

November 2024 – It is truly amazing what Girraween’s athletes can achieve!



Laura, Elliana, Ashleigh, Laelia @ NSW State Relay Championships



Ashleigh, Laelia & Elliana @ NSW State Relay Championships



Laelia @ NSW 10,000m Race Walk Championships

Yet again, November 2024 saw Girraween athletes achieve wonderful results across a wide range of events as can be seen by the results listed below. There were of course some highlights which stood out.

At the NSW State Relay Championships at SOPAC in November, a Girraween women's team competed in the Open Women's Walk event. Ashleigh, Laura, Elliana and Laelia made up this team. They picked up a well-deserved bronze medal. Given that the average age of the team was around fifteen, they were competing against adult teams and in some instances against Olympic standard athletes. To pick up a medal in these circumstances was extraordinary and one of the greatest performances ever by a Girraween team in almost twenty-five years of representation at these relay championships. We congratulate Ashleigh, Laura, Elliana and Laelia on this wonderful performance. We should not however forget the performances of Girraween athletes who participated in the throws relay events at SOPAC the following day. Kavin, Sai Sravan, Ashleigh, Maayon, Jack, Caleb, Nirosh, Nirvan and John all represented Girraween well in these events. Given the depth of all these events, their performances were excellent; and all athletes acquitted themselves well. It was heartening to see Girraween represented on Saturday as well.

The Treloar Shield continued throughout November. We congratulate Taylor, Diane, Addison, Hugo, Laura, Joel, Kavin, Maayon and Sai Sravan on their efforts at these important meets. It's always great to see representation from Girraween at these interclub meets and the club is most fortunate that these athletes stepped up to compete across November.

The NSW 10,000m Race Walk Championships were held at The Crest in November. We give a big shout-out to both Laelia and Joel on their efforts at this event. It's an important step forward for both athletes to compete at these Championships so early in their Open careers and we wish both athletes well as they continue their development in this highly technical discipline.

The parkrun phenomenon shows no sign of slowing anytime soon and once again there was a sizeable representation of Girraween members and friends at parkrun throughout November. There were of course highlights once again. Michael F with two and Samuel, Matt, Damon, Daniel and Tipene with one all gained new pb's in November. Never an easy task given the pace that these athletes run at. Well done to all concerned. Daniel also finished first on three occasions at Rooty Hill parkrun, another eye-catching effort and also completed his one hundredth parkrun in November. A great milestone reached by Daniel. As you can see from the results, many of Girraween members and friends once again continued posting fine times on varying courses. Well done one and all.

The SMC Road Race Series continued at Smithfield in November on a brutally warm morning. Michael F's run in the Half, Damon's in the 10km and Addison's in the 5km race were all standout highlights. To all Girraween members and friends who participated that morning at SMC, it was a fine effort from all concerned and all runner's stuck to their task admirably.

There were other highlights in November. Graham continued his fine form in the Western Districts Joggers and Harriers series at Lake Gillawarna, Vija-Louise whilst in Italy on holiday

ran in the Ravenna Marathon, a great experience for her as well as some parkruns and enjoyed her time there. Peter K continued his marathon journey participating in the Marathon at the Stromlo Running festival, doing very well in the circumstances.

All in all, it was another remarkable month from a Girraween perspective and everyone participating continued to amaze. Results follow:

2-11-24 Rooty Hill parkrun 5km

4th	Daniel Irving	17:41
26th	Damon Byatt	21:38
58th	Samuel Jackson	24:11 (new pb)
116th	Rod Zammit	26:58
125th	Bettina McMahon	27:55
142nd	David Perry	29:04
177th	Wayne Thurlow	30:59
190th	Geoff Newey	31:49
250th	Mairead Connolly	40:30
254th	Matthew Briggs	41:59
276th	Geneva McDermott	47:35 (walker)
302nd	Camille McDermott	51:57

2-11-24 Parramatta parkrun 5km

70th	Tipene Robinson	24:27
138th	Heidi Juhart	27:03
325th	Michael Christie	38:13

2-11-24 The Ponds parkrun 5km

28th	Adam Etherington	21:43
171st	Greg Sargeant	27:28

2-11-24 East Richmond parkrun 5km

13th	Matt Modini	21:53 (new pb)
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2-11-24 Kamay parkrun 5km^{10th}

8th	Michael Free	21:59 (new pb)
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2-11-24 Milano Nord (Italy) parkrun 5km

65th	Vija-Louise Heath	24:23
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2-11-24 Blue Gum Hills parkrun 5km

11th	Danny Martins	25:57
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2-11-24 Rockhampton (Qld) parkrun 5km

46th	Garry Womsley	26:03
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2-11-24 Kawana (Qld) parkrun 5km

113th	Stephen Parkins	30:19
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2-11-24 Palm Creek (Qld) parkrun 5km

10th	Terry Rose	32:55
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2-11-24 Blackbutt parkrun 5km

74th	Andrew Free	35:54
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2-11-24 Avondale University College parkrun 5km

26th Jason Cutajar 45:17 (walker)

2-11-24 Curl Curl parkrun 5km

434th Lisa Grant 55:57 (tail walker)

2-11-24 Western Districts Joggers & Harriers Lake Gillawarna**10km Handicap**

20th Graham Sheargold 56:55

9-11-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:45
4th Geoff Sheargold 19:09
12th Damon Byatt 21:16 (new pb)
19th Brett Langley 22:15
29th Josiah Jackson 23:29
32nd Rod Zammit 23:56
46th Laelia Byatt 25:12
51st David Perry 25:41
212th Matthew Briggs 43:12
219th Mischelle Otte 45:20 (walker)
261st David Otte 51:41 (walker)

9-11-24 Parramatta parkrun 5km

116th Stephen Parkins 26:13
340th Michael Christie 35:55
356th Mairead Connolly 37:00

9-11-24 Curl Curl parkrun 5km

104th Lisa Grant 23:16

9-11-24 Mosman parkrun 5km

11th Michael Free 23:30 (new pb)

9-11-24 East Richmond parkrun 5km

19th Wayne Thurlow 24:12

9-11-24 Macquarie University parkrun 5km

109th Tipene Robinson 25:15

9-11-24 Maitland parkrun 5km

37th Danny Martins 25:23

9-11-24 Rockhampton (Qld) parkrun 5km

35th Garry Womsley 26:03

9-11-24 Marecchia (Italy) parkrun 5km

7th Vija-Louise Heath 29:51

9-11-24 Cardwell (Qld) parkrun 5km

7th Terry Rose 35:36

9-11-24 Blue Gum Hills parkrun 5km

74th Andrew Free 36:27

9-11-24 Treloar Shield Round 4 SOPAC

Women's 100m Para

1st Taylor Doyle T/F38 16.13 76.75%

Women's 100m 50+

10th Diane Celnikier 17.37

Girl's 1500m RW U12

3rd Addison Jenkins 9:07.36

Boy's 1500m RW U12

4th Hugo Siciliano 7:54.77

Women's 5000m RW U18

3rd Laura Corvalan Sotomayor 32:51.98

Men's 5000m RW Open

1st Joel Byatt 22:74.16

Women's Shot Put Para

1st Taylor Doyle T/F38 6.52m 51.83%

Women's Long Jump Para

1st Taylor Doyle T/F38 3.80m 68.97%

Men's Shot Put U18

2nd Kavin Tharmanesan 11.47m

Men's Pole Vault U15

1st Maayon Sudarshan 1.95m

10-11-24 Martatona di Ravenna Citta d'Arte – Ravenna Italy

Female

174th Vija- Louise Heath 4:50.09

15-11-24 – 17-11-24 Valour NSW State Relay Championships SOPAC

15-11-24

Women's 4 x 1500m (Open) Race Walk 3rd

Ashleigh Farrugia

Laura Corvalan Sotomayor

Elliana Henderson

Laelia Byatt

Total: 33:32.60

16-11-24

Men's (U16) 15's Throws Relay 8th

SP 2nd Kavin Tharmanesan 11.74m

JAV 12th Sai Sravan Shailesh 22.55m

DISC 12th Ashleigh Farrugia 25.64m 1266pts

Men's (U14) 13's Throws Relay 6th

SP 15th Maayon Sudarshan 7.42m

JAV 2nd Jack Gale 31.48m

DISC 6th Caleb Williams 32.37m 1687pts

Men's (U15) 14's Throws Relay 8th

SP 7th Nirosh Kanapathy Pillai 9.84m

JAV 6th Nirvan Srestha 22.83m

DISC 9th John Elkin 27.16m 1348pts

16-11-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:36 (new pb)
20th Damon Byatt 22:44
33rd Josiah Jackson 24:14
150th Jason Cutajar 34:23
210th Mischelle Otte 43:18
222nd Matthew Briggs 44:41 (walker)
269th David Otte 52:11 (walker)

16-11-24 Parramatta parkrun 5km

20th Brett Langley 21:03
66th Tipene Robinson 23:31
344th Michael Christie 36:51

16-11-24 Macquarie University parkrun 5km

38th Rod Zammit 22:38
54th Vija-Louise Heath 23:33

16-11-24 Cooks River parkrun 5km

21st Michael Free 21:56

16-11-24 Henry Kendall Reserve parkrun 5km

3rd Matt Modini 23:07

16-11-24 Curl Curl parkrun 5km

88th Lisa Grant 23:10

16-11-24 Owairaka (NZ) parkrun 5km

41st Wayne Thurlow 25:06

16-11-24 Rockhampton (Qld) parkrun 5km

40th Garry Womsley 26:36

16-11-24 Blackbutt parkrun 5km

96th Andrew Free 36:47

16-11-24 Plantation (Qld) parkrun 5km

11th Terry Rose 37:17

16-11-24 Rouse Hill parkrun 5km

121st Peter Tutty 42:16

**16-11-24 Western Districts Joggers & Harriers Lake Gillawarna
5@ The Lake**

17th Graham Sheargold 26:46

16-11-24 – 17-11-24 Stromlo Running Festival ACT

16-11-24

SRF Marathon

73rd Peter Kimpton 5:06:50

21-11-24 NSW 10,000m Race Walk Championships The Crest

Women's 10.000m RW Open

7th Laelia Byatt 57:25.59

Men's 10,000m RW Open

Joel Byatt DNF

23-11-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:51 (100th pr)

15th Brett Langley 20:28

21st Damon Byatt 21:56

22nd Rod Zammit 22:04

40th Wayne Thurlow 24:14

196th Matthew Briggs 37:38

258th Jason Cutajar 51:02 (walker)

23-11-24 Parramatta parkrun 5km

69th Vija-Louise Heath 24:00

329th Terry Rose 36:13

362nd Michael Christie 40:40

440th Mairead Connolly 54:37 (walker)

23-11-24 Blue Gum Hills parkrun 5km

23rd Danny Martins 26:21

66th Andrew Free 34:26

23-11-24 Umbagog District (ACT) parkun 5km

118th Mischelle Otte 53:28 (walker)

119th David Otte 53:34 (walker)

23-11-24 East Richmond parkrun 5km

7th Matt Modini 22:15

23-11-24 Rex Jackson Oval parkrun 5km

5th Michael Free 23:06

23-11-24 Curl Curl parkrun 5km

85th Lisa Grant 23:14

23-11-24 Macquarie University parkrun 5km

70th Tipene Robinson 24:38 (new pb)

23-11-24 Werrington Lakes Reserve parkrun 5km

2nd Brandon Goldsworthy 25:16

23-11-24 Seaview (Qld) parkrun 5km

31st Garry Womsley 25:59

23-11-24 Rouse Hill parkrun 5km

100th Peter Tutty 41:23

23-11-24 Treloar Shield Round 5 SOPAC

Men's Pole Vault U15 1.80m start

1st Maayon Sundarshan 1.95m

Men's Pole Vault U18 1.80m start

Sai Sravan Shailesh NH

Men's Discus U18

3rd Kavin Tharmanesan 39.91m

Men's Shot Put U18

6th Kavin Tharmanesan 12.56m

24-11-24 SMC Road Race Series Smithfield**Half Marathon**

27th Michael Free 1:53:30.5

45th Adam Etherington 2:01:52.4

10km

16th Damon Byatt 47:10.2

72nd Greg Sargeant 1:05:35.7

76th Stephen O'Donnell 1:10:29.2

82nd Mairead Connolly 1:16:39.1

5km

19th Addison Jenkins 25:58.3

28th Alison Shaw 27:27.2

33rd Stephen Mifsud 28:38.8

53rd Terry Rose 35:32.2

55th Michael Christie 35:39.4

30-11-24 Rooty Hill parkrun 5km

24th Wayne Thurlow 24:23

84th Geoff Newey 31:22

120th Matthew Briggs 38:44

30-11-24 Pirrama parkrun 5km

22nd Rod Zammit 22:07

30th Vija-Louise Heath 24:38

30-11-24 Parramatta parkrun 5km

69th Tipene Robinson 25:32

209th Michael Christie 36:38

30-11-24 Rhodes parkrun 5km

45th Michael Free 22:22

30-11-24 Nepean River parkrun 5km

18th Damon Byatt 22:35

30-11-24 Wentworth Common parkrun 5km

23rd Brandon Goldsworthy 23:52

30-11-24 Avondale University College parkrun 5km

13th Lisa Grant 24:35

30-11-24 Mackay (Qld) parkrun 5km

62nd Garry Womsley 25:54

30-11-24 Macquarie University parkrun 5km

253rd Jason Cutajar 36:01

30-11-24 St Peters parkrun 5km

239th Terry Rose 36:03

30-11-24 Blackbutt parkrun 5km

82nd Andrew Free 36:23

30-11-24 Treloar Shield Round 6 Blacktown International Sports Park

Women's 100m 50+

6th Diane Celnikier 17.22

Michael Christie (GAP)