

## January 2024 - Girraween's athletes begin the new year with fine performances!



*Joel @ Supernova 10,000m  
Walk Canberra*



*Laelia @ Supernova 10,000m  
Walk Canberra*



*Michael @  
500<sup>th</sup> Parkrun*



*Michael with Girraween friends @ 500<sup>th</sup>  
Parkrun*

January proved a very busy month for Girraween's athletes. There were a variety of very fine performances across the board; in at times some very challenging conditions. Nevertheless, all Girraween's members and friends are to be congratulated for their sterling efforts.

One of the highlights not only in January, but for many a year were the performances of Joel and Laelia Byatt in their respective 10,000m walk races at the international Supernova 10,000m walk meet held in Canberra at the end of January. It was both Joel and Laelia's first event at the international level, with a number of world-class walkers scattered across both the men's and women's events. It would have been understandable if both Joel and Laelia had been overawed, but they were not. Given the sense of occasion, both athletes performed remarkably well, with both obtaining new pb's and qualifiers for Nationals. One cannot ask for more than that. Everyone at Girraween sends their congratulations to both Joel and Laelia and wishes them well on the lead up to Nationals.

January was a busy month for Taylor Doyle who competed in events at Illawong, Wollongong and Canberra across the month. Taylor posted most consistent performances particularly in the long jump at these meets, showing us all that she has not lost her enthusiasm for the sport. We wish Taylor well as she continues her athletics journey, and we hope she continues to enjoy her competitions.

The SMC Road Race Series continued once again at Smithfield in January. It was an extraordinarily hot morning for distance running. In saying that though, Girraween members and friends stuck to their guns bravely across their perspective events. A shout out to Stephen Mifsud for his effort in the Half Marathon, where he battled on well. Steve was also presented with an award from the SMC committee congratulating him on his forty years of service at SMC; a remarkable milestone. Congratulations Steve. Adam Etherington posted another consistent time in the 10km event and ran well despite the conditions. Sai Sravan Shailesh posted an excellent time in the 5km event, whilst Sai Sraddha also ran consistently in the 2km event.

Parkrun was once again very busy across January, with increasing numbers at various locales. There was noteworthy news. Damon Byatt with three and Daniel Irving, David Perry, Tipene Robinson, Laelia Byatt, Joel Byatt, Peter Tutty and Ashley Micallef with one, all posted new

pbs across January at different events. A big shout out to Damon, whose effort of three pb's was an extraordinary effort given the conditions. Well done, Damon. It was nice to see two of Girraween's past members and friends in Denis Andrew and Peter Tutty returning to the parkrun scene posting a series of consistent times. Michael Christie did his 500th parkrun at Parramatta parkrun at the end of January and was understandably happy to reach this landmark. Many friends from Girraween Athletics Club and Running Bolts, as well as elsewhere were on hand to help him celebrate this achievement. A big shout to all who attended, particularly to Andrew and Sharon Free who travelled down from Newcastle for the morning and to Wayne Thurlow for all the photos. Michael appreciated all this very much. It was a morning to remember.

Graham Sheargold continued his remarkable consistency through January, with excellent performances at the Western Districts and Joggers Handicap Series at Lake Gillawarna. Graham has been a long-term attendee at these events and his run of form is remarkable.

All in all, it had been another noteworthy month of athletics. At first glance, results from parkrun dominate in terms of numbers participating, the efforts of Girraween athletes in the other events were most noteworthy. We wish Girraween members and friends the very best for the remainder of the summer season. Results follow:

#### **1-1-24 Whalan Reserve parkrun 5km**

2nd	Daniel Irving	17:43 (new pb)
9th	Adam Sinclair	20:55
40th	Rod Zammit	24:52
60th	David Perry	26:09 (new pb)
68th	Wayne Thurlow	26:53
105th	Brandon Goldsworthy	30:11
108th	Bettina McMahan	30:17
143rd	Jason Cutajar	36:22
178th	Hugb McDermott	47:29 (walker)

#### **1-1-24 Parramatta parkrun 5km**

50th	Geoff Sheargold	24:08
162nd	Alison Shaw	30:38
211th	Terry Rose	34:22
233rd	Michael Christie	37:21
255th	Mairead Connolly	41:15
315th	Keith Mayhew	1:03.31 (walker)

#### **1-1-24 Newy parkrun 5km**

244th	Sharon Free	38:01
245th	Andrew Free	38:01

#### **1-1-24 Lawson parkrun 5km**

25th	Tipene Robinson	26:30 (new pb)
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**1-1-24 Rouse Hill parkrun 5km**

115th Peter Tutty 37:45

**1-1-24 Greenway parkrun 5km**

52nd Michael Free 59:59 (course set to short, so all runners given set time 59:59)

**6-1-24 Rooty Hill parkrun 5km**

2nd Daniel Irving 17:16

7th Joel Byatt 21:08

22nd Damon Byatt 23:13 (new pb)

48th Laelia Byatt 25:36 (new pb)

58th David Perry 26:30

96th Rod Zammit 29:58

191st Mairead Connolly 43:51 (walker)

215th Gary Micallef 49:54 (walker)

216th Ashley Micallef 49:56 (walker)

226th Matthew Briggs 52:38 (walker)

**6-1-24 Whalan Reserve parkrun 5km**

2nd Lisa Grant 23:09

4th Vija-Louise Heath 24:01

18th Carly Eager 27:38

24th Rob Eager 29:25

**6-1-24 The Ponds parkrun 5km**

183rd Greg Sargeant 28:19

229th Brandon Goldsworthy 29:44

**6-1-24 Fingal Bay parkrun 5km**

4th Nikil Redipali 16:41

**6-1-24 Rouse Hill parkrun 5km**

10th Matt Modini 23:15

**6-1-24 Wildflower parkrun 5km**

19th Brett Langley 23:18

**6-1-24 Gungahlin (Act) parkrun 5km**

48th Michael Free 24:08

**6-1-24 Rockhampton (Qld) parkrun 5km**

39th Garry Womsley 25:37

**6-1-24 Stockton parkrun 5km**

123rd Andrew Free 33:19

**6-1-24 Nukalba parkrun 5km**

46th Tipene Robinson 34:38

**6-1-24 Huskisson parkrun 5km**

252nd Michael Christie 34:46

**6-1-24 Shellharbour parkrun 5km**

157th Geoff Newey 34:52

**6-1-24 North Sydney parkrun 5km**

309th Denis Andrew 37:06

**6-1-24 Parramatta parkrun 5km**

350th Terry Rose 39:29

**6-1-24 Main Beach (Qld) parkrun 5km**

257th Jason Cutajar 40:53

**6-1-24 Western Districts Joggers & Harriers Lake Gillawarna  
10km Handicap**

15th Graham Sheargold 57:02

**6-1-24 Illawong High Velocity Meet Barden Ridge****Women's Shot Put Open**

5th Taylor Doyle T/F38 7.44m

**Women's 100m Open**

80th Taylor Doyle T/F38 15.39

**13-1-24 Rooty Hill parkrun 5km**

3rd Joel Byatt 18:24 (new pb)

5th Geoff Sheargold 19:44

7th Brett Langley 20:57

21st Damon Byatt 22:52 (new pb)

122nd Geoff Newey 31:48

189th Jason Cutajar 42:24

226th Matthew Briggs 53:28 (walker)

**13-1-24 Cooks River parkrun 5km**

32nd Rod Zammit 24:16

43rd Vija-Louise Heath 24:49

54th Vija-Louise Heath 25:34

**13-1-24 Parramatta parkrun 5km**

48th Tipene Robinson 23:16

291st Terry Rose 35:15

421st Michael Christie 1:07.47 (tail walker)

**13-1-24 Stockton parkrun 5km**

171st Andrew Free 34:55

203rd Sharon Free 38:36

**13-1-24 Curl Curl parkrun 5km**

113th Lisa Grant 23:14

**13-1-24 Rouse Hill parkrun 5km**

15th Matt Modini 23:28

**13-1-24 Rockhampton (Qld) parkrun 5km**

47th Garry Womsley 25:39

**13-1-24 The Ponds parkrun 5km**

185th Brandon Goldsworthy 29:13

### **13-1-24 Fingal Bay parkrun 5km**

197th Katrina Russell 33:32

### **13-1-24 Western Districts Joggers & Harriers Lake Gillawarna**

#### **3.5km Handicap**

16th Graham Sheargold 18:09

### **13-1-24 Illawarra Track Challenge Wollongong**

#### **Women's 100m Open**

84th Taylor Doyle T38 14.98

#### **Women's Long Jump Open**

16th Taylor Doyle T38 3.94m

### **20-1-24 Rooty Hill parkrun 5km**

21st Wayne Thurlow 22:06

24th Damon Byatt 22:37 (new pb)

67th David Perry 26:44

227th David Otte 53:03 (walker)

234th Matthew Briggs 57:28 (walker)

247th Mischelle Otte 59:02

### **20-1-24 Parramatta parkrun 5km**

10th Geoff Sheargold 19:24

282nd Terry Rose 34:07

338th Michael Christie 39:01

### **20-1-24 Casula Parklands parkrun 5km**

7th Rod Zammit 23:52

76th Ashley Micallef 44:21 (walker)

### **20-1-24 Curl Curl parkrun 5km**

111th Lisa Grant 23:17

### **20-1-24 Blue Gum Hills parkrun 5km**

12th Brett Langley 23:18

### **20-1-24 Dolls Point parkrun 5km**

85th Michael Free 25:26

### **20-1-24 Rockhampton (Qld) parkrun 5km**

43rd Garry Womsley 26:10

### **20-1-24 Queens Domain (Tas) parkrun 5km**

107th Graham Sheargold 28:09

### **20-1-24 Rouse Hill parkrun 5km**

82nd Peter Tutty 38:36

### **20-1-24 Penrith Lakes parkrun 5km**

32nd Jason Cutajar 40:34

### **20-1-24 Lake Mac parkrun 5km**

443rd Andrew Free 55:57 (walker)

## **21-1-24 SMC Road Race Series Smithfield**

### **Half Marathon**

51st Stephen Mifsud 2:13.52.0

### **10km**

35th Adam Etherington 50:46.1

68th Greg Sargeant 1:05.44.7

74th Stephen O'Donnell 1:09.16.8

### **5km**

19th Sai Sravan Shailesh 23:33.6

32nd Alison Shaw 28:16.6

45th Jean Davis 32:10.6

49th Terry Rose 34:31.1

50th Michael Christie 34:45.9

### **2km Kids Dash**

11th Sai Sraddha Shailesh 11:14.8

## **27-1-24 Parramatta parkrun 5km**

7th Geoff Sheargold 18:58

40th Lisa Grant 22:59

58th Michael Free 23:55

63th Vija-Louise Heath 24:14

159th Greg Sargeant 28:34

254th Terry Rose 34:48

255th Mairead Connelly 34:54

260th Wayne Thurlow 35:18

262nd Michael Christie 35:31 (500th pr)

274th Sharon Free 37:08

275th Andrew Free 37:08

332nd Ashley Micallef 43:09 (walker)(new pb)

333rd Gary Micallef 43:14 (walker)

## **27-1-24 Rooty Hill parkrun 5km**

38th Brett Langley 24:47

111th Geoff Newey 31:34

154th Jason Cutajar 38:46

164th Matthew Briggs 42:22

## **27-1-24 Avondale University College parkrun 5km**

17th Rod Zammit 24:34

## **27-1-24 Albert (Vic) parkrun 5km**

717th Denis Andrew 34:47

## **27-1-24 Rouse Hill parkrun 5km**

78th Peter Tutty 37:29 (new pb)

## **26-1-24 – 28-1-24 U20 & Open ACT Championships AIS Bruce ACT**

### **Women's Open Ambulant**

6th Taylor Doyle 14.96 (82.75%)

**Women's Long Jump Ambulant**

5th Taylor Doyle 4.14m (75.14%)

**Women's Discus Ambulant**

4th Taylor Doyle 13.91m (36.76%)

**27-1-24 – 28-1-24 Supernova World Athletics Race Walking Tour Bronze AIS**

**Bruce ACT**

**27-1-24**

**Women's 10,000m Supernova Race Walk**

24th Laelia Byatt 1:02.31/76 (new pb)

**28-1-24**

**Men's 10,000m Supernova Race Walk**

22nd Joel Byatt 47:38.88 (new pb)

Michael Christie (GAP)