

July 2024 – If you dream and allow yourself to dream, you can do anything!



Michael, Brad and Terry at Parramatta Parkrun

The headline for this month's newsletter is most apt when describing the efforts of Girraween members and friends in a variety of events across July where they showed they can do anything in athletics.

When collating the results for this month's newsletter, one name kept coming up, Michael Free. When we dug a little deeper, it was apparent that Michael's efforts were certainly out of the box, a real iron man performance. You look at his Half Marathon at Dolls Point, another Half Marathon the following week on the incredibly challenging Lake Gillawarna course with its cruel hills, his effort in the Sutherland to Surf and finally his performance in the Sydney Harbour 10km, all on consecutive Sundays and all incredibly consistent times. That is before we dig into his parkrun times where he consistently ran sub five-minute times on various courses, the Saturday before his longer events. It makes for very inspiring reading and given that at one stage of his life due to health issues back in the day, running was going to be a distant memory; well it makes this all the more remarkable. Congratulations Michael and we hope you continue to enjoy your running and continue with good health.

There were remarkable efforts across July from Girraween members and friends at parkrun. Damon Byatt, Andrew Free and Geneva McDermott all achieved new pb's running very well at the same time. Daniel Irving finished first at one of the Rooty Hill events. Brad Milosevic, one of Girraween's favourite sons was spotted at Parramatta parkrun in July, up from Canberra visiting family and finished first at this parkrun with a very fine time, showing us all he can still post an excellent time when he wishes to. Both Terry Rose and Michael Christie were happy to catch up with Brad at this event and mull over old times into the bargain. Other Girraween members and friends in Damon Byatt, Lisa Grant, Stephen Parkins, Brett Langley and Wayne Thurlow also continued their extraordinary run of form so to speak, with a series of excellent runs throughout July.

There were other noteworthy highlights in July. Peter Kimpton tackled the Gold Coast Marathon and Tipene Robinson was spotted at the Australian Outback Marathon at Uluru and both runners stuck to their guns well over these challenging courses. Graham Sheargold and Geoff Sheargold continued posting fine times at Lake Gillawarna in the Western Districts Joggers and Harriers handicap series. Michael Free, Alison Shaw and Mairead Connolly competed well at the challenging Festival of the Feet events at Lake Gillawarna. Danny Martins kept the Girraween dream alive up at the Hunter Valley Winery Festival. The McDermott/McMahon clan were spotted at the Sydney Harbour 5km event, while Geoff Sheargold posted an excellent time at the 10km event at the same venue. Other Girraween members and friends also participated in both these events, running well. Brett Langley posted an excellent time at the Blacktown Mayoral 5km event at Nurragingy Reserve Doonside. Brett did well, as reputable sources advised that this event was a bit of a shemozzle with some runners sent in the wrong direction, not having enough marshals and in some cases, runners not running the full distance. Hopefully if this event were to be held again, there will be some changes.

As our readers can see, it was another remarkable month. Members and friends of Girraween were prepared to travel near and far to have a run. In the process there were remarkable achievements. Congratulations to all concerned. Results follow:

6-7-24 Rooty Hill parkrun 5km

16th	Damon Byatt	21:25 (new pb)
29th	Brett Langley	23:20
31st	Laelia Byatt	23:47
43rd	Rod Zammit	25:02
44th	Brandon Goldsworthy	25:03
45th	Wayne Thurlow	25:04
62nd	Bettina McMahon	27:11
99th	Geoff Newey	31:45
130th	Mairead Connolly	35:06

6-7-24 Parramatta parkrun 5km

207th	Katrina Russell	33:21
224th	Terry Rose	34:40
240th	Michael Christie	37:04

6-7-24 Woy Woy parkrun 5km

58th	David Perry	26:35
123rd	Michael Christie	34:36

6-7-24 Curl Curl parkrun 5km

73rd	Lisa Grant	22:52
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6-7-24 Rhodes parkrun 5km

72nd	Michael Free	23:13
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6-7-24 Maitland parkrun 5km

17th	Danny Martins	23:21
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6-7-24 Wentworth Common parkrun 5km

34th Stephen Parkins 24:51

6-7-24 The Ponds parkrun 5km

173rd Greg Sargeant 27:47

6-7-24 Rex Jackson Oval parkrun 5km

16th Vija-Louise Heath 28:18

6-7-24 Australian Botanic Garden Mount Annan parkrun 5km

14th Tipene Robinson 29:21

6-7-24 Lakeview parkrun 5km

72nd Andrew Free 33:49

6-7-24 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

1st Geoff Sheargold 38:37

21st Graham Sheargold 54:52

7-7-24 Gold Coast Marathon Gold Coast**Asics Gold Coast Marathon**

7853rd Peter Kimpton 5:30:17

7-7-24 Sri Chinmoy Dolls Point**Half Marathon Male U50**

45th Michael Free 1:56:36

13-7-24 Rooty Hill parkrun 5km

32nd Damon Byatt 23:04

33rd Laelia Byatt 23:18

49th Wayne Thurlow 25:19

52nd Brett Langley 25:27

67th David Perry 26:21

112th Geoff Newey 30:17

122nd Jason Cutajar 32:41

155th Geneva McDermott 38:38

156th Bettina McMahon 38:45

173rd Matthew Briggs 44:59 (walker)

13-7-24 Parramatta parkrun 5km

258th Terry Rose 35:06

268th Mairead Connolly 36:31

270th Michael Christie 36:43

13-7-24 Australian Botanic Garden Mount Annan parkrun 5km

28th Rod Zammit 28:12

35th Vija-Louise Heath 29:23

13-7-24 Wagga parkrun 5km

12th Lisa Grant 23:13

13-7-24 Kamay parkrun 5km

14th Michael Free 23:55

13-7-24 Wentworth Common parkrun 5km

29th Stephen Parkins 25:00

13-7-24 The Ponds parkrun 5km

145th Greg Sargeant 27:12

13-7-24 Blackbutt parkrun 5km

77th Andrew Free 35:26 (new pb)

13-7-24 NSW Short Course Cross Country Dapto**65-69 Masters Men 6km**

Graham Sheargold DNS

14-7-24 Festival of the Feet Lake Gillawarna**Half Marathon**

62nd Michael Free 1:56:30

14km

39th Alison Shaw 1:24:57

93rd Mairead Connolly 1:47:38

20-7-24 Rooty Hill parkrun 5km

1st Daniel Irving 17:36

54th Wayne Thurlow 24:02

55th Rod Zammit 24:02

84th Brandon Goldsworthy 26:07

86th David Perry 26:18

111th Geneva McDermott 28:08 (new pb)

120th Bettina McMahon 29:02

175th Jason Cutajar 36:00

252nd Matthew Briggs 1:09:57 (walker)

20-7-24 Parramatta parkrun 5km

1st Brad Milosevic 16:08

78th Stephen Parkins 25:00

259th Terry Rose 34:20

294th Michael Christie 36:31

20-7-24 Wentworth Common parkrun 5km

5th Damn Byatt 21:55

31st Laelia Byatt 25:16

20-7-24 Rhodes parkrun 5km

62nd Michael Free 22:27

20-7-24 Werrington Lakes Reserve parkrun 5km

3rd Brett Langley 22:49

20-7-24 Curl Curl parkrun 5km

64th Lisa Grant 22:57

20-7-24 The Ponds parkrun 5km

48th Vija-Louise Heath 23:10

20-7-24 Rockhampton (Qld) parkrun 5km

20th Garry Womsley 24:39

20-7-24 Blue Gum Hills parkrun 5km

17th Danny Martins 25:17

20-7-24 Rex Jackson Oval parkrun 5km

10th Tipene Robinson 26:22

20-7-24 Stockton parkrun 5km

55th Andrew Free 31:38

20-7-24 Western Districts Joggers & Harriers Lake Gillawarna**5@The Lake**

1st Geoff Sheargold 19:22

16th Graham Sheargold 27:52

21-7-24 Tradies Sutherland 2 Surf – Sutherland to Cronulla 11km

		Gun Time	Net Time
539th	Michael Free	50:30	50:18

21-7-24 Hunter Valley Winery Run – Wandin

		Finish Time	Net Time
22nd	Danny Martins	50:03	49:57

27-7-24 Rooty Hill parkrun 5km

2nd Daniel Irving 17:33

31st David Perry 26:07

41st Jason Cutajar 28:09

72nd Matthew Briggs 53:50 (walker)

27-7-24 Parramatta parkrun 5km

68th Terry Rose 32:51

74th Michael Christie 36:42

27-7-24 Wentworth Common parkrun 5km

5th Michael Free 22:16

27-7-24 Curl Curl parkrun 5km

79th Lisa Grant 22:26

27-7-24 Werrington Lakes Reserve parkrun 5km

2nd Damon Byatt 22:43

27-7-24 Pirrama parkrun 5km

22nd Wayne Thurlow 22:58

27-7-24 The Ponds parkrun 5km

52nd Brett Langley 26:14

27-7-24 Newy parkrun 5km

146th Andrew Free 31:36

27-7-24 Australian Outback Marathon Uluru (NT)

		Gun Time	Official Time
81st	Tipene Robinson	5:46:00.1	5:45:54.1

28-7-24 Real Insurance Sydney Harbour 5km & 10km

Real Insurance Sydney Harbour 5km

	Gun Time	Net Time
414th Camille McDermott	33:42	33:06
416th Hugh McDermott	33:49	33:14
442nd Bettina McMahon	34:02	33:28
444th Geneva McDermott	34:04	33:31
538th Terry Rose	36:01	35:05

Real Insurance Sydney Harbour 10km

	Gun Time	Net Time
161st Geoff Sheargold	37:57	37:51
891st Michael Free	48:03	46:50
1551st Graham Sheargold	54:47	53:12
2450th Stephen Mifsud	1:03:18	59:22
3149th Jason Cutajar	1:11:15	1:04:22

28-7-24 Blacktown Mayoral Fun Run Doonside

5km

27th Brett Langley 21:39.8

Michael Christie (GAP)