

September 2024 – The only true limitation is the one you set yourself!



Joel at NSW All Schools Championships



Laelia (in middle) at NSW All Schools Championships

The above headline can apply to all athletes at all levels of competition/participation. However, one thing remains certain. This is that the performance of Girraween members and friends across a whole range of events throughout September illustrates that there were no limits set on what they were able to achieve. Once again, there were remarkable achievements and performances across a wide range of events as can be seen by the results published below. They give great encouragement to everyone out there testing themselves at all levels.

One of the real highlights in September were the efforts by Girraween's younger athletes, representing their schools while competing in both the NSW Combined High School Championships and the NSW All Schools Championships at SOPAC. The NSW CHS Championships in the middle of the month saw Joel, Laelia and Ashleigh competing in the walks events and Nathan in one of the throws events with Joel picking up a well-deserved gold medal in his event. The NSW All Schools Championships at the end of the month saw Nathan, Kavin and Nirvan competing in throws events, whilst Ashleigh, Laura, Laelia and Joel competed in the walks. Ashleigh, Laelia and Joel picked up medals in their respective events and we congratulate them on this achievement. There were deep fields in most events across both these State championships, so the overall performances of all the above athletes needs to be seen within this context. Another remarkable achievement by these up-and coming athletes.

The Sydney Marathon and supporting events was held last month. Brett, Brandon Rod, and Peter all participated in the Sydney Marathon itself and all posted very fine times across what still is a testing course, despite the faster times by the elite athletes. Danny and Stephen M were spotted out on the 10km course whilst Terry participated in the 4.2km event, finishing 2nd in his age category. All runners ran well and were naturally grateful that they did not have to combat the extreme heat of 2023 for this event.

The iconic SMC Road Race series recommenced at Smithfield in September and a number of Girraween members and friends were spotted competing across all races. Both Geoff and Michael F posted fine times in the Half Marathon event, while Vija posted a fine sub fifty-minute time in the 10km event. Girraween junior athletes, Sai Sravan and Addison, both posted most excellent times in the 5km event while Sai Sraddha also ran well in the 2km event finishing second overall. It was nice to see a great Girraween contingent at Smithfield for the first events of the season and particularly pleasing to see Girraween's younger athletes running so well.

Parkrun once again proved most popular across September. Daniel Irving finished first on four consecutive Saturdays at Rooty Hill parkrun, posting very fast times into the bargain. A most remarkable achievement by Daniel. Michael F and Matt both posted three new pb's and they were all very fast times on variable courses. Andrew, Josiah and Heidi also posted new pb's and had to be happy with their runs as well. As the reader can see by the results, parkrun continues to be popular amongst Girraween's members and friends and there are familiar names appearing each Saturday continuing to post fast times.

The Western Districts Joggers and Harrier's handicap series at Lake Gillawarna continued through September and this series saw Graham continuing his consistent form on the challenging courses within these environs. He enjoys this series. It certainly is a great place to have a run early on a Saturday morning.

Once again it had been a remarkable month of athletic achievement as the summer season starts to kick off in earnest. We hope all Girraween members and friends enjoy the upcoming summer season and we look forward to chronicling their achievements over the months ahead.

Results follow:

7-9-24 Rooty Hill parkrun 5km

1st	Daniel Irving	17:26
2nd	Geoff Sheargold	18:28
18th	Tipene Robinson	22:21
19th	Damon Byatt	22:26
76th	Bettina McMahon	27:16
275th	Mischelle Otte	51:53 (walker)

7-9-24 The Ponds parkrun 5km

154th	Greg Sargeant	27:49
478th	Mairead Connolly	41:41
615th	Matthew Briggs	56:50 (walker)

7-9-24 Australian Botanic Garden Mount Annan parkrun 5km

17th	David Perry	31:55
50th	Jason Cutajar	46:13 (walker)

7-9-24 Parramatta parkrun 5km

367th	Terry Rose	35:59
491st	Michael Christie	56:50 (walker)

7-9-24 Pirrima parkrun 5km

33rd	Michael Free	21:49 (new pb)
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7-9-24 Curl Curl parkrun 5km

90th	Lisa Grant	22:42
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7-9-24 East Richmond parkrun 5km

11th	Matt Modini	23:14 (new pb)
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7-9-24 Mudgee parkrun 5km

11th	Vija-Louise Heath	23:38
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7-9-24 Blue Gum Hills parkrun 5km

14th Danny Martins 24:20

7-9-24 Rockhampton (Qld) parkrun 5km

31st Garry Womsley 25:33

7-9-24 Wentworth Common parkrun 5km

47th Stephen Parkins 25:48

7-9-24 Newy parkrun 5km

364th Andrew Free 33:37

**7-9-24 Western Districts Joggers & Harriers Lake Gillawarna
10km Handicap**

20th Graham Sheargold 56:10

11-9-24 – 13-9-24 NSW CHSSA Athletics Championships SOPAC**12-9-24****Boys 16-19 Years 3000m Walk**

1st Joel Byatt 13:01.90

Girls 15-19 Years 3000m Walk

7th Laelia Byatt 16:49.34

13-9-24**Girls 12-14 Years 1500m Walk**

5th Ashleigh Farrugia 7:45.79

Boys 16 Years Discus 1.5kg

11th Nathan Farrugia 29.01m

14-9-24 Rooty Hill parkrun 5km

1st Daniel Irving 17:04

14th Josiah Jackson 22:58 (new pb)

37th David Perry 25:20

45th Brett Langley 26:26

70th Samuel Jackson 28:34

104th Jason Cutajar 30:59

180th Matthew Briggs 37:28

182nd Mairead Connolly 37:41

219th Mischelle Otte 46:51 (walker)

14-9-24 Parramatta parkrun 5km

131st Heidi Juhart 27:32 (new pb)

350th Michael Christie 39:22

416th Terry Rose 56:41 (walker)

14-9-24 Pirrima parkrun 5km

117th Vija-Louise Heath 24:33

161st Tipene Robinson 25:52

14-9-24 East Richmond parkrun 5km

9th Matt Modini 22:27 (new pb)

14-9-24 Curl Curl parkrun 5km

101st Lisa Grant 22:46

14-9-24 Rex Jackson Oval parkrun 5km

6th Michael Free 23:40

14-9-24 Wentworth Common parkrun 5km

42nd Stephen Parkins 24:59

14-9-24 The Ponds parkrun 5km

139th Greg Sargeant 27:34

14-9-24 Vejen (Denmark) parkrun 5km

11th Carly Eager 29:36

14-9-24 Blue Gum Hills parkrun 5km

47th Andrew Free 33:55 (new pb)

14-9-24 Western Districts Joggers & Harriers Lake Gillawarna**3.5km Handicap**

15th Graham Sheargold 17:17

15-9-24 TCS Sydney Marathon**TCS Sydney Marathon**

7311th Brett Langley 3:52:45

7890th Brandon Goldsworthy 3:55:45

9816th Rod Zammit 4:06:41

15228th Peter Kimpton 4:48:01

TCS Sydney Marathon 10km

297th Danny Martins 44:27

2789th Stephen Mifsud 1:00:00

TCS Sydney Mini-Marathon 4.2km

1410th Terry Rose 28:27 (2nd 70-79)

21-9-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:57

2nd Geoff Sheargold 18:19

22nd Damon Byatt 21:50

55th Rod Zammit 24:35

84th Bettina McMahon 27:03

117th Samuel Jackson 29:05

159th Jason Cutajar 31:38

317th Mischelle Otte 59:24 (walker)

21-9-24 Parramatta parkrun 5km

348th Terry Rose 35:07

417th Mairead Connolly 42:44

450th Michael Christie 47:45 (walker)

21-9-24 Cooks River parkrun 5km

17th Michael Free 21:56 (new pb)

21-9-24 East Richmond parkrun 5km

18th Matt Modini 22:08 (new pb)

21-9-24 Kamay parkrun 5km

18th Lisa Grant 23:36

21-9-24 Wentworth Common parkrun 5km

54th Vija-Louise Heath 26:17

21-9-24 Blue Gum Hills parkrun 5km

69th Andrew Free 34:13

21-9-24 The Ponds parkrun 5km

582nd Matthew Briggs 49:00 (walker)

21-9-24 Western Districts Joggers and Harriers Lake Gillawarna**5@The Lake**

41st Graham Sheargold 34:51

22-9-24 SMC Road Race Series Smithfield**Half Marathon**

4th Geoff Sheargold 1:27:54.2

30th Michael Free 1:50:54.7

51st Graham Sheargold 2:21:55.4

10km

18th Vija-Louise Heath 49:16.8

47th Greg Sargeant 57:15.4

5km

14th Sai Sravan Shailesh 22:16.5

26th Addison Jenkins 26:22.5

37th Stephen Mifsud 28:13.4

49th Jean Davis 32:13.0

53rd Terry Rose 33:50.8

57th Michael Christie 36:22.2

2km Kids Dash

2nd Sai Sraddha Shailesh 8:42.0

28-9-24 Rooty Hill parkrun 5km

1st Daniel Irving 16:46

19th Damon Byatt 22:00

23rd Tipene Robinson 22:48

29th Josiah Jackson 23:02

47th Stephen Parkins 24:45

56th David Perry 25:27

58th Wayne Thurlow 25:40

77th Samuel Jackson 27:25

214th Matthew Briggs 53:37 (walker)

28-9-24 Whalan Reserve parkrun 5km

3rd Rod Zammit 21:16

7th Vija-Louise Heath 23:05

28-9-24 Parramatta parkrun 5km

287th Terry Rose 32:51

351st Michael Christie 38:26

28-9-24 Wentworth Common parkrun 5km

10th Michael Free 21:22 (new pb)

28-9-24 Curl Curl parkrun 5km

94th Lisa Grant 22:54

28-9-24 Rouse Hill parkrun 5km

6th Matt Modini 23:33

28-9-24 The Ponds parkrun 5km

159th Greg Sargeant 27:20

28-9-24 Maitland parkrun 5km

142nd Jason Cutajar 35:02

28-9-24 Blue Gum Hills parkrun 5km

52nd Andrew Free 35:59

28-9-24 Rockhampton (Qld) parkrun 5km

319th Garry Womsley 1:08:22 (tail walker)

28-9-24 – 2-10-24 NSW All Schools Championships SOPAC

28-9-24

Boys Shot Put 14 Years 4kg

5th Kavin Tharmanesan 12.59m

Boys Discus 16 Years 1.5kg

13th Nathan Farrugia 31.73m

Boys Javelin Throw 13 Years 600g

11th Nirvan Srestha 23.24m

29-9-24

Boys Javelin Throw 14 Years 700g

8th Kavin Tharmanesan 33.00m

30-9-24

Boys Discus 14 Years 1kg

11th Kavin Tharmanesan 35.80m

1-10-24

Girls 3000m RW 14 Years

3rd Ashleigh Farrugia 17:13.41

Girls 5000m RW 16 Years

6th Laura Corvalan Sotomayor 33:05.14

Girls 5000m RW 19 Years

3rd Laelia Byatt 29:56.89

Boys 5000m RW 17 Years

2nd Joel Byatt 22:58.78

Michael Christie (GAP)