

## August 2024 – You can do this ... you can do that ... you can do anything ...



*Adam @ Sydney Half*



*Graham @ Sydney Half*



*Vija @ Sydney Half*



*Daniel @ Sydney Half*



*Damon, Laelia, Joel @ City-to-Surf*

The heading for this month's newsletter sums up the achievements of Girraween members and friends across a range of events through August. They continue to amaze, and we congratulate them on their achievements.

The small Girraween contingent at the NSW Long Walks Championships at Chipping Norton were proof of this adage. Joel won a gold medal in his event with another excellent performance, continuing his fine form from earlier in the season. A big congratulations to both Addison and Hugo who picked up well-deserved medals in their events, whilst Laura once again posted another excellent performance. She has been most consistent over a long period. Well done to all four athletes.

The NSW Road Relay Championships took place at The Crest at the beginning of the month. Sadly, there were not enough senior athletes to form a team. However, this did not deter Nick, Graham and Greg from entering their respective events as individuals. All three athletes posted most competitive times and should be most pleased with their performances. They deserve our thanks for representing Girraween at such an important event.

Later in August the Sydney Half, which incorporated the NSW Half Marathon Championships took place around the streets of Sydney Olympic Park on a cool Sunday morning. A number

of Girraween members and friends participated in this event. Daniel posted a very fine sub eighty-minute time whilst Adam was well under the one-hundred-minute time with a very fine run. Both Michael F and Vija also posted fine sub two-hour times on this course. Congratulations to these athletes and the remainder of the Girraween contingent who battled on gamely to the end.

The City-to-Surf once again proved to be a major attraction and Girraween members and friends were spotted out on the course across the morning giving their all. Daniel, Joshua and Joel all posted times under the hour mark; a very fine achievement in the circumstances. Daniel's time was particularly noteworthy - just over the fifty-one minute mark. Danny, Thomas and Rod all posted times between the sixty and seventy-minute mark - excellent work in the circumstances. All in all, the Girraween members and friends contingent should be pleased with their effort, adding another chapter to the Girraween story at the City-to-Surf, Australia's most iconic run.

Parkrun continued throughout August. Michael F ran four new pb's, a superb effort following on from his fine achievements in July at parkrun. Damon also posted another new pb. The noteworthy aspect these new pb's is that they were very quick, illustrating the fine form that both Michael and Damon find themselves in at this time. Daniel also finished first in a parkrun at Rooty Hill in August. Many Girraween members and friends continued their fine form at parkrun across August and many travelled near and far for a run. Well done to all concerned.

There were other noteworthy efforts across August. Both Graham and Geoff continued to run well in the Western Districts Joggers and Harriers handicap series. Graham also posted a great time in the Half Marathon at the Mudgee Running Festival. Both Josh and Peter competed in the marathon at the Dubbo stampede with both runners posting excellent times. Josh finished third in the U20 category in this event, a very fine achievement given his age. Congratulations Josh.

Once again, it was another fine month, with members and friends participating in various events far and wide. The level of achievement never ceases to amaze and inspire. Results follow:

### **3-8-24 Rooty Hill parkrun 5km**

3rd	Daniel Irving	18:45
16th	Michael Free	21:18 (new pb)
18th	Damon Byatt	21:36
47th	Wayne Thurlow	23:48
49th	Rod Zammit	24:06
53th	Dominic Carr	24:19
58th	Vija-Louise Heath	24:58
64th	David Perry	25:27
103rd	Bettina McMahon	27:58
188th	Mischelle Otte	38:49
214th	Matthew Briggs	44:38 (walker)

239th David Otte 50:42 (walker)

### **3-8-24 Parramatta parkrun 5km**

258th Terry Rose 34:54

285th Michael Christie 36:40

359th Mairead Connolly 49:59 (walker)

### **3-8-24 Dhunggaarr parkrun 5km**

3rd Brett Langley 22:06

### **3-8-24 Whalan Reserve parkrun 5km**

2nd Tipene Robinson 22:18

### **3-8-24 Curl Curl parkrun 5km**

83rd Lisa Grant 22:33

### **3-8-24 Rouse Hill parkrun 5km**

7th Brandon Goldsworthy 23:31

### **3-8-24 Kirra (Qld) parkrun 5km**

174th Jason Cutajar 33:58

### **3-8-24 Lakeview parkrun 5km**

174th Andrew Free 34:03

### **3-8-24 Western Districts Joggers & Harriers Lake Gillawarna**

#### **10km Handicap**

1st Geoff Sheargold 39:48

19th Graham Sheargold 55:21

### **3-8-24 NSW Road Relay Championships The Crest Georges Hall**

#### **30+ Male 4km**

1st Nicholas Hanna 18:00

#### **60+ Male 4km**

1st Graham Sheargold 19:11

2nd Greg Sargeant 21:17

### **10-8-24 Rooty Hill parkrun 5km**

11th Damon Byatt 21:25

14th Brett Langley 21:47

24th Wayne Thurlow 23:14

40th Rod Zammit 24:44

48th David Perry 25:20

200th Camile McDermott 47:47 (walker)

201st Bettina McMahon 47:48 (walker)

202nd Matthew Briggs 47:51 (walker)

211th Jason Cutajar 50:30 (walker)

### **10-8-24 Wentworth Common parkrun 5km**

7th Michael Free 21:30 (new pb)

37th Stephen Parkins 26:03

### **10-8-24 Parramatta parkrun 5km**

222nd Michael Christie 35:35

314th Terry Rose 1:02:35 (Tail Walker)

**10-8-24 East Richmond parkrun 5km**

120th Mischelle Otte 52:30 (walker)

121st David Otte 52:54 (walker)

**10-8-24 Curl Curl parkrun 5km**

56th Lisa Grant 22:44

**10-8-24 Blue Gum Hills parkrun 5km**

18th Danny Martins 25:02

**10-8-24 The Ponds parkrun 5km**

128th Greg Sargeant 27:15

**10-8-24 Newy parkrun 5km**

267th Andrew Free 32:31

**10-8-24 Western Districts Joggers & Harriers Lake Gillawarna**

**3.5km Handicap**

22nd Graham Sheargold 22:48

**11-8-24 City to Surf 14km**

225th Daniel Irving 51:26

670th Joshua Kimpton 55:16

1130th Joel Byatt 57:38

3375th Danny Martins 1:03:45

6946th Thomas List 1:09:16

7028th Rod Zammit 1:09:22

10933rd Laelia Byatt 1:14:15

11053rd Damon Byatt 1:14:22

11090th Vija-Louise Heath 1:14:24

16227th Alison Shaw 1:19:24

18548th Garry Womsley 1:21:32

18914th Peter Kimpton 1:21:51

34048th Stephen Mifsud 1:34:44

44427th Suresh Raju 1:45:11

53967th Terry Rose 1:58:19

55738th Jason Cutajar 2:01:21

**17-8-24 Rooty Hill parkrun 5km**

1st Daniel Irving 17:02

35th Wayne Thurlow 23:48

63rd David Perry 25:30

132nd Geoff Newey 31:53

146th Jason Cutajar 33:11

165th Matthew Briggs 34:39

166th Geneva McDermott 34:40

167th Bettina McMahon 34:51

244th Mairead Connolly 55:56 (walker)

**17-8-24 Parramatta parkrun 5km**

19th Brett Langley 20:50  
60th Vija-Louise Heath 24:02  
327th Terry Rose 36:50  
425th Michael Christie 57:25 (tail walker)

**17-8-24 The Ponds parkrun 5km**

62nd Matt Modini 23:59  
122nd Brandon Goldsworthy 26:24

**17-8-24 East Richmond parkrun 5km**

11th Damon Byattt 21:47 (new pb)

**17-8-24 Pirrama parkrun 5km**

13th Michael Free 21:50

**17-8-24 Curl Curl parkrun 5km**

61st Lisa Grant 22:35

**17-8-24 Stockton parkrun 5km**

23rd Tipene Robinson 23:21

**17-8-24 Blue Gum Hills parkrun 5km**

10th Danny Martins 25:24

**17-8-24 Wentworth Common parkrun 5km**

45th Stephen Parkins 25:24

**17-8-24 Casula Parklands parkrun 5km**

32nd Abbie Stone 31:20

**17-8-24 Lakeview parkrun 5km**

77th Andrew Free 33:39

**18-8-24 Mudgee Running Festival Mudgee****Lowe/Gooree Half Marathon**

199th Graham Sheargold 2:12:35

**18-8-24 NSW Long Walks Championships Chipping Norton****Men's 8000m Race Walk U18**

1st Joel Byatt 40:07.00

**Women's 8000m Race Walk U18**

5th Laura Corvalan Sotomayor 53:53.00

**Girl's 1500m Race Walk U11**

3rd Addison Jenkins 8:50.00

**Boy's 1500m Race Walk U12**

2nd Hugo Siciliano 8:36.00

**24-8-24 Rooty Hill parkrun 5km**

11th Geoff Sheargold 19:47  
35th Damon Byatt 22:43  
38th Wayne Thurlow 23:13  
81st Samuel Jackson 26:19  
141st Geoff Newey 30:04

189th Geneva McDermott 32:37  
192nd Jason Cutajar 32:43  
193rd Bettina McMahon 32:45  
259th Matthew Briggs 39:19

#### **24-8-24 Rhodes parkrun 5km**

33rd Michael Free 21:10 (new pb)  
464th Vija-Louise Heath 47:41 (walker)  
475th Mairead Connolly 52:23 (walker)

#### **24-8-24 Parramatta parkrun 5km**

319th Terry Rose 35:09  
334th Michael Christie 36:24

#### **24-8-24 Curl Curl parkrun 5km**

65th Lisa Grant 22:54

#### **24-8-24 Maitland parkrun 5km**

16th Danny Martins 23:27

#### **24-8-24 Rouse Hill parkrun 5km**

37th Matt Modini 24:43

#### **24-8-24 Wentworth Common parkrun 5km**

57th Stephen Parkins 25:51

#### **24-8-24 Lakeview parkrun 5km**

61st Andrew Free 33:57

#### **24-8-24 East Richmond parkrun 5km**

113th Diane Celnikier 42:43

#### **24-8-24 Pirrama parkrun 5km**

276th David Otte 42:58

#### **24-8-24 Tuggeranong (ACT) parkrun 5km**

221st Mischelle Otte 44:07 (walker)

### **25-8-24 Sydney Half (Featuring NSW Half Marathon Championships) Sydney Olympic Park**

#### **Half Marathon**

56th Daniel Irving 1:18:01  
318th Adam Sinclair 1:34:05  
572nd Michael Free 1:48:06  
732nd Vija-Louise Heath 1:56:04  
892nd Graham Sheargold 2:04:37  
1056th Stephen Mifsud 2:19:27  
1132nd Jason Cutajar 2:33:32  
1190th Mairead Connolly 3:14:10

#### **10km**

70th Dominic Carr 50:03 (2nd 50-54 cat)

## **25-8-24 Dubbo Stampede Dubbo**

### **Rhino Ramble by Totally Workwear – Marathon**

76th Joshua Kimpton 4:25:05 (3rd U20 Cat)

78th Peter Kimpton 4:27:21

### **31-8-24 Rooty Hill parkrun 5km**

3rd Daniel Irving 17:07

14th Michael Free 21:04 (new pb)

20th Tipene Robinson 21:56

36th Rod Zammit 23:29

120th Samuel Jackson 29:14

135th Geneva McDermott 29:54

156th Jason Cutajar 31:45

223rd Geoff Newey 39:01

250th Camille McDermott 45:02 (walker)

251st Matthew Briggs 45:02 (walker)

253rd Bettina McMahon 45:12 (walker)

270th Mischelle Otte 49:38 (walker)

### **31-8-24 Millenium (Canada) parkrun 5km**

3rd Brett Langley 21:35

### **31-8-24 East Richmond parkrun 5km**

27th Matt Modini 24:03

### **31-8-24 Rockhampton (Qld) parkrun 5km**

35th Garry Womsley 25:12

### **31-8-24 The Entrance parkrun 5km**

32nd David Perry 26:11

### **31-8-24 Wentworth Common parkrun 5km**

64th Stephen Parkins 26:22

### **31-8-24 The Ponds parkrun 5km**

193rd Greg Sargeant 28:15

### **31-8-24 Werrington Lakes Reserve parkrun 5km**

23rd Terry Rose 34:24

### **31-8-24 Parramatta parkrun 5km**

413th Michael Christie 39:08

### **31-8-24 Rouse Hill parkrun 5km**

107th Peter Tutty 40:51

### **31-8-24 Curl Curl parkrun 5km**

461st Lisa Grant 55:56 (Tail Walker)

Michael Christie (GAP)