

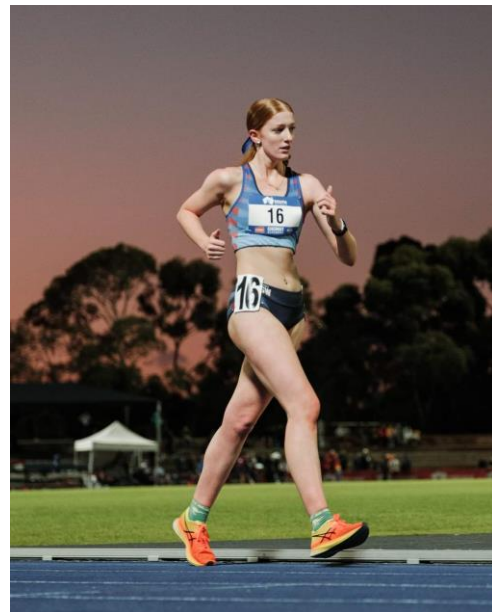
April 2024 – Girraween athletes make a wonderful start to the winter season!

April was another busy month for Girraween's members and friends as can be seen by the results published below, where they competed far and wide. There were highlights once again throughout April.

The efforts of Laelia and Joel Byatt at the Australian Championships held in Adelaide were a real highlight. The competition at this level, as one can imagine, was top-class with deep fields across all events. Laelia managed a four-minute pb in her 10,000m race walk. To do this at an Australian Championships with the added pressure inherent in a National Championship is a very fine effort indeed. Joel picked up a well-deserved bronze medal in the 5000m race walk. This was another excellent performance by Joel. Both Joel and Laelia have had long seasons where they both took the opportunity to compete at the highest possible level in their sport. They are both a wonderful example, particularly to younger athletes, of getting out there and competing when you can. That's the way you improve. Congratulations to Joel and Laelia on a fine season.



Joel @ Australian Championships in Adelaide



Laelia @ Australian Championships in Adelaide

The first edition of the NSW Dual relays took place in April. Girraween had three teams, including two junior teams in a NSW winter relays event for the first time in almost twenty years. Sai Sraddha Shailesh and Jasmine Lo had the honour of being this first Girraween junior team since 2005 to compete at a NSW winter relays event. They won the bronze medal in a very closely fought race and it was very well-deserved. Congratulations to both Sai Sraddha and Jasmine. Sai Sravan Shailesh and Louis Sultana represented Girraween in the U16 male relay, both competing up in their age and they held their own very well indeed as can be seen by their splits. A big shout out to Louis who was running several ages up. He was not phased and ran superbly. He has great potential when it comes to distance running. Congratulations to Sai Sravan and Louis. It would be remiss not to mention the effort of the veteran's team in Graham Sheargold and Michael Christie who were pleased to finish in the

top five. Overall, it was an interesting meet and the exciting point from a Girraween perspective was having junior teams competing at these relays. Thanks to the families of our junior athletes who came out and supported our teams on the day.



Sai Sraddha and Jasmine @ NSW Dual Relays



Sai Sravan and Louis @ NSW Dual Relays



Sai Sraddha and Jasmine @ Medal Presentation at NSW Dual Relays

The SMC Road Race series was held at Smithfield in April. It was a beautiful morning for running. Michael Free had a fine run in the Half Marathon while Stephen Mifsud battled on gamely. Geoff Sheargold posted another fine sub-forty-minute time in 10km run. Sai Sravan Shailesh ran an excellent time in the 5km event. Sai Sraddha Shailesh ran speedily in the 2km kids dash once again. The remaining Girraween members and friends also competed well across the various events.

In April parkrun continued unabated and Girraween members and friends were spotted far and wide. A shout out to Damon Byatt and Carly Eager who both picked up new pb's at their respective events. As you can see by the results listed, parkrun continues to be popular and there were many fine times posted on varying courses across April.

There were other excellent performances in April. Peter Kimpton posted another fine time in the Canberra Marathon, while both Graham Sheargold and Stephen Mifsud had an excellent hit out in the Half in Canberra. One of Girraween's favourite sons in Brad Milosevic finished a meritorious second in the 10km event at the Canberra Running Festival. Given that these day's running takes a back seat to Brad's study and work commitments it showed he can still post a fine time. Graham and Geoff Sheargold both posted fine times at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. Vija-Louise Heath won her category with an excellent run in the Rock 'N' Roll Festival at the International Regatta Centre at Penrith early in the month, while Danny Martins also posted an excellent time in the Hill to Harbour event in Newcastle.

Once again it had been an excellent month of athletic achievement by Girraween members and friend's and they honestly do never cease to amaze. Their versatility continues to be a real highlight. Results follow:

6-4-24 The Ponds parkrun 5km

30th Wayne Thurlow 21:44

296th Steve Williams 33:40

6-4-24 Parramatta parkrun 5km

186th Terry Rose 33:51

270th Michael Christie 1:04:49 (Tail walker)

6-4-24 Curl Curl parkrun 5km

53rd Lisa Grant 23:42

6-4-24 Rhodes parkrun 5km

85th Michael Free 23:47

6-4-24 Rockhampton (Qld) parkrun 5km

28th Garry Womsley 25:36

6-4-24 Newy parkrun 5km

326th Andrew Free 34:41

6-4-24 Rock 'N' Roll Festival International Regatta Centre Penrith

10km

17th Vija-Louise Heath 41:55 (1st 40-49 cat)

7-4-24 Canberra Marathon Running Festival Canberra ACT

Marathon

1235th Peter Kimpton 4:17:20

Half Marathon

2335th Graham Sheargold 2:15:47

2505th Stephen Mifsud 2:19:00

10km

2nd Brad Milosevic 32:24

7-4-24 Hill to Harbour Newcastle

12km

255th Danny Martins 57:26

11-4-24 – 14-4-24 Chemist Warehouse Senior & U20 Australian Athletics

Championships Adelaide

11-4-24

Men's U20 10,000m Walk

Joel Byatt DNF

Women's U20 10,000m Walk

12th Laelia Byattt 59:41.04 (new pb)

16-4-24 – 19-4-24 Chemist Warehouse Junior (Under Age) Australian Athletics

Championships Adelaide

16-4-24

Boy's U18 5000m Race Walk

3rd Joel Byatt 22:22.52

13-4-24 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:12
44th	Rod Zammit	24:12
84th	David Perry	26:26
162nd	Jason Cutajar	31:44
234th	Steve Williams	42:03
252nd	Matthew Briggs	49:54 (walker)

13-4-24 Curl Curl parkrun 5km

45th	Brett Langley	20:35
123rd	Lisa Grant	23:39

13-4-24 Torrens (SA) parkrun 5km

50th	Damon Byattt	22:10
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13-4-24 GreenWay parkrun 5km

60th	Michael Free	22:55
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13-4-24 Jerrabomberra Mountain Reserve (ACT) parkrun 5km

21st	Tipene Robinson	25:07
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13-4-24 Wentworth Common parkrun 5km

48th	Stephen Parkins	25:52
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13-4-24 The Ponds parkrun 5km

172nd	Greg Sargeant	27:49
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13-4-24 Wangaratta (VIC) parkrun 5km

64th	Terry Rose	33:29
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13-4-24 Lakeview parkrun 5km

95th	Andrew Free	36:03
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13-4-23 Parramatta parkrun 5km

285th	Michael Christie	37:12
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13-4-24 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

14th	Graham Sheargold	17:17 (new pb)
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20-4-24 Rooty Hill parkrun 5km

2nd	Danile Irving	17:11
18th	Damon Byatt	21:44 (new pb)
23rd	Michael Free	22:15
24th	Wayne Thurlow	22:16
37th	Brett Langley	24:01
126th	Mairead Connolly	32:16
166th	Matthew Briggs	37:16]
194th	Ashley Micallef	43:17

20-4-24 East Richmond parkrun 5km

38th	David Perry	27:02
89th	Jason Cutajar	32:35
117th	Diane Celnikier	40:38

20-4-24 Willoughby parkrun 5km

74th Rod Zammit 25:10

77th Vija-Louise Heath 25:25

20-4-24 Wentworth Common parkrun 5km

7th Adam Sinclair 21:02

20-4-24 Curl Curl parkrun 5km

83rd Lisa Grant 23:21

20-4-24 The Ponds parkrun 5km

150th Greg Sargeant 27:04

20-4-24 Thurrock parkrun, Orsett Heath (UK) 5km

37th Carly Eager 27:14 (new pb)

20-4-24 Henry Kendall parkrun 5km

15th Stephen Parkins 27:21

20-4-24 Parramatta parkrun 5km

278th Terry Rose 33:41

20-4-24 Newy parkrun 5km

367th Andrew Free 34:27

20-4-24 Wagga Wagga parkrun 5km

119th Michael Christie 34:55

20-4-24 Western Districts Joggers & Harriers Lake Gillawarna**5@The Lake**

1st Geoff Sheargold 18:32

11th Graham Sheargold 25:48

21-4-24 SMC Road Race Series Smithfield**Half Marathon**

25th Michael Free 1:56:41

44th Stephen Mifsud 2:13:25

10km

3rd Geoff Sheargold 38:59.2

38th Graham Sheargold 52:25.9

55th Greg Sargeant 57:50.2

67th Stephen O'Donnell 1:05:07.2

74th Mairead Connolly 1:11:20.7

5km

6th Sai Sravan Shailesh 21:24.3

23rd Alison Shaw 27:15.1

39th Terry Rose 33:24.9

40th Jean Davis 33:25.9

42nd Michael Christie 35:31.0

2km Kid's Dash

3rd Sai Sraddha Shailesh 8:30.0

27-4-24 Rooty Hill parkrun 5km

2nd	Daniel Irving	16:55
21st	Damon Byatt	21:44
30th	Wayne Thurlow	22:33
51st	Rod Zammit	24:15
73rd	David Perry	26:04
115th	Geoff Newey	30:18
161st	Jason Cutajar	34:03
184th	Geneva McDermott	37:45
238th	Matthew Briggs	50:03 (walker)
262nd	Mischelle Otte	57:28 (walker)
271st	David Otte	1:04:38 (walker)

27-4-24 Lake Mac parkrun 5km

29th	Vija-Louise Heath	23:28
218th	Andrew Free	33:45
249th	Sharon Free	37:45

27-4-24 Parramatta parkrun 5km

244th	Katrina Russell	31:08
297th	Terry Rose	33:30
340th	Michael Christie	37:21

27-4-24 Wentworth Common parkrun 5km

13th	Michael Free	22:19
39th	Stephen Parkins	25:06

27-4-24 Aplins Weir (Qld) parkrun 5km

93rd	Gary Micallef	41:29
121st	Ashley Micallef	55:11 (walker)

27-4-24 Nepean River parkrun 5km

14th	Tipene Robinson	21:53
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27-4-24 Rockhampton (Qld) parkrun 5km

32nd	Garry Womsley	25:31
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27-4-24 San Remo parkrun 5km

53rd	Stacey Argent	29:33
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27-4-24 Penrith Lakes parkrun 5km

46th	Brandon Goldsworthy	31:27
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27-4-24 Rouse Hill parkrun 5km

109th	Peter Tutty	38:04
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27-4-24 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

1st	Geoff Sheargold	39:09
18th	Graham Sheargold	55:58

27-4-24 Sr George Classic featuring NSW Dual Relay Championships

Scarborough Park Monterey

U12 Female 2 x 1km

Sai Sraddha Shailesh

Jasmine Lo

1km Splits 3rd

3:43

4:15

Total 7:58

U16 Male 2 x 2km

Sai Sravan Shailesh

Louis Sultana

1km Splits

Leg 1

Leg 2

Leg 1

Leg 2

1km Splits

2:49

3:44

4:02

3:50

10th

Total 14:25

60-69 Male 2 x 2 x 1km

Graham Sheargold

Michael Christie

(No splits published)

5th

Total 21:49

Michael Christie

(GAP)