Suresh make a return to the 5km at SMC, showing us all he is still running well. It was exciting to see Girraween members tackling these events at this great series and we hope this continues over the ensuing months.

The parkrun monolith continued through September. Both Geoff and Nikil picked up two first places each in parkrun events at opposite ends of the continent, running superbly. Geoff also picked up two new pb's, whilst Kristy, Garry, Katrina and David all picked up a new pb. Girraween runners continued posting consistently good times at many parkrun events through September.

Early in September, Tipene, Brett and Stephen M posted excellent times in the Half Marathon held around Sydney Olympic Park, whilst Terry also posted a most satisfactory time in the 10km held at the same venue. Garry also continued posting consistent times when he participated in the Campbelltown 1000m & 3000m series at Leumeah.

It would be remiss not to mention the running exploits of both Graham and Wayne on their respective holidays in the UK through September. Graham was able to compete in 10km events in London on numerous occasions, posting most competitive 10km times whilst at the same time running into some very hot weather so to speak. He also was able to slot in a parkrun in Scotland at the end of the month. Wayne was able to tackle two parkrun's in Scotland earlier in the month, before tackling the famous Bushy parkrun in London at the end of the month. Bushy is the birthplace of parkrun worldwide, so Wayne was very happy to have this opportunity to run there. Extraordinarily, despite both Graham and Wayne been in full on holiday mode, both gentlemen still managed to post very fine times in their respective events. It shows that have maintained their fine time from their recently completed winter seasons.

It had been another fine month of athletic endeavour and Girraween's athletes once again stepped up with excellent performances. We wish everyone well leading into the upcoming summer season. Results follow:

2-9-23 Rooty Hill parkrun 5km

5th	Daniel Irving	19:09
8th	Tipene Robinson	20:10
25th	Rod Zammit	23:24
33rd	Stephen Parkins	24:24
48th	David Perry	26:30
118th	Matthew Briggs	36:26
172nd	Geneva McDermott	50:46 (walker)
173rd	Bettina McMahan	51:10 (walker)

2-9-23 The Ponds parkrun 5km

31st Matt Modini 22:01
32nd Adam Etherington 22:06
127th Greg Sargeant 26:33

2-9-23 East Richmond parkrun 5km

7th Brandon Goldsworthy 20:46
115th Diane Celnikier 41:37 (walker)

2-9-23 Parramatta parkrun 5km

168th Terry Rose 33:37
232nd Michael Christie 40:29

2-9-23 Whalan Reserve parkrun 5km

77th Mairead Connolly 32:07
107th Vija- Louise Heath 46:33 (walker)

2-9-23 Curl Curl parkrun 5km

83rd Lisa Grant 22:53

2-9-23 Rhodes parkrun 5km

85th Michael Free 23:21

2-9-23 Maitland parkrun 5km

23rd Danny Martins 23:35

2-9-23 Rockhampton (Qld) parkrun 5km

29th Garry Womsley 24:13

3-9-23 Sydney Half Marathon Homebush

219th Tipene Robinson 1:34:31
327th Brett Langley 1:42:25
594th Stephen Mifsud 2:10:05

Sydney Half Marathon 10km event

159th Terry Rose 1:09:04

5-9-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 1

9th Garry Womsley 1:09:04

3000m

9th Garry Womsley 14:17

6-9-23 Chase the Sun Hyde Park London UK

10km	Gun Time	Net Time
206th Graham Sheargold	58:32	57:60 (1st 60-69 cat)

6-9-23 – 8-9-23 NSW CHS Secondary Athletics Championships SOPAC

Girls 17-19 Years 3000m Race Walk

2nd Laelia Byatt 17:31.56

Boys 17-19 Years Discus 1.5g

11th Kajanan Srisivaeaswaran 39.45m

Boys 12 -13 Years Javelin 600g

6th Kavin Tharmanesan 29.53m

Boys 16-19 Years 3000m Race Walk

1st Joel Byatt 13:52.06

Boys 12- 13 Years Shot Put 3kg

11th Kavin Tharmanesan 11.52m

9-9-23 The Ponds parkrun 5km

12th Geoff Sheargold 17:53 (new pb)

32nd Brandon Goldsworthy 21:00

45th Wayne Thurlow 22:13

119th Greg Sargeant 26:06

9-9-23 Rooty Hill parkrun 5km

5th Daniel Irving 19:22

26th Rod Zammit 23:19

181st Kristy Zammit 43:59 (walker) (new pb)

202nd Jason Cutajar 47:24 (walker)

9-9-23 Parramatta parkrun 5km

36th Brett Langley 25:12

184th Terry Rose 32:58

283rd Michael Christie 49:44 (walker)

9-9-23 Point Hut Pond (ACT) parkrun 5km

68th Michelle Otte 45:20 (walker)

69th David Otte 46:10 (walker)

9-9-23 Champion Lakes (WA) parkrun 5km

1st Nikil Redipali 17:00

9-9-23 Curl Curl parkrun 5km

103rd Lisa Grant 22:44

9-9-23 Blue Gum Hills parkrun 5km

10th Danny Martins 23:03

9-9-23 Dolls Point parkrun 5km

38th Garry Womsley 23:26 (new pb)

9-9-23 GreenWay parkrun 5km

58th Michael Free 23:28

9-9-23 Wentworth Common parkrun 5km

71st Stephen Parkins 25:18

9-9-23 Casula parklands parkrun 5km

51st Abbie Stone 34:22

9-9-23 Stockton parkrun 5km

121st Andrew Free 35:45

9-9-23 East Richmond parkrun 5km

126th Diane Celnikier 41:37 (walker)

10-9-23 SMC Road Race Series Smithfield

10km

1st	Geoff Sheargold	38:31.7
41st	Greg Sargeant	57:00.4
50th	Stephen O'Donnell	1:00:34.9
62nd	Mairead Connolly	1:07:51.6

5km

3rd	Sai Sravan Shailesh	20:51.7
16th	Stephen Mifsud	27:32.6
30th	Suresh Raju	31:13.6
34th	Terry Rose	31:45.0
36th	Jean Davis	32:15.1
42nd	Michael Christie	36:02.5

2km Kids Run

2nd	Sai Sraddha Shailesh	8:42.8
7th	Sophia Zhu	10:55.4

16-9-23 Rooty Hill parkrun 5km

1st	Geoff Sheargold	17:10 (new pb)
38th	David Perry	26:25
209th	Rod Zammit	56:12 (walker)
221st	Geneva McDermott	1:00:47 (walker)
222nd	Camille McDermott	1:01:11 (walker)
224th	Bettina McMahon	1:01:23 (walker)

16-9-23 Wentworth Common parkrun 5km

61st	Michael Free	27:40
62nd	Stephen Parkins	27:41

16-9-23 The Ponds parkrun 5km

112th	Greg Sargeant	26:37
175th	Brandon Goldsworthy	29:06

16-9-23 Parramatta parkrun 5km

254th	Michael Christie	38:45
287th	Terry Rose	45:10 (walker)

16-9-23 Curl Curl parkrun 5km

80th	Lisa Grant	22:38
------	------------	-------

16-9-23 Cooks River parkrun 5km

30th	Brett Langley	23:59
------	---------------	-------

16-9-23 University of Stirling (UK) parkrun 5km

51st	Wayne Thurlow	24:40
------	---------------	-------

16-9-23 Whalan Reserve parkrun 5km

13th	Tipene Robinson	25:38
------	-----------------	-------

16-9-23 Blackbutt parkrun 5km

122nd	Andrew Free	39:43
-------	-------------	-------

17-9-23 Sydney Marathon

	Gun Time	Net Time
645th Daniel Irving	3:15:14	3:12:16
2325th Brandon Goldsworthy	3:52:18	3:45:36
2666th Tipene Robinson	3:57:35	3:57:12
3906th Brett Langley	4:14:13	4:05:30
7225th Peter Kimpton	4:52:46	4:28:41
9141st Bettina McMahon	5:18:04	4:53:59
9173rd Rod Zammit	5:18:36	4:54:31
10777th Steve Clark	5:46:01	5:28:22
11363rd Steve Mifsud	5:58:05	5:49:16
13161st Mairead Connolly	7:15:49	6:51:50

Sydney Marathon 10km

5890th Terry Rose	1:20:50	1:12:54
-------------------	---------	---------

Sydney Marathon Family Fun Run 3.5km

48th Garry Womsley	16:01	16:01 (1st 60-69 cat)
--------------------	-------	-----------------------

17-9-23 The One in the Park- Regents Park London UK

10km

	Gun Time	Net Time
--	----------	----------

63rd Graham Sheargold	55:12	55:05 (2nd M60+ cat)
-----------------------	-------	----------------------

20-9-23 Campbelltown Joggers 1000m & 3000m series Leumeah

1000m Event 1

2nd Garry Womsley	4:18
-------------------	------

23-9-23 Rooty Hill parkrun 5km

1st Geoff Sheargold	17:19
27th Tipene Robinson	23:30
45th Brandon Goldsworthy	24:48
60th Bettina McMahon	26:16
62nd David Perry	26:19
123rd Mairead Connolly	31:41
200th Kristy Zammit	45:57 (walker)
244th Rod Zammit	57:40 (walker)

23-9-23 Parramatta parkrun 5km

204th Terry Rose	32:51
244th Michael Christie	36:39

23-9-23 Homestead (WA) parkrun 5km

1st Nikil Redipali	16:53
--------------------	-------

23-9-23 Maitland parkrun 5km

17th Danny Martins	22:14
--------------------	-------

23-9-23 Wagga parkrun 5km

12th Lisa Grant	23:04
-----------------	-------

23-9-23 Dolls Point parkrun 5km

51st Michael Free	23:55
-------------------	-------

23-9-23 Rockhampton (Qld) parkrun 5km

19th Garry Womsley 24:12

23-9-23 Holyrood (UK) parkrun 5km

120th Wayne Thurlow 24:51

23-9-23 Wentworth Common parkrun 5km

55th Stephen Parkins 25:16

23-9-23 The Ponds parkrun 5km

122nd Greg Sargeant 26:31

23-9-23 Fingal Bay parkrun 5km

75th Katrina Russell 30:12 (new pb)

23-9-23 Lake Mac parkrun 5km

222nd Andrew Free 34:50

23-9-23 – 25-9-23 NSW All Schools Championships & Primary School Challenge SOPAC**23-9-23****Girls 5000m Race Walk 17 Years**

3rd Laelia Byatt 28:34.24

Girls 5000m Race Walk 16 Years

6th Laura Corvalan Sotomayor 31:53.35

Boys 5000m Race Walk 16 Years

5th Joel Byatt 17:36:27.05

Girls 1500m Primary 10 Years

6th Sai Sraddha Shailesh 5:38.52

Boys Long Jump 17 Years

15th Sumeet Dasgupta 5.46m

24-9-23**Boys 100m 16 Years Prelims**

13th Tyler Bussier 11.51

Boys 100m 17 Years Prelims

33rd Sumeet Dasgupta 12.13

Girls 800m Primary 10 Years

4th Sai Sraddha Shailesh 2:42.96

Boys Discus Throw 19 Years 1.75kg

3rd Avilash Tharmanesan 26.02m

25-9-23**Boys 200m 17 Years Prelims**

28th Sumeet Dasgupta 24.99

Boys Hammer Throw 17 Years 5kg

1st Kajanan Srisivaeaswaran 54.86m

Girls Hammer Throw 16 Years 3kg

4th Tasha Reader 41.32m

Boys Shot Put 19 Years 6kg

3rd Avilash Tharmanesan 11.55m

24-9-23 London Vitality 10,000 UK

5936th Graham Sheargold 56:24

30-9-23 Rooty Hill parkrun 5km

17th Tipene Robinson 21:24

67th Greg Sargeant 25:58

74th Laelia Byatt 26:25

146th Matthew Briggs 32:29

236th David Otte 52:11 (walker)

30-9-23 Parramatta parkrun 5km

264th Terry Rose 33:45

267th Mairead Connolly 33:57

403rd Sophia Zhu 51:27 (walker)

405th Michael Christie 52:25 (walker)

30-9-23 Whalan Reserve parkrun 5km

6th Rod Zammit 22:43

30th Kristy Zammit 55:35 (walker)

30-9-23 Maitland parkrun 5km

22nd Danny Martins 23:10

30-9-23 Bushy (UK) parkrun 5km

317th Wayne Thurlow 23:26

30-9-23 Rouse Hill parkrun 5km

9th Brett Langley 24:21

30-9-23 St Peters parkrun 5km

83rd Garry Womsley 24:31

30-9-23 Curl Curl parkrun 5km

164th Lisa Grant 24:41

30-9-23 The Ponds parkrun 5km

79th Brandon Goldsworthy 24:42

30-9-23 Kamay parkrun 5km

22nd Michael Free 25:31

30-9-23 Avondale University College parkrun 5km

30th David Perry 27:03 (new pb)

30-9-23 Wentworth Common parkrun 5km

80th Stephen Parkins 27:07

30-9-23 Gungahlin (ACT) parkrun 5km

63rd Bettina McMahon 27:38

30-9-23 Torvean (UK) parkrun 5km

211th Graham Sheargold 29:32

30-9-23 Blackbutt parkrun 5km

116th Andrew Free 38:32

30-9-23 Warner Lakes (QLD) parkrun 5km

112th Mischelle Otte 45:58(walker)

Michael Christie (GAP)