

## **February 2024 - The only true limitation is the one you set for yourself !**

When it comes to athletics the headline of the newsletter this month is most accurate. However, looking at February's results, it's also safe to say that Girraween's members and friends rise above and beyond any limitations that may face them when competing across a range of disciplines within the sport. It was another remarkable month of achievement.

The parkrun monolith dominated Girraween results across February, so on this occasion we kick off with this. Daniel Irving gained a first place in the last parkrun of the month at Rooty Hill, demonstrating once again his vast natural ability. Sharon Free with two and Rod Zammit and Michael Free with one, each gained new pb's at patkrun this month. Well done to all three athletes. Stephen Parkins notched up his 250th parkrun at Wentworth Common at the end of the month. A big congratulations to Stephen on reaching this great milestone. Rod Zammit, Brett Langley, Wayne Thurlow, Vija-Louise Heath and Lisa Grant are athletes who spring to mind this month with their remarkable consistency across varying courses. They all continued to post quick times into the bargain in conditions that were often most challenging.

Geoff and Graham Sheargold competed in the Community 5000m event at the NSW 5000m Championships at SOPAC in February. Both runners ran very fine times within their categories in a big field. They have continued to run well throughout summer, despite facing injury concerns. Congratulations to Geoff and Graham.

The SMC Road Race series continued at Smithfield in February. It was an incredibly humid and oppressive morning for running of any description, yet all Girraween members and friends acquitted themselves well. There were fine efforts, in particular by Graham and Geoff Sheargold and Brandon Goldsworthy in the 10km event, Sai Sravan Shailesh in the 5km event and Sai Sraddha Shailesh in the 2km Kids Dash. All athletes will be hoping for friendlier weather for the remainder of the SMC series.

Graham Sheargold continued his impressive consistency across the Western Districts Jogger and Harriers handicap series at Lake Gillawarna across February. Graham had to be happy with his efforts as these events are run on testing courses. It remains a popular series.

On a sad note, (GAP) were informed at the beginning of February that one of our current member's, Raminder Singh had passed away at the end of January. Raminder was one of Girraween's finest Masters athletes, always performing well in his favourite field events over a long period. At ANSW events, whenever Raminder saw a fellow Girraween athlete, he always had a ready smile and a word of encouragement. Over many summer seasons he was also spotted at the occasional Girraween All Comers meets. The club held a minute's silence as a tribute to Raminder at one our All- Comers meet's early in the month. Raminder will be sadly missed by his friends at both Girraween Athletics and NSW Masters.

Despite the lack of variety in events this month, Girraween's members and friends still performed admirably in at times adverse conditions. All should be pleased with their efforts. Results follow:

### **3-2-24 Rooty Hill parkrun 5km**

60th	Wayne Thurlow	25:05
72nd	Rod Zammit	25:52
86th	Brett Langley	26:36
109th	Bettina McMahon	27:56
182nd	Geoff Newey	34:19
267th	Matthew Briggs	47:12 (walker)
305th	David Perry	1:09:08 (walker)

### **3-2-24 Parramatta parkrun 5km**

257th	Katrina Russell	32:40
314th	Michael Christie	36:13
470th	Terry Rose	1:00:31 (tail walker)

### **3-2-24 Lake Mac parkrun 5km**

245th	Andrew Free	34:20
286th	Sharon Free	37:16 (new pb)

### **3-2-24 Champion Lakes (WA) parkrun 5km**

1st	Nikil Redipali	18:22
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### **3-2-24 Mudjimba Beach (Qld) parkrun 5km**

42nd	Tipene Robinson	22:29
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### **3-2-24 Wentworh Common parkrun 5km**

37th	Michael Free	24:06
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### **3-2-24 Werrington Lakes Reserve parkrun 5km**

4th	Lisa Grant	24:12
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### **3-2-24 Rhodes parkrun 5km**

129th	Vija-Louise Heath	25:00
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### **3-2-24 Rockhampton (Qld) parkrun 5km**

49th	Garry Womsley	26:11
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### **3-2-24 The Ponds parkrun 5km**

183rd	Greg Sargeant	28:36
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### **3-2-24 Albert (Vic) parkrun 5km**

756th	Denis Andrew	35:36
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### **3-2-24 Whalan Reserve parkrun 5km**

37th	Jason Cutajar	35:38
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### **3-2-24 Rouse Hill parkrun 5km**

111th	Peter Tutty	39:24
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### **3-2-24 Western Districts Joggers and Harriers Lake Gillawarna**

#### **10km Handicap**

23td	Graham Sheargold	57:56.80
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### **10-2-24 Parramatta parkrun 5km**

345th	Terry Rose	35:11
363rd	Michael Christie	36:30

394th Adam Sinclair 39:06

401st Sophia Sinclair 39:29

### **10-2-24 Rooty Hill parkrun 5km**

18th Wayne Thurlow 22:08

82nd David Perry 27:32

160th Matthew Briggs 34:03

325th Mairead Connolly 1:06:55 (Tail Walker)

### **10-2-24 Whalan Reserve parkrun 5km**

49th Tyrone Robinson 58:24 (walker)

50th Mikayla Robinson 58:42 (walker)

51st Tipene Robinson 58:44 (walker)

### **10-2-24 Casula parklands parkrun 5km**

5th Rod Zammit 23:49 (new pb)

6th Vija-Louise Heath 23:59

### **10-2-24 The Ponds parkrun 5km**

30th Brett Langley 22:02

202nd Greg Sargeant 28:58

### **10-2-24 Rouse Hill parkrun 5km**

101st Peter Tutty 38:28

111th Jason Cutajar 39:25

### **10-2-24 Port Macquarie parkrun 5km**

313th Mischelle Otte 55:23 (walker)

314th David Otte 55:41 (walker)

### **10-2-24 10-2-24 Curl Curl parkrun 5km**

112th Lisa Grant 23:16

### **10-2-24 Tamworth parkrun 5km**

31st Michael Free 23:57 (new pb)

### **10-2-24 North Sydney parkrun 5km**

388th Denis Andrew 37:32

### **10-2-24 Blackbutt parkrun 5km**

115th Andrew Free 38:35

### **10-2-24 Western Districts Joggers & Harriers Lake Gillawarna**

#### **3.5km Handicap**

23rd Graham Sheargold 17:59

### **10-2-24 NSW 5000m Championships SOPAC (Warm Up Track)**

#### **Mixed 5000m Community**

34th Geoff Sheargold 18:48:98

58th Graham Sheargold 25:02:68

### **17-2-24 Rooty Hill parkrun 5km**

22nd Rod Zammit 23:14

31st Wayne Thurlow 24:19

35th Vija-Louise Heath 24:30

83rd David Perry 27:53  
201st Jason Cutajar 36:40  
218th Matthew Briggs 37:45  
272nd Mischelle Otte 45:22  
289th David Otte 50:48 (walker)

### **17-2-24 The Ponds parkrun 5km**

42nd Damon Byatt 22:45  
180th Greg Satgeant 28:31  
384th Mairead Connolly 35:45

### **17-2-24 Stockton parkrun 5km**

196th Andrew Free 34:27  
232nd Sharon Free 37:21 (new pb)

### **17-2-24 Parramatta parkrun 5km**

303rd Terry Rose 35:15  
361st Michael Christie 39:15

### **17-2-24 Curl Curl parkrun 5km**

104th Lisa Grant 23:13

### **17-2-24 Nepean River parkrun 5km**

59th Tipene Robinson 24:49

### **17-2-24 Blue Gum Hills parkrun 5km**

21st Danny Martins 25:52

### **17-2-24 Westen Districts Joggers & Harriers Lake Gillawarna**

#### **5@The Lake**

18th Graham Sheargold 26:32

### **18-2-24 SMC Road Race Series Smithfield**

#### **10km**

53rd Graham Sheargold 57:57.1  
54th Geoff Sheargold 58:05.1  
59th Brandon Goldsworthy 59:33.4  
66th Stephen O'Donnell 1:03:50.1  
70th Greg Sargeant 1:04:50.7

#### **5km**

11th Sai Sravan Shailesh 22:16.2  
32nd Alison Shaw 28:31.2  
48th Suresh Raju 33:08.1  
50th Terry Rose 33:25.8  
52nd Michael Christie 34:00.6

#### **2km Kids Dash**

3rd Sai Sraddha Shailesh 8:30.1

### **24-2-24 Rooty Hill parkrun 5km**

1st Daniel Irving 17:10  
22nd Brett Langley 23:08

113th Mairead Connolly 31:54  
129th Geoff Newey 33:34  
172nd Mischelle Otte 43:04 (walker)  
179th David Otte 46:39 (walker)  
203rd Matthew Briggs 59:59 (walker)

**24-2-24 Cowpasture Reserve parkrun Camden 5km**

20th Rod Zammit 24:02  
29th Vija- Louise Heath 24:06

**24-2-24 Werrington Lakes Reserve parkrun 5km**

16th David Perry 28:45  
33rd Jason Cutajar 33:55

**24-2-24 Parramatta parkrun 5km**

235th Terry Rose 33:34  
283rd Michael Christie 39:03

**24-2-24 Curl Curl parkrun 5km**

57th Lisa Grant 23:46

**24-2-24 Maitland parkrun 5km**

41st Danny Martins 24:26

**24-2-24 Centennial parkrun 5km**

175th Michael Free 25:11

**24-2-24 Rockhampton (Qld) parkrun 5km**

45th Garry Womsley 26:14

**24-2-24 Wentworth Common parkrun 5km**

75th Stephen Parkins 27:58 (250th pr)

Michael Christie

(GAP)