

March 2024 – Girraween Athletics- An Epic!



As a rule, we don't generally use the word 'epic' when describing Girraween athletes' achievements over the period of a month. However, on this occasion it is more than merited. Our readers can judge for themselves whilst perusing the results across March.

First of all a big shout out to Girraween's athletes who represented the club so well at the NSW Open and Youth Championships at SOPAC. Malkeet Kumar picked up a well-deserved bronze medal in the Open Men's Javelin. This was the first Open medal by a Girraween athlete at these NSW Open Championships since Brad Milosevic and Lynette Smith picked up medals in the 2012 version of these championships. This illustrates the magnitude of Malkeet's achievement. A big congrats to Malkeet on his bronze medal. Joel and Laelia Byatt backed up their achievement at NSW Juniors only six days earlier with very fine efforts in the Open 5000m Race Walk events. To step up to this level so soon after the Junior Championships was very gutsy and both athletes deserve great credit. Well done Joel and Laelia. Taylor Doyle once again capped off a consistent season with solid performances in her two events at these championships. It would be remiss not to mention the performance of Girraween athletes in the Youth side of these championships. Addison Jenkins, Sai Sraddha Shailesh and Jack Gale all competed in fields that had incredible depth. Addison, Sraddha and Jack did very well and deserve great credit for stepping up and competing at these championships so valiantly.

NSW Juniors Championships were held the week before the Open event. Both Joel and Laelia Byatt picked up medals in their respective walk events, with Joel's a gold. Both athletes have had a fine season and this was another meritorious result and we congratulate both Joel and Laelia and wish them all the best for Nationals in April. Laura Corvalan-Sotomayor posted another consistent time in her walk event at these championships. Excellent work Laura. Keshika and Kavin Tharmanesan competed in throwing events at these championships and finished inside the top ten in their events. Congratulations Keshika and Kavin.

Another Girraween highlight in March was the performance of Dominic Carr picking up four medals at the Australia Masters Athletics Championships in Hobart over the Easter break. Dominic was remarkably consistent and given the lack of preparation for these championships due to his work commitments over summer one can only wonder at his achievements. Excellent work Dominic.

There was only a small Girraween contingent at this year's NSW Masters Athletics Championships at the beginning of March. In saying that, Malkeet Kumar, Diane Celnikier and Graham Sheargold represented their club well. Malkeet picked up a gold in the Javelin while Diane picked up silver medals in the sprints and Graham was not far off the medals in the distance events in what were incredibly competitive fields. It was nice to see these athletes compete so well.

Talking about epic, the Six-Foot Track event was held once again in early March. This is an extraordinarily tough event running from outside of Katoomba through to a location not far from Jenolan Caves. To see Peter Kimpton, Brandon Goldsworthy, Brett Langley and Tipene Robinson do so well and complete the event well under the seven-hour cut off mark is indeed awe-inspiring. All four runners deserve great praise on their achievements. Congratulations guys.

Parkrun as normal continued through March. A good friend of Girraween, Terry Rose, completed his 500th parkrun early March and a small contingent of Girraween friends were there to see him complete this amazing milestone. Congratulations Terry! Daniel Irving finished first in two parkrun events in March, whilst Nikil Redipali finished first once. These athletes posted very fast times in the bargain. Well done Daniel and Nikil. Peter Tutty with two and Vija- Louise Heath, Sharon Free and Michael Christie with one all posted new pb's in March. Well done. One of Girraween's favourite sons in Brad Milosevic, who is currently domiciled in the ACT made a rare foray into parkrun territory in March and ran well, posting a fine time. As can be seen from the results, numerous members and friends of Girraween continued to run excellently at different venues.

Graham Sheargold continued to participate at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna running fine times, whilst Geoff Sheargold was also spotted out there one Saturday where he finished first in the 5km handicap event. Tipene Robinson, a little over a week after his Six-Foot Track run, competed in a Marathon at the Canning River Running Festival in WA. We don't know how he did that, but he did. Well done Graham, Geoff and Tipene.

Girraween Athletics Club hosted Run 4 Jess at C V Kelly Park Girraween in early March. It was a successful day. In the end over \$2,000 was raised for the oncology ward at Westmead Hospital. A big shout out to our members and friends who volunteered to help on the day. Thank you to all concerned as you helped make the day so special.

Well as you can see, it was a remarkable month in terms of athletic achievement in March. To have such a great representation from Girraween at these major championships was most heart-warming and all Girraween's athletes did very well. The versatility of Girraween athletes continues to inspire. Results follow:

2-3-24 Parramatta parkrun 5km

94th	Rod Zammit	25:26
161st	Greg Sargeant	28:54
273rd	Mairead Connolly	34:11
289th	Wayne Thurlow	35:13
298th	Terry Rose	35:54 (500th pr)
307th	Michael Christie	36:59
417th	Vince Adams	54:26 (walker)

2-3-24 Rooty Hill parkrun 5km

78th	David Perry	27:23
174th	Jason Cutajar	34:18

2-3-24 The Entrance parkrun 5km

17th	Tipene Robinson	21:53
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2-3-24 Curl Curl parkrun 5km

94th	Lisa Grant	23:25
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2-3-24 Wentworth Common parkrun 5km

53rd	Michael Free	25:14
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2-3-24 Werrington Lakes Reserve parkrun 5km

7th	Vija-Louise Heath	25:39
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2-3-24 The Ponds parkrun 5km

228th	Brandon Goldsworthy	29:59
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2-3-24 Stockton parkrun 5km

145th	Andrew Free	34:33
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2-3-24 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

20th	Graham Sheargold	59:26
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2-3-24 – 3-3-24 NSW Masters Championships SOPAC

2-3-24

Men's 1500m 65-69

6th	Graham Sheargold	6:51.86
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Women's 100m 65-69

2nd	Diane Celnikier	18.21
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Men's Javelin 30-34

1st	Malkeet Kumar	57.73m
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3-3-24

Men's 5000m 65-69

4th	Graham Sheargold	25:44.68
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Women's 60m 65-69

2nd	Diane Cenilkier	10.46
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Women's 200m 65-69

2nd	Diane Celnikier	38.80
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8-3-24 – 10-3-24 NSW Junior Championships SOPAC

8-3-24

Women's Javelin U14

5th Keshika Tharmanesan 24.65m

Women's 5000m Race Walk U17

6th Laura Corvalan-Sotomayor 31:40.95

Women's 5000m Race Walk U20

3rd Laelia Byatt 28:35.19 (2nd NSW)

Men's 5000m Race Walk U20

1st Joel Byatt 23:02.08

9-3-24

Men's Shot Put U15

6th Kavin Tharmanesan 10.68m

10-3-24

Men's Discus U15

10th Kavin Tharmanesan 32.55m

9-3-24 Rooty Hill parkrun 5km

19th Wayne Thurlow 22:10

25th Danny Martins 22:48

41st Rod Zammit 24:07

70th David Perry 25:57

281st Matthew Briggs 52:26 (walker)

9-3-24 Wentworth Common parkrun 5km

36th Michael Free 23:46

43rd Vija-Louise Heath 24:02

65th Stephen Parkins 26:26

9-3-24 Parramatta parkrun 5km

306th Terry Rose 33:13

382nd Michael Christie 37:14

9-3-24 Dolls Point parkrun 5km

256th Andrew Free 34:15

287th Sharon Free 36:19

9-3-24 Maitland parkrun 5km

29th Lisa Grant 23:28

9-3-24 Rockhampton (Qld) parkrun 5km

49th Gary Womsley 26:16

9-3-24 Werrington Lakes Reserve parkrun 5km

23rd Jason Cutajar 34:51

9-3-24 East Richmond parkrun 5km

149th Diane Celnikier 41:38

9-3-24 Western Districts Joggers & Harriers Lake Gillawarna

3.5 km Handicap

14th Graham Sheargold 17:22 (new pb)

9-3-24 Six Foot Track Katoomba – Jenolan Caves 45km

519th Peter Kimpton 6:10:41

622nd Brandon Goldsworthy 6:24:06

627th Brett Langley 6:24:23

668th Tipene Robinson 6:29:19

14-3-24 – 17-3-24 NSW Open & Youth Championships SOPAC

14-3-24

Women's 5000m Race Walk Open

11th Laelia Byatt 29:32.28

Men's 5000m Race Walk Open

6th Joel Byatt 23:02.64

16-3-24

Girl's 1100m Race Walk U10

7th Addison Jenkins 6:49.48

Girl's 400m U11

8th Sai Sraddha Shailesh 1.07.71

Girl's 800m U11

7th Sai Sraddha Shailesh 2:39.82

Boy's Javelin Throw 600g U12

8th Jack Gale 23.37m

Men's Javelin Throw Open

3rd Malkeet Kumar 59.15m

Boy's Discus Throw 750g U12

13th Jack Gale 24.02m

Women's 100m Ambulant

5th Taylor Doyle 15.68 78.95%

17-3-24

Women's Discus Throw Ambulant

4th Taylor Doyle 15.98m 42.24%

Girl's 1500m U11

8th Sai Sraddha Shailesh 5:40.58

16-3-24 Rooty Hill parkrun 5km

1st Daniel Irving 17:16

75th Bettina McMahon 26:06

133rd Steve Williams 29:15

134th Wayne Thurlow 29:17

168th Matthew Briggs 31:36

219th Mairead Connolly 35:31

16-3-24 Chipping Norton parkrun 5km

9th Rod Zammit 22:45

16th Vija-Louise Heath 23:37 (new pb)

16-3-24 Parramatta parkrun 5km

265th Katrina Russell 32:28

300th Terry Rose 33:57

16-3-24 East Richmond parkrun 5km

122nd Peter Tutty 37:24

137th Diane Celnikier 40:37

16-3-24 Gungahlin (ACT) parkrun 5km

2nd Brad Milosevic 15:43

16-3-24 Shelley (WA) parkrun 5km

1st Nikil Redipali 18:08

16-3-24 Curl Curl parkrun 5km

82nd Lisa Grant 22:50

16-3-24 Yokine (WA) parkrun 5km

60th Tipene Robinson 25:39

16-3-24 Rhodes parkrun 5km

165th Stephen Parkins 25:56

16-3-24 The Ponds parkrun 5km

185th Greg Sargeant 27:45

16-3-24 Nepean River parkrun 5km

106th Brandon Goldsworthy 28:29

16-3-24 San Remo parkrun 5km

79th Jason Cutajar 32:17

16-3-24 Galston parkrun 5km

187th Michael Christie 39:13

16-3-24 Western Districts Joggers & Harriers Lake Gillawarna

5@The Lake

1st Geoff Sheargold 19:03

17th Graham Sheargold 25:01.61

17-3-24 Canning River Running Festival (WA)

Marathon

52nd Tipene Robinson 5:08.10

23-3-24 Rooty Hill parkrun 5km

1st Daniel Irving 17:21

22nd Brett Langley 20:57

34th Rod Zammit 22:15

52nd Wayne Thurlow 23:41

74th Samuel Jackson 25:28

193rd Geneva McDermott 36:19

280th Tyrone Robinson 57:24 (walker)

281st Mikayla Robinson 57:58 (walker)

282nd Tipene Robinson 58:00 (walker)

23-3-24 Parramatta parkrun 5km

5th Geoff Sheargold 17:36

55th Damon Byatt 22:21

114th Stephen Parkins 25:28

348th Terry Rose 35:04

372nd Mairead Connolly 36:33

23-3-24 Rouse Hill parkrun 5km

84th Jason Cutajar 34:05

101st Peter Tutty 37:18 (new pb)

23-3-24 Zillmere (Qld) parkrun 5km

70th Mischelle Otte 57:40 (walker)

71st David Otte 58:29 (walker)

23-3-24 Curl Curl parkrun 5km

107th Lisa Grant 22:40

23-3-24 Greenway parkrun 5km

102nd Michael Free 23:40

23-3-24 Rockhampton (Qld) parkrun 5km

56th Garry Womsley 26:20

23-3-24 Galston parkrun 5km

194th Michael Christie 37:53 (new pb)

23-3-24 East Richmond parkrun 5km

110th Diane Celnikier 40:33

23-3-24 The Ponds parkrun 5km

536th Mathew Briggs 51:29 (walker)

29-3-24 – 1-4-24 Australian Masters Athletics Championships Hobart

29-3-24

M50 400m Long Hurdles

3rd Dominic Carr 1:13.05

30-3-24

M50 Long Jump

2nd Dominic Carr 4.76m

31-3-24

M50 Triple Jump

4th Dominic Carr 9.89m

M50 Pole Vault

2nd Dominic Carr 2.20m

1-4-24

M50 Outdoor Pentathlon

3rd Dominic Carr 2453 pts

30-3-24 Rooty Hill parkrun 5km

2nd Daniel Irving 17:10

12th Brett Langley 20:29
18th Wayne Thurlow 20:59
43rd Rod Zammit 24:02
163rd Jason Cutajar 32:22
200th Geneva McDermott 36:12
201st Steve Williams 36:19
265th Matthew Briggs 48:48 (walker)

30-3-24 Rouse Hill parkrun 5km

15th Damon Byatt 23:08
131st Peter Tutty 37:15 (new pb)

30-3-24 Lake Mac parkrun 5km

307th Andrew Free 34:36
338th Sharon Free 36:47 (new pb)

30-3-24 Curl Curl parkrun 5km

147th Lisa Grant 23:11

30-3-24 Fingal Bay parkrun 5km

62nd Tipene Robinson 23:54

30-3-24 Goulburn parkrun 5km

24th Vija- Louise Heath 24:13

30-3-24 Blue Gum Hills parkrun 5km

24th Danny Martins 24:48

30-3-24 Torrens (SA) parkrun 5km

110th Steve Clark 25:43

30-3-24 The Ponds parkrun 5km

187th Greg Sargeant 27:47

30-3-24 Parramatta parkrun 5km

340th Terry Rose 34:18

30-3-24 Galston parkrun 5km

206th Michael Christie 41:13

30-3-24 Sandgate (Qld) parkrun 5km

487th Mischelle Otte 53:44 (walker)

30-3-24 Rockhampton (Qld) parkrun 5km

341st Garry Womsley 1:10:22 (walker)

Michael Christie (GAP)

