

December 2024 – Girraween athletes end the year in fine style!



*Michael F, Greg, Graham, Michael C, Daniel @
The Girraween Christmas Cup*



*Michael F, Greg, Graham, Michael C, Heidi @
The Girraween Christmas Cup*

Well, December saw Girraween's members and friends end 2024 in fine style with a number of excellent performances across a variety of events as can be seen by the list of results below.

Joel competed in the U18 5000m Race Walk Final at Australian All Schools in Brisbane early in the month and gained a fine top five finish in what was a very strong field. It capped a fine year in race-walking for Joel where he continued to make great strides in his chosen discipline. We wish him well as he continues his career in athletics.

The SMC Road Race series was held at Smithfield in December. All runners across all events were confronted with brutal weather conditions with very high humidity. Yet despite these conditions, there were eye-catching performances. Geoff in the Half Marathon, Damon in the 10km, Sai Sravan and Addison in the 5km and Sai Sraddha in the 2km kids dash were all efforts that stood out. However, all Girraween members and friends across all events deserve great credit for sticking to their task on this sauna like morning.

Parkrun continued on its merry way through December. There were notable performances. There were new pb's from Joel, Bruce, Samuel and Damon across December, all running very fine times. Daniel finished first on two occasions at Rooty Hill parkrun, posting excellent times in the bargain. Michael F ran his 350th parkrun at Pirrama parkrun in December, a notable milestone from this very durable athlete. Congratulations Michael. Overall, as can be gauged from the results, many athletes maintained a high level of consistency in at times very warm conditions and their performances are remarkable.

There were other highlights in December. Peter and Josh participated in two races at the Mt Buller Sky Run Festival in the Victorian Alps in December. Both athletes ran very well on what were extremely difficult and technical courses. Well done Peter and Josh.

Congratulations Peter on completing your year of long-distance events raising funds for Beyond Blue. It has been a remarkable journey and all at Girraween send you their best

wishes on completing this goal. Graham continued his journey at the Western Districts Joggers and Harriers series at Lake Gillawarna, once again posting excellent times. A shout out to Greg and Michael E who respectively were the first track and field athletes home in the two events that made up the Girraween Athletics Club Christmas Cup at C V Kelly Park at the end of December. While numbers were small, there was no lacking in enthusiasm from the participants. Thank you to Daniel for organising this at short notice.

Once again Girraween's members and friends stepped up across December posting another series of remarkable results. We hope our members and friends had a wonderful Christmas and New Year and we wish everyone all the best with their athletics in 2025. Results follow:

6-12-24 – 8-12-24 Chemist Warehouse All Australian Schools Athletics Championships Brisbane

6-12-24

U18 Boys 5000m Race Walk Final

5th Joel Byatt 22:59.84

7-12-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:55

12th Rod Zammit 22:12

15th Damon Byatt 22:58

76th Tipene Robinson 29:42

95th Geoff Newey 30:59

101st Bettina McMahon 31:24

140th Jason Cutajar 35:47

193rd Matthew Briggs 50:44 (walker)

206th David Perry 56:42 (walker)

7-12-24 Parramatta parkrun 5km

123rd Heidi Juhart 27:12

288th Terry Rose 35:28

308th Michael Christie 37:20

7-12-24 Whalan Reserve parkrun 5km

1st Brett Langley 20:46

7-12-24 Rhodes parkrun 5km

75th Michael Free 22:11

7-12-24 East Richmond parkrun 5km

11th Matt Modini 22:45

7-12-24 Chipping Norton parkrun 5km

11th Brandon Goldsworthy 23:54

7-12-24 Macquarie University parkrun 5km

48th Wayne Thurlow 24:14

7-12-24 Burley Griffin (ACT) parkrun 5km

68th Vija-Louise Heath 24:53

7-12-24 Maitland parkrun 5km

35th Danny Martins 25:28

7-12-24 The Ponds parkrun 5km

165th Greg Sargeant 29:40

7-12-24 Lakeview parkrun 5km

63rd Andrew Free 33:45

7-12-24 Curl Curl parkrun 5km

291st Lisa Grant 59:55 (Tail Walker)

7-12-24 Western Districts Joggers and Harriers Lake Gillawarna

10km Handicap

16th Graham Sheargold 1:01.26

8-12-24 Mt Buller (Vic) Sky Run

36km Run

14th Peter Kimpton 6:11.18

22km Run

7th Josh Kimpton 2:49.39

14-12-24 Rooty Hill parkrun 5km

3rd Daniel Irving 17:56

5th Joel Byatt 18:19 (new pb)

11th Bruce Hogg 19:42 (new pb)

21st Adam Sinclair 20:49

23rd Damon Byatt 21:29

50th Samuel Jackson 23:28 (new pb)

57th Rod Zammit 24:06

72nd Laelia Byatt 25:01

80th Vija-Louise Heath 25:46

121st Bettina McMahon 27:49

214th Jason Cutajar 34:23

266th Matthew Briggs 47:07 (walker)

277th David Perry 51:09 (walker)

282nd Mischelle Otte 53:16 (walker)

283rd David Otte 53:17 (walker)

291st Mairead Connolly 55:18 (walker)

14-12-24 The Ponds parkrun 5km

14th Brett Langley 20:43

37th Matt Modini 22:37

14-12-24 Pirrama parkrun 5km

31st Michael Free 22:06 (350th pr)

154th Andrew Free 31:47

14-12-24 Parramatta parkrun 5km

275th Terry Rose 33:32

312th Michael Christie 36:50

14-12-24 Blue Gum Hills parkrun 5km

8th Danny Martins 24:26

14-12-24 Macquarie University parkrun 5km

65th Tipene Robinson 24:35

14-12-24 Lakeview parkrun 5km

22nd Lisa Grant 25:28

14-12-24 Western Districts Joggers and Harriers Lake Gillawarna**3.5km Handicap**

39th Graham Sheargold 23:39.29

15-12-24 SMC Road Race Series Smithfield**Half Marathon**

9th Geoff Sheargold 1:38:49.7

29th Adam Etherington 1:54:02.6

39th Michael Free 1:57:46.5

66th Graham Sheargold 2:26:31.9

10km

24th Damon Byatt 47:58.9

86th Greg Sargeant 1:07:35.3

104th Mairead Connolly 1:26:44.7

5km

6th Sai Sravan Shailesh 21:58.9

24th Addison Jenkins 25:53.7

33rd Alison Shaw 27:05.9

38th Stephen Mifsud 28:36.6

46th Michael Kammerer 31:00.7

54th Terry Rose 35:09.5

56th Michael Christie 35:41.0

2km Kids Dash

2nd Sai Sraddha Shailesh 8:25.4

21-12-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:42

3rd Joel Byatt 18:48

13th Damon Byatt 21:50

16th Danny Martins 22:12

19th Rod Zammit 22:29

33rd Wayne Thurlow 23:52

34th Laelia Byatt 24:07

217th Matthew Briggs 53:23 (walker)

219th David Perry 53:46 (walker)

21-12-24 Parramatta parkrun 5km

323rd Terry Rose 35:12

369th Michael Christie 37:52

21-12-24 Curl Curl parkrun 5km

140th Lisa Grant 23:33

21-12-24 Macquarie University parkrun 5km

71st Vija-Louise Heath 23:59

21-12-24 Zillmere (Qld) parkrun 5km

13th Tipene Robinson 25:31

21-12-24 Australian Botanic Garden Mount Annan parkrun 5km

9th Michael Free 25:56

21-12-24 Rockhampton (Qld) parkrun 5km

42nd Garry Womsley 26:10

21-12-24 The Ponds parkrun 5km

164th Greg Sargeant 27:56

21-12-24 Golden Beach (Qld) parkrun 5km

138th Andrew Free 32:13

21-12-24 Rouse Hill parkrun 5km

68th Peter Tutty 36:25

21-12-24 Surfers Paradise (Qld) parkrun 5km

122nd Jason Cutajar 37:56

**21-12-24 Girraween Athletics Club Christmas Cup C V Kelly Park Girraween
1500m**

1st Greg Sargeant 7:31.57

2nd Graham Sheargold 7:45.76

3rd Heidi Juhart 10:03.97

4th Michael Christie 11:19.77

Discus

1st Michael Evans 23.96m

25-12-24 Rooty Hill parkrun 5km

4th Daniel Irving 18:12

8th Rod Zammit 21:34

13th Brett Langley 22:01

23rd Wayne Thurlow 23:11

33rd Vija-Louise Heath 24:38

34th Laelia Byatt 24:39

35th Damon Byatt 24:41

125th Jason Cutajar 40:07

25-12-24 Parramatta parkrun 5km

126th Graham Sheargold 27:37

177th Alison Shaw 28:55

288th Terry Rose 34:57

299th Michael Christie 36:30

323rd Mairead Connolly 40:03

25-12-24 The Ponds parkrun 5km

42nd Matt Modini 22:54

108th Greg Sargeant 27:16

25-12-24 Baringa (Qld) parkrun 5km

88th Andrew Free 31:30

135th Sharon Free 39:46

25-12-24 East Richmond parkrun 5km

81st Peter Tutty 30:53

25-12-24 Werrington Lakes Reserve parkrun 5km

72nd Tipene Robinson 32:56

28-12-24 Rooty Hill parkrun 5km

9th Damon Byatt 21:02 (new pb)

10th Brett Langley 21:04
15th Rod Zammit 22:00
21st Wayne Thurlow 22:52
144th Bettina McMahon 34:44
150th Steve Williams 35:03
245th Matthew Briggs 59:50 (walker)

28-12-24 Parramatta parkrun 5km

10th Geoff Sheargold 18:51
126th Vija-Louise Heath 24:37
246th Graham Sheargold 28:44
395th Terry Rose 35:41
417th Michael Christie 37:11

28-12-24 The Ponds parkrun 5km

64th Steve Clark 24:28
99th Laelia Byatt 24:59
161st Greg Sargeant 27:54

28-12-24 Rouse Hill parkrun 5km

8th Matt Modini 23:54
51st Peter Tutty 34:10

28-12-24 Centennial parkrun 5km

100th Michael Free 23:24

28-12-24 Curl Curl parkrun 5km

145th Lisa Grant 23:30

28-12-24 Airlie Beach (Qld) parkrun 5km

30th Garry Womsley 25:49

28-12-24 Greenpoint (South Africa) parkrun 5km

91st Brandon Goldsworthy 27:15

28-12-24 Blue Gum Hills parkrun 5km

26th Danny Martins 27:35

28-12-24 Lawson parkrun 5km

74th Tipene Robinson 31:42

28-12-24 Stockton parkrun 5km

108th Andrew Free 32:41

Michael Christie (GAP)