

## May 2024 – An early winter hits, but Girraween athletes keep the dream alive!



*Chloe being presented by George with her Summer Championship Award*



*Joel being presented by Graham with his Summer Rep Award*



*Laelia being presented by Graham with her Summer Rep Award*

Winter began early in May with numerous unseasonably cold days across the month combined with, at times, heavy rainfall. Nevertheless, this did not deter Girraween athletes and friends from excellent performances where they managed to keep the dream alive.

One of the major highlights from May were the performances of Girraween athletes at the NSW Short Walks Championships held at The Armory, Newington. Joel Byatt continued his excellent form from the recently completed summer season, winning a well-deserved gold medal in the U18's 3km Race Walk event. Laelia Byatt picked up an excellent bronze medal in the U20's 10km Race Walk event. It is testimony to their coaching and hard work that both athletes have maintained such a high standard over a long period. It would be remiss not to overlook the efforts of both Laura Corvalan-Sotomayor and Addison Jenkins at these championships. Both athletes were not too far outside the medals and continued their consistent form from the summer season. Congratulations to all four athletes.

The iconic Sydney 10 was held around the streets of Sydney Olympic Park in May on a fine morning for distance running. There were wonderful performances from Girraween members and friends. Daniel Irving posted a wonderful sub thirty five-minute time, one that he had to be happy with. Both Geoff Sheargold and Joel Byatt posted times under the forty-minute mark, both excellent performances. Damon Byatt, Michael Free and Graham Sheargold all posted times under the fifty-minute mark, with all three athletes in fine form. Both Dominic Carr and Laelia Byatt posted times just over the fifty-minute mark, very fine efforts indeed. We need to make a special mention of Joel, Laelia and Dominic's run in this event. Both Joel and Laelia are race-walkers, competing at a very high level and Dominic is primarily a sprinter and field athlete. Distance running is not their forte, yet they all posted superb times, illustrating their extraordinary versatility. Congratulations to all three athletes.

The final races of the SMC Road Race Series were held at Smithfield at the end of May where runners were greeted with a very foggy and chilly morning. There were eye-catching performances across the series of events. Geoff Sheargold, Adam Etherington and Michael Free all posted excellent times in the Half-Marathon, in most chilly conditions. Stephen O'Donnell ran doggedly in the 10km event. Sai Sravan Shailesh and Alison Shaw posted excellent times in the 5km while Sai Sraddha Shailesh had an excellent run in the 2km Kids Dash. It had been an excellent season of distance running by Girraween's members and friends at Smithfield, with only the March event not held due to local flooding of Prospect Creek. It is a series that all Girraween members and friends who are interested in running should have a look at down the track.

What does one say about parkrun? Well, it is a series of events that keeps on giving. There were many mighty achievements by Girraween members and friends across May. Michael Free with four new pb's, Geneva McDermott with three new pb's, Peter Tutty with three new pb's, Camille McDermott with two new pb's, and Adam Sinclair, Laelia Byatt, Tipene Robinson and Dominic Carr with one new pb each were all noteworthy achievements. Michael's four were particularly eye-catching as he was lowering his pb's on the various courses he ran, reaching a very high level of achievement. Well done, Michael. Geneva has made great strides with her times at Rooty Hill parkrun over May and she has to be very proud of her efforts. Great work Geneva. It was also nice to see Peter Tutty, one of Girraween's old friends continuing to do so well on the testing Rouse Hill parkrun course. Excellent work Peter. It would remiss not to mention Daniel Irving's efforts, culminating in a first place at Rooty Hill parkrun at the end of May. When commitments allow, Daniel is always there or thereabouts at the pointy end of the field when he can run at Rooty Hill. Great stuff Daniel. These have been the highlights across May at parkrun. Our readers can see however, the names that appear regularly in the results always posting times just under or over the twenty-minute mark. This is a testament to their wonderful consistency. They should all be very proud of their performances.

There were other highlights at varying events across May. Both Geoff and Graham Sheargold continued posting excellent times in the Western Districts Joggers and Harriers series at Lake Gillawarna. Geoff finished first in the events he competed in, whilst Graham was incredibly consistent. These are not easy courses, yet both athletes maintain a high standard. Danny Martins and Brandon Goldsworthy competed in the UTA50 event up in the Blue Mountains in May, posting excellent times in the process. Congratulations to both Danny and Brandon on their mighty efforts on a course that is always a challenge. Stephen Mifsud once again competed in the Hoka Runaway Sydney Half Marathon in May, putting in another sterling effort. Steve is only one of ten runners who has competed in every single one of these events since it began in 1992. Allowing for the fact that Steve has also completed over one hundred marathons, this is an extraordinary achievement, one that Steve is deservedly proud of. Congratulations Steve on keeping the dream alive from your friends at Girraween. Both Alison Shaw and Terry Rose were spotted doing the Mothers Day event classic in Parramatta Park in May and both athletes ran well on the testing course.

While this newsletter is primarily about on-field results on the track, field and road occasionally we mention off-field happenings. Girraween Athletics Club held their AGM in May with their 2023-24 Summer Presentation Awards as part of the evening. Chloe Farrugia was crowned Girraween Athletics Club Summer Champion. Given that Chloe is currently listed as an U12 athlete, this was a most remarkable achievement, as she is required to participate in a number of events as well as maintaining incredible high levels of consistency across the entire season. One also has to remember that Chloe also competes at Girraween Little A's on a Friday night over the summer. This is one of the finest achievements by an athlete at a Girraween Summer All-Comers competition stretching back to 1978.

Congratulations Chloe on your remarkable achievement, from everyone at both Girraween Little A's and Girraween Seniors. The senior club also crowned the Girraween Athletics Club Representative Summer Athlete of the year at the AGM. Joel Byatt and Laelia Byatt were crowned respective Summer Representative athletes of the year. This a wonderful testament to the seasons that both Joel and Laelia had competing at the elite level in their chosen discipline - Race Walking around Australia over the 2023-2024 summer. They also competed in an International walks event held in Canberra. They are also the first siblings to win this well-respected Representative award. Congratulations to both Joel and Laelia from all at Girraween on a season to remember.

Well, as you can see it has been another remarkable month in the Girraween story. Long may this continue. Results follow:

#### **4-5-24 Rooty Hill parkrun 5km**

29th	Damon Byatt	21:58
46th	Wayne Thurlow	23:08
72nd	Rod Zammit	24:56
99th	Brett Langley	26:14
111th	Vija-Louise Heath	27:02
158th	David Perry	30:59
169th	Jason Cutajar	31:55
221st	Matthew Briggs	47:00 (walker)

#### **4-5-24 Parramatta parkrun 5km**

193rd	Katrina Russell	31:30
229th	Terry Rose	33:39
262nd	Michael Christie	37:50

#### **4-5-24 Victor Harbor (SA) parkrun 5km**

82nd	Mischelle Otte	44:25 (walker)
89th	David Otte	47:14 (walker)

#### **4-5-24 Wentworth Common parkrun 5km**

5th	Adam Sinclair	20:40 (new pb)
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#### **4-5-24 Rhodes parkrun 5km**

70th	Michael Free	22:10 (new pb)
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#### **4-5-24 Curl Curl parkrun 5km**

69th	Lisa Grant	23:12
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**4-5-24 Blue Gum Hills parkrun 5km**

8th Danny Martins 23:59

**4-5-24 The Ponds parkrun 5km**

134th Greg Sargeant 27:07

**4-5-24 Thurrock parkrun, Orsett Heath (UK) 5km**

54th Carly Eager 27:30

**4-5-24 Rouse Hill parkrun 5km**

62nd Peter Tutty 35:15 (new pb)

**4-5-24 Lakeview parkrun 5km**

86th Andrew Free 35:26

**4-5-24 Western Districts Joggers & Harriers Lake Gillawarna****10km Handicap**

1st Geoff Sheargold 38:23

19th Graham Sheargold 55:10

**5-5-24 Hoka Runaway Sydney Half Marathon Sydney NSW**

Half Marathon	Gun Time	Net Time
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11074th Stephen Mifsud	2:28:17	2:14:17
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**5-5-24 NSW Short Walks Championships The Armory Newington****U20 Women's 10km Race Walk**

3rd Laelia Byatt 59:15:00

**U18 Men's 3km Race Walk**

1st Joel Byatt 13:01:00

**U18 Women's 3km Race Walk**

5th Laura Corvalan-Sotomayor 19:01:00

**U11 Girls 1km Race Walk**

6th Addison Jenkins 5:58:00

**11-5-24 Rooty Hill parkrun 5km**

3rd Daniel Irving 17:11

24th Rod Zammit 22:35

30th Wayne Thurlow 23:16

55th Bettina McMahon 26:24

85th Geoff Newey 31:17

88th Geneva McDermott 31:29 (new pb)

119th Matthew Briggs 49:29 (walker)

124th Mischelle Otte 58:23 (Tail Walker)

125th David Otte 58:26 (Tail Walker)

**11-5-24 Penrith Lakes parkrun 5km**

36th David Perry 26:38

58th Jason Cutajar 35:04

**11-5-24 Parramatta parkrun 5km**

119th Terry Rose 33:57

130th Michael Christie 37:46

**11-5-24 GreenWay parkrun 5km**

41st Michael Free 21:53 (new pb)

**11-5-24 Surfers Paradise (Qld) parkrun 5km**

8th Tipene Robinson 23:31

**11-5-24 Nepean River parkrun 5km**

32nd Lisa Grant 23:53

**11-5-24 The Ponds parkrun 5km**

94th Brandon Goldsworthy 26:36

**11-5-24 Thurrock parkrun, Orsett Heath (UK) 5km**

51st Carly Eager 28:56

**11-5-24 Newy parkrun 5km**

234th Andrew Free 32:40

**11-5-24 East Richmond parkrun 5km**

80th Peter Tutty 33:44

**11-5-24 Western Districts Joggers & Harriers Lake Gillawarna****3.5km Handicap**

1st Geoff Sheargold 12:36

18th Graham Sheargold 17:36

**12-5-24 Mother's Day Classic Parramatta Park****10km**

52nd Alison Shaw 58:13

**5km**

108th Terry Rose 35:26

**18-5-24 Rooty Hill parkrun 5km**

15th Michael Free 21:39 (new pb)

16th Rod Zammit 21:50

21st Damon Byatt 22:13

24th Wayne Thurlow 22:39

25th Laelia Byatt 22:40 (new pb)

54th David Perry 26:08

61st Stephen Parkins 26:37

106th Geneva McDermott 30:20 (new pb)

120th Jason Cutajar 31:28

170th Steve Williams 38:10

179th Camille McDermott 40:38 (new pb)

182nd Bettina McMahon 40:42

228th Matthew Briggs 54:29 (walker)

**18-5-24 Curl Curl parkrun 5km**

54th Lisa Grant 23:08

**18-5-24 Riverbank parkrun 5km**

2nd Vija-Louise Heath 24:27

**18-5-24 Nepean River parkrun 5km**

59th Tipene Robinson 27:51

**18-5-24 Newy parkrun 5km**

252nd Andrew Free 32:19

**18-5-24 Rouse Hill parkrun 5km**

54th Peter Tutty 33:30 (new pb)

**18-5-24 Fingal Bay parkrun 5km**

39th Terry Rose 34:17

**18-5-24 Parramatta parkrun 5km**

336th Michael Christie 48:00 (walker)

**16-5-24 – 19-5-24 UTA100 Blue Mountains****18-5-24****UTA50**

912th Danny Martins 7:31:42

1108th Brandon Goldsworthy 7:52:37

**19-5-24 Sydney 10 (Incorporating NSW Road Championships) Sydney Olympic Park**

136th Daniel Irving 34:41

251st Geoff Sheargold 36:47

378th Joel Byatt 38:41

766th Damon Byatt 46:13

768th Michael Free 46:14

876th Graham Sheargold 49:02

928th Dominic Carr 50:09

932nd Laelia Byatt 50:13

1321st Mairead Connolly 1:12:45

1327th Michael Christie 1:13:52

**25-5-24 Rooty Hill parkrun 5km**

1st Daniel Irving 17:03

39th Rod Zammit 22:43

44th Wayne Thurlow 22:52

57th Dominic Carr 23:59 (new pb)

70th David Perry 25:35

123rd Geneva McDermott 30:07 (new pb)

130th Jason Cutajar 31:02

177th Camille McDermott 39:59 (new pb)

178th Bettina McMahon 40:02

206th Matthew Briggs 48:52 (walker)

**25-5-24 Parramatta parkrun 5km**

128th Brandon Goldsworthy 26:35

332nd Mairead Connolly 38:02

381st Terry Rose 44:01 (walker)

403rd Michael Christie 47:16

### **25-5-24 Wentworth Common parkrun 5km**

30th Vija-Louise Heath 23:20

51st Stephen Parkins 25:51

### **25-5-24 Dolls Point parkrun 5km**

23rd Michael Free 21:53 (new pb)

### **25-5-24 Werrington Lakes Reserve parkrun 5km**

5th Tipene Robinson 23:52 (new pb)

### **25-5-24 Curl Curl parkrun 5km**

147th Lisa Grant 24:58

### **25-5-24 Rouse Hill parkrun 5km**

54th Peter Tutty 32:53 (new pb)

### **25-5-24 Newy parkrun 5km**

464th Andrew Free 35:54

### **25-5-24 Western Districts Joggers & Harriers Lake Gillawarna**

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

1st Geoff Sheargold 18:09

11th Graham Sheargold 25:00

### **26-5-24 SMC Smithfield**

#### **Half Marathon**

10th Geoff Sheargold 1:32:18

34th Adam Etherington 1:49:10

38th Michael Free 1:52:20

63rd Graham Sheargold 2:12:39

66th Stephen Mifsud 2:20:46

#### **10km**

60th Stephen O'Donnell 1:05:01.9

69th Mairead Connolly 1:13:38.9

#### **5km**

2nd Sai Sravan Shailesh 21:57.4

17th Alison Shaw 26:44.1

32nd Michael Christie 35:58.8

40th Terry Rose 42:53.1

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

3rd Sai Sraddha Shailesh 11:58.4

Michael Christie (GAP)