

October 2024 – You don't have to be perfect to be amazing!

The headline for October 2024's newsletter is pretty apt when describing the efforts of Girraween's members and friends across the month. There are many amazing performances scattered throughout reinforcing this headline.

A big shout out to Girraween athletes, senior and junior who have been competing at the Treloar Shield across October. Congratulations to Diane, Maayon, Nirvan, Kashika, Kavin and Addison who represented Girraween so well at the first series of Treloar Shield meets across October. Treloar Shield meets are important for athletes at both senior and junior levels wishing to improve and gain experience on the bigger stage. Girraween's athletes by and large competed in events that had deep fields and will have benefited from the experience. Well done to all concerned.

The SMC Road Race series continued at Smithfield in October. There were great efforts by Michael F in the Half Marathon, Greg in the 10km, Sai Sravan and Addison in the 5km and Sai Sraddha in the 2km. These athletes posted fine times. It was also nice to see other Girraween members and friends giving their best in their respective events. The SMC series continues to go from strength to strength. It is highly recommended due to the nature of the course and the great value for money, particularly when compared to similar events held throughout the year in NSW and further afield.

We saw parkrun continue on its merry way in October. There were some eye-catching performances. Daniel finished first on three consecutive Saturday's at Rooty Hill parkrun posting very quick times. Well done, Daniel. Michael F continued his fine form of late posting another three new pb's, no mean feat while both Matt and Brandon also posted one new pb each. There were also many other fine efforts by Girraween members and friends across October as can be seen by a brief perusal of the results.

There were two epic performances that stood out in October over the longer distances. Peter's wonderful run in the Melbourne Marathon Festival as he continued on his twelve marathons in twelve months target. We wish Peter well as he strives to complete this extraordinary feat over the next two months whilst raising funds for a wonderful cause. Great stuff Peter. Graham's almost six- hour adventure in the Lonely Mountain Ultra near Orange was of epic proportions as well. Graham did live to tell the tale so to speak. We sense he won't be rushing back to this event any time soon though. Well done, Graham. Stephen M was also spotted doing the Half-Marathon at the Melbourne Marathon Festival and Alison was also spotted in the BBB Run Half Marathon around the streets of Wentworth Point in October. Both Stephen and Alison ran well in their respective events. It would be remiss not to mention the efforts of a number of Girraween members and friends who participated in various teams in the Bondi to Manly Ultra Relay in late October. Each runner ran one leg of this event as part of a four-person team. Daniel, Rod, Vija-Louise, Bettina, Tipene, Jason, Peter and Danny all participated across different teams. Due to the nature of the results published for the team's event, it was not feasible to allocate a name to a time. However, we have it on good authority that all participants enjoyed the experience. Congratulations to all concerned.

It would also be remiss to not forget Graham and David's efforts in other events. Graham continued to run well in the Western Districts Jogger and Harriers handicap event at Lake Gillawarna, while David took on the gruelling Panorama Punish fun run event, consisting of one lap around Mt Panorama at Bathurst. Congratulations to David on tackling this challenging event.

October had been another great month of athletic achievement. Our readers can see that by the results. Amazing is one word for it.! Results follow:

5-10-24 Rooty Hill parkrun 5km

1st	Daniel Irving	16:53
4th	Geoff Sheargold	18:28
14th	Michael Free	21:05
16th	Danny Martins	21:31
17th	Damon Byatt	21:46
18th	Tipene Robinson	21:55
25th	Rod Zammit	22:30
56th	Wayne Thurlow	25:53
58th	Laelia Byatt	25:46
62nd	David Perry	25:59
68th	Stephen Parkins	26:19
217th	Geneva McDermott	46:25 (walker)
218th	Bettina McMahon	46:30 (walker)

5-10-24 Parramatta parkrun 5km

335th	Terry Rose	34:27
386th	Michael Christie	37:26

5-10-24 East Richmond parkrun 5km

10th	Matt Modini	22:15
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5-10-24 Curl Curl parkrun 5km

71st	Lisa Grant	23:09
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5-10-24 Wagga Wagga parkrun 5km

52nd	Addison Jenkins	25:54
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5-10-24 GreenWay parkrun 5km

158th	Vija-Louise Heath	28:00
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5-10-24 The Ponds parkrun 5km

164th	Greg Sargeant	28:12
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5-10-24 Pirrima parkrun 5km

184th	Jason Cutajar	32:29
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5-10-24 Blackbutt parkrun 5km

89th	Andrew Free	36:24
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5-10-24 Rhodes parkrun 5km

545th	Mairead Connolly	50:22 (walker)
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5-10-24 Lonely Mountain Ultra Lidster via Orange

32km

139th Graham Sheargold 5:55:10

12-10-24 Rooty Hill parkrun

1st Daniel Irving 16:42

4th Joel Byatt 18:57

15th Damon Byatt 21:37

31st Brett Langley 23:19

63rd Tipene Robinson 26:02

64th Wayne Thurlow 26:03

143rd Geoff Newey 33:18

146th Matthew Briggs 33:45

217th Mischelle Otte 53:43 (walker)

12-10-24 Parramatta parkrun 5km

313th Terry Rose 33:55

462nd Michael Christie 52:36(walker)

12-10-24 GreenWay parkrun 5km

51st Michael Free 21:47 (new pb)

12-10-24 East Richmond parkrun 5km

6th Matt Modini 22:03 (new pb)

12-10-24 Campbelltown parkrun 5km

14th Rod Zammit 22:56

12-10-24 Wauchope parkrun 5km

8th Lisa Grant 24:08

12-10-24 Nepean River parkrun 5km

39th Vija – Louise Heath 24:21

12-10-24 Maitland parkrun 5km

29th Danny Martins 24:35

12-10-24 Albert parkrun, Melbourne (Vic) 5km

569th Jason Cutajar 32:39

12-10-24 Bluegum Hills parkrun 5km

28th Andrew Free 34:45

12-10-24 Treloar Shield Round 1 The Crest Georges Hall

Women's 50+ 60m

12th Diane Celnikier 10.98

Men's U15 60m

15th Maayon Sudarshan 9.74

Women's 50+ 200m

11th Diane Celnikier 39.46

Men's U15 Javelin

8th Nirvan Shrestha 21.94m

Women's U15 Javelin

5th Kashika Tharmanesan 22.63m

Men's U15 High Jump

3rd Maayon Sudarshan 1.25m

Women's 50+ Shot Put

12th Diane Cenikier 5.70m

12-10-24 Western Districts Joggers & Harriers Lake Gillawarna**3.5km Handicap**

46th Graham Sheargold 25:26

13-10-24 Nike Melbourne Marathon Festival – Melbourne**Nike Half Marathon**

	Gun Time	Net Time
8950th Stephen Mifsud	2:30:50	2:30:43

Nike Marathon

5728th Peter Kimpton	4:21:29	4:10:19
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19-10-24 Rooty Hill parkrun 5km

1st Daniel Irving	16:42
18th Rod Zammit	22:05
19th Brett Langley	22:08
30th Damon Byatt	23:06
32nd Vija-Louise Heath	23:35
47th Wayne Thurlow	24:59
76th David Perry	27:47
138th Geoff Newey	32:07
201st Jason Cutajar	39:10
207th Matthew Briggs	40:07
257th Mischelle Otte	47:22 (walker)

19-10-24 Parramatta parkrun 5km

50th Tipene Robinson	23:18
323rd Terry Rose	34:28
383rd Michael Christie	37:43

19-10-24 East Richmond parkrun 5km

9th Matt Modini	22:16
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19-10-24 Kamay parkrun 5km

7th Michael Free	22:18 (new pb)
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19-10-24 Curl Curl parkrun 5km

89th Lisa Grant	23:15
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19-10-24 Whalan Reserve parkrun 5km

1st Brandon Goldsworthy	23:43 (new pb)
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19-10-24 Rockhampton (Qld) parkrun 5km

46th Garry Womsley	25:49
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19-10-24 Newy parkrun 5km

313th Andrew Free	32:58
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19-10-24 Treloar Shield Round 2 SOAPC

Women's 100m 50+

15th Diane Celnikier 17.75

Men's Discus U18

4th Kavin Tharmanesan 36.18m

Men's Discus U15

12th Maayon Sudarshan 27.33m

Men's Pole Vault U15

3rd Maayon Sudarshan 1.80m

Men's Long Jump U15

9th Maayon Sudarshan 3.85m

20-10-24 BBB Run Wentworth Point

Half Marathon

252nd Alison Shaw 2:06:42

20-10-24 SMC Road Race Series Smithfield

Half Marathon

15th Michael Free 1:49:57.4

10km

60th Greg Sargeant 1:03:06.9

68th Stephen O'Donnell 1:08:32.6

5km

7th Sai Sravan Shailesh 21:15.2

18th Addison Jenkins 24:38.0

37th Stephen Mifsud 30:01.05

43rd Terry Rose 34:06.9

46th Michael Christie 35:22.9

2km Kids Dash

2nd Sai Sraddha Shailesh 8:50.9

26-10-24 Rouse Hill parkrun 5km

6th Matt Modini 23:01

89th Peter Tutty 41:38

26-10-24 Pirrima parkrun 5km

253rd Michelle Otte 53:59 (walker)

254th David Otte 54:04 (walker)

26-10-24 Centennial parkrun 5km

53rd Michael Free 21:40 (new pb)

26-10-24 Macquarie University parkrun 5km

75th Brett Langley 22:48

26-10-24 Curl Curl parkrun 5km

99th Lisa Grant 23:03

26-10-24 Bathurst parkrun 5km

62nd David Perry 26:19

26-10-24 Wentworth Common parkrun 5km

39th Stephen Parkins 26:28

26-10-24 The Ponds parkrun 5km

196th Greg Sargeant 28:10

26-10-24 Blackbutt parkrun 5km

121st Andrew Free 35:40

26-10-24 Cairns (Qld) parkrun 5km

207th Terry Rose 35:44

26-10-24 Parramatta parkrun 5km

339th Michael Christie 36:10

26-10-24 Rooty Hill parkrun 5km

220th Matthew Briggs 37:44

26-10-24 Treloar Shield Round 3 Mingara

Women's 200m 50+

13th Diane Celnikier 37.91

Women's 100m (Back Straight) 50+

13th Diane Celnikier 17.34

Women's 1500m RW U12

6th Addison Jenkins 8:58.10

27-10-24 Panorama Punish Bathurst 6.2km

299th David Perry 36:01

Michael Christie (GAP)