

June 2024 – Girraween athletes step up in atrocious conditions for the start of the winter season!



Girraween Senior Relay Team at NSW XC Relays - The Armory



Girraween Girls U12 'A' Team at NSW XC Relays - The Armory



Girraween Junior Girls at NSW Team Walks - The Armory



Joel with his Medal at NSW Team Walks – The Armory

As we recall, June 2024 was one of the wettest and coldest Junes in the Sydney metropolitan area for many a long year. It certainly made it challenging for Girraween's members and

friends across the month when it came to athletics. Nevertheless, it did not deter everyone from performing remarkably well in the circumstances.

The performances of Girraween's walkers and runners at the NSW Team Walks and Cross-Country Relay Championships held at The Armory, Newington early in the month were remarkable in the circumstances and a real highlight. Whilst the walks events were completed before the deluge hit, the cross-country relays were not so fortunate and the rain and wind did not let up, leading to conditions facing all athletes that could be best described as out of the ordinary. The day will live long in the memory for all who were there. Girraween's walkers did an amazing job, with one of the highlights being the performances of Joel Byatt, Ashleigh Farrugia, Hugo Siciliano and Chloe Farrugia who won individual medals. Team medals were also won by Girraween. Whilst there were no medals forthcoming in the cross-country relays, there can be no doubting the effort of the four teams who represented Girraween in what were horrible conditions. All athletes gave their best. We give a big shout out to Yuvan, Chloe and Addison who were backing up from their walks events in the morning and competed so well in the conditions. Amazing stuff. A big congrats to Ashleigh, Sai Sravan and Nicholas who competed individually in these relays. Ashleigh was also backing up from her walks event that same morning. All our athletes should be proud of their performances and the old codgers also put in a sterling effort in their event as well. Thank you to all our parents who came out and supported our teams on the day. We appreciated having you there. One final shout to our parents, members and friends who made up the Girraween Athletics Club BBQ team on the day, from the crack of dawn till pack up after the last event, operating right through the deluge. You were amazing and the club has received great feedback for the extraordinary effort in keeping things going in challenging circumstances.

A week after the events at The Armory, a small Girraween contingent tackled the iconic LBG Walking carnival in the ACT on a cold and windy day. This is one of the longest standing Race Walk events in the country with much prestige attached to it. Joel Byatt continued his remarkable series of performances with another very fine effort picking up more medals in the events he competed in. Congratulations Joel. Well-done to Hugh, Addison and Laura on their efforts, with all three athletes competing in very strong fields. To be able to compete at an event such as this is a very positive sign for Girraween's up and coming walkers. Well done to all concerned.

The parkrun monolith kept motoring along through June, despite a number of Saturdays bringing very cold and wet weather. At times, it was most challenging to make the start line, but as we can see from the results many Girraween members and friends made it and in tough circumstances posted remarkable times. There were new pb's from Geneva, Abbie, Nikil and Brandon, all running very fine times into the bargain. Daniel also finished first on two occasions at Rooty Hill parkrun; never an easy feat and we congratulate him on this. There were also consistent runs right across the month at various parkrun's from numerous Girraween members and friends as can be seen by the results listed below.

There were standout efforts by athletes across other events in June. Peter Kimpton posted a most excellent time in the Brisbane Marathon held early June, continuing his fine form over the longer distances. Vija-Louise Heath also posted an excellent time in the Half-Marathon held as part of the Bay to Bay Running Festival on the Central Coast. Adam Etherington in the first edition of the Sydney Trail Half Marathon held around Lake Parramatta and up into the wilds around Hunts Creek at North Rocks and return posted a most excellent time given the nature of the course. It was mostly narrow and very rough for large sections and he had to be pleased with that effort. Adam Sinclair posted a very fine sub fifty-minute time in the inaugural Parramatta 10km held along the Parramatta River between Ermington and Rydalmere and return. Another fine performance. Graham Sheargold continued his fine form at the monthly Western Districts and Harriers handicap events held at Lake Gillawarna. Graham also travelled down south to compete at the NSW Cross-Country Championships near Nowra in June. Sadly, he had to pull out of his event, suffering an injury. At last report, he appears to be on the mend which is nice to hear.

In conclusion it had been a most remarkable month weather-wise. Despite the challenges thrown at Girraween's members and friends, they continued to compete well.

Understandably, all will be hoping for finer things to come on the weather front come July. Time will tell. Results follow:

1-6-24 Rooty Hill parkrun

83rd	Geneva McDermott	29:08 (new pb)
87th	Bettina McMahon	29:37
169th	Jason Cutajar	40:37
188th	Matthew Briggs	46:12 (walker)

1-6-24 Parramatta parkrun 5km

261st	Terry Rose	35:42
345th	Michael Christie	47:10 (walker)

1-6-24 Mt Penang parkrun 5km

124th	Mischelle Otte	41:39
133rd	David Otte	48:08 (walker)

1-6-24 Whalan Reserve parkrun 5km

7th	Vija Louise Heath	23:01
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1-6-24 Curl Curl parkrun 5km

58th	Lisa Grant	23:01
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1-6-24 St Peters parkrun 5km

73rd	Michael Free	23:06
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1-6-24 The Ponds parkrun 5km

59th	Brandon Goldsworthy	23:55
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1-6-24 Rockhampton (Qld) parkrun 5km

34th	Garry Womsley	24:54
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1-6-24 Wentworth Common parkrun 5km

34th Stephen Parkins 25:32

1-6-24 East Richmond parkrun 5km

89th Diane Celnikier 45:20 (walker)

1-6-24 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

21st Graham Sheargold 56:31

1-6-24 NSW Team Walks & NSW XC Relay Championships The Armory

Newington

Walks

Men's 10km Race Walk U20

1st Joel Byatt 47:51:00

Men's 10km Race Walk Open

3rd Joel Byatt 47:51:00

Women's 5km Race Walk U16

3rd Ashleigh Farrugia 29:50:00

Women's 5km Race Walk U18 Teams

6th Ashleigh Farrugia 29:50:00

Girl's 3km Race Walk U14 Teams

4th Sharani Sanjayan 16:53:00

Boy's 1km Race Walk U12

2nd Hugo Siciliano 5:43:00

Yuvan Rajesh DQ

Girl's 1km Race Walk U9

Keerthini Rajesh DQ

Girl's 1km Race Walk U12

3rd Chloe Farrugia 6:09:00

Girl's 1km Race Walk U10

2nd Sreelaya Kamalakkannan 7:03:00

3rd Leah Kot 7:04:00

Girl's 1km Race Walk U11

Addison Jenkins DQ

Girl's 1km Race Walk U12 Teams

8th Chloe Farrugia 6:09:00

11th Sreelaya Kamalakkannan 7:03:00

12th Leah Kot 7:04:00

XC Relays

U12 Male 4 x 1.5km

12th

Louis Sultana 6:16

Yuvan Rajesh 8:14

Taj Stratchan 7:34

Oliver Pearce 7:47

Total: 29:53

U12 Female 4 x 1.5km

Girraween 'A' 13th

Sai Sraddha Shailesh	7:14	
Jasmine Lo	8:03	
Tanvi Bongale	8:10	
Chloe Farrugia	7:13	Total: 30:31

U12 Female 4 x 1km Girraween 'B' 14th

Deaisu Surendrakumar	7:16	
Zara Williamson	8:00	
Melia Hutovic	7:44	
Addison Jenkins	7:44	Total: 30:47

50+ Male 4 x 4km 9th

Dominic Carr	20:34	
Michael Christie	31:25	
Katrina Russell	32:40	
Graham Sheargold	24:43	Total: 1:49:23

U16 Female 2km

1st Ashleigh Farrugia	9:36
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U16 Male 2km

2nd Sai Sravan Shailesh	8:52
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30+ Male 4km

1st Nicholas Hanna	22:29
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2-6-24 Eva Air Brisbane Marathon Festival

Eva Air Brisbane Marathon

895th Peter Kimpton	4:23:00
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8-6-24 Rooty Hill parkrun 5km

1st Daniel Irving	17:59
17th Damon Byatt	21:44
29th Wayne Thurlow	22:46
47th Vija-Louise Heath	24:14
50th Rod Zammit	24:22
60th Stephen Parkins	25:03
90th David Perry	26:58
119th Geneva McDermott	30:33
121st Bettina McMahon	30:37
152nd Jason Cutajar	33:07
173rd Michael Christie	35:15
229th Matthew Briggs	47:40 (walker)

8-6-24 Delaware & Raritan Canal (New Jersey- USA) parkrun 5km

41st Andrew Free	32:46
47th Sharon Free	37:38

8-6-24 Parramatta parkrun 5km

321st Terry Rose	36:18
335th Mairead Connolly	37:35

8-6-24 Inverell parkrun 5km

51st Mischelle Otte 43:06
63rd David Otte 56:28 (walker)

8-6-24 Curl Curl parkrun 5km

99th Lisa Grant 23:38

8-6-24 Singleton parkrun 5km

12th Tipene Robinson 23:57

8-6-24 Rhodes parkrun 5km

141st Michael Free 25:30

8-6-24 The Ponds parkrun 5km

159th Brandon Goldsworthy 26:36

8-6-24 Casula parklands parkrun 5km

32nd Abbie Stone 29:08 (new pb)

8-6-24 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

13th Graham Sheargold 17:16

9-6-24 LBG Walking Carnival Stromlo Forest Park ACT

RWA Men's U20 10km

3rd Joel Byatt 48:04

RWA Boy's U12 2km

7th Hugh Siciliano 14:32

RWS Girl's U12 2km

8th Addison Jenkins 12:28

RWA Girls U14 2km

9th Addison Jenkins 12:42

RWA Boy's U18 5km

1st Joel Byatt 22:58

RWA Girl's U18 5km

10th Laura Corvalan-Sotomayor 33:30

15-6-24 Rooty Hill parkrun 5km

1st Daniel Irving 17:55

14th Damon Byatt 21:48

18th Wayne Thurlow 22:14

26th Laelia Byatt 23:34

91st Geoff Newey 31:36

97th Jason Cutajar 33:00

116th Matthew Briggs 42:03

15-6-24 Parramatta parkrun 5km

42nd Stephen Parkins 25:35

106th Mairead Connolly 34:20

120th Terry Rose 37:28

133rd Michael Christie 47:36 (walker)

15-6-24 Rhodes parkrun 5km

67th	Brett Langley	24:31
68th	Michael Free	24:33
247th	Vija-Louise Heath	46:19 (walker)

15-6-24 San Remo parkrun 5km

67th	Mischelle Otte	59:28 (walker)
70th	David Otte	1:00:03 (walker)

15-6-24 Curl Curl parkrun 5km

65th	Lisa Grant	23:44
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15-6-24 Rockhampton parkrun 5km

21st	Garry Womsley	24:36
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16-6-23 Bay to Bay Running Festival Central Coast

Travelling Fit Half Marathon

259th	Vija-Louise Heath	1:47:31
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22-6-24 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:15
37th	David Perry	27:19
39th	Bettina McMahon	27:40
70th	Jason Cutajar	34:00
81st	Matthew Briggs	52:02 (walker)

22-6-24 Parramatta parkrun 5km

54th	Terry Rose	35:59
63rd	Michael Christie	49:03 (walker)

22-6-24 Shelley (WA) parkrun 5km

2nd	Nikil Redipali	17:10 (new pb)
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22-6-24 Curl Curl parkrun 5km

23rd	Lisa Grant	23:21
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22-6-24 Rhodes parkrun 5km

59th	Brandon Goldsworthy	25:07
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22-6-24 Willoughby parkrun 5km

24th	Brett Langley	25:37
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22-6-24 Nepean River parkrun 5km

60th	Tipene Robinson	29:11
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22-6-24 Newy parkrun 5km

295th	Andrew Free	31:59
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22-6-24 NSW Cross Country Willandra via Nowra

65-69 Masters Men 8km

	Graham Sheargold	DNF
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29-6-24 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:11
37th	Stephen Parkins	24:14
61st	David Perry	26:39

101st	Geneva McDermott	31:00
169th	Camille McDermott	44:02 (walker)
170th	Bettina McMahon	44:04 (walker)
193rd	Matthew Briggs	50:48 (walker)
202nd	Mischelle Otte	57:53 (walker)
203rd	David Otte	57:56 (walker)

29-6-24 Parramatta parkrun 5km

254th	Mairead Connolly	32:03
316th	Michael Christie	38:39
383rd	Terry Rose	56:35 (tail walker)

29-6-24 GreenWay parkrun 5km

67th	Brett Langley	22:41
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29-6-24 Curl Curl parkrun 5km

89th	Lisa Grant	22:59
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29-6-24 Dolls Point parkrun 5km

48th	Michael Free	23:08
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29-6-24 East Richmond parkrun 5km

18th	Vija-Louise Heath	23:32
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29-6-24 Penrith Lakes parkrun 5km

25th	Brandon Goldsworthy	24:55 (new pb)
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29-6-24 Lakeview parkrun 5km

76th	Andrew Free	33:24
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29-6-24 Rouse Hill parkrun 5km

72nd	Jason Cutajar	39:39
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29-6-24 Sydney Trail Half Marathon – Lake Parramatta

Male	Chip Time	Gun Time	
63rd	Adam Etherington	2:06:02	2:06:07

30-6-24 Parramatta 10km Ermington – Rydalmere

10km

19th	Adam Sinclair	41:36
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Michael Christie (GAP)