

## April 2025 Pressure is nothing more than the shadow of great opportunity!



*Laelia @ Australian Championships Perth*

Occasionally, very occasionally we have a month go by that will remain in the memory for various reasons, whether it be performances out on the track or in the field or happenings outside the arena. April 2025 will be remembered as one such month. Given the headline, there was great opportunity in April and Girraween's athletes certainly grabbed it with both hands.

The Australian Junior Athletics Championships took place in Perth early in April and there were eye-catching performances from Girraween athletes representing NSW at these championships. Jack, Laura, Ashleigh and Lachlan did not gain a medal, but they all achieved pb's in their respective events. To do this at any time is challenging, but to hit this personal milestone at a National Championships with the pressure that comes with it is a little bit special; no doubt about that. We congratulate Jack, Laura, Ashleigh and Lachlan on their magnificent achievements.

The Australian Open & U20 Athletics Championships were also held in Perth last month. Laelia competed in the 10,000m Walk in the U20's section of these championships. She gained a new season's best and had to be happy with that effort, particularly coming in the national championships. Congratulations Laelia.

The parkrun goliath continued on its merry way through April and once again there were some excellent performances. Damon obtained two new pb's while Abbie, Andrew, Samuel, Danny, Michael C and Lachlan obtained one each, never an easy thing to do. Daniel finished first at Rooty Hill pr towards the end of the month with another excellent performance. Bettina reached the very special milestone of 100 pr's in April - a fine achievement. Well done Bettina.

The SMC Road Race series continued at Smithfield at the end of April. To be frank, given the state of the eastern section of the course after the extra heavy rain that fell during the night, the event should have been called off, as it was unsafe for runners who were competing in the 10km & Half Marathon events. It was most fortunate that there were no serious injuries. Taking all this into account there were still excellent performances. Geoff posted an excellent time in the Half Marathon, whilst Joel and Damon managed to post some slick times in the 10km event. Sai Sravan ran well in the 5km event, whilst both Sai Sraddha and Addison posted very good times in the 2kn Kids Dash. Thankfully, Girraween's members and friends appeared to make it through unscathed, which is the main thing.

There were special highlights elsewhere. Daniel posted a superb sub 2:50.00 time in the Canberra Marathon, a time he was most pleased with. We are aware how hard Daniel worked in the lead-up and we congratulate him on this achievement. A shout out also to Tipene, Jason and Mairead for also competing in the Canberra marathon. Lachlan won the 5.4km event at the Canberra Marathon Running festival, a magnificent achievement given his age and the fact that there were over one thousand people in the event. Well done, Lachlan. A shout out also to Stephen M on getting through the 10km in challenging circumstances. Well done Stephen. Danny once again competed in the Hill to Harbour in Newcastle and posted another fine time. Vija posted not only an excellent time in the inaugural Wollongong marathon but was also first in her age category, no mean feat. Well done Vija.



*Michael, Joan and Tracey in Perth*

On a personal note, a real highlight occurred for this writer when he was on leave in Perth during April. He had the privilege to catch up with Joan Wheeler, (widow of the founder of Girraween Athletics Club, John) and their daughter Tracey, former member of Girraween Athletics Club and an Olympian (Sydney 2000) and a Matilda to boot. The couple of hours spent with Joan and Tracey flew by talking about old times and sharing news. Michael C very much appreciated Joan and Tracey finding the time in their busy schedules to catch up. Fond memories.

Well, it was another fine month of athletics around the trap's and we congratulate all Girraween's members and friends on their achievements that enable us to continue to produce this newsletter. Results follow:

#### **5-4-25 Rooty Hill parkrun 5km**

10th	Damon Byatt	20:35(new pb)
13th	Joel Byatt	20:48
32nd	Rod Zammit	22:56
54th	Tiffanie Sugianto	24:63
78th	Greg Sargeant	26:41
88th	Brett Langley	27:04
99th	Stephen Parkins	27:51
102nd	Steve Williams	28:00
131st	Geoff Newey	29:39
288th	David Otte	47:37 (walker)
301st	Mischelle Otte	50:09 (walker)

#### **5-4-25 GreenWay parkrun 5km**

71st	Michael Free	23:01
167th	Vija-Louise Heath	27:00

#### **5-4-25 Parramatta parkrun 5km**

400th	Terry Rose	33:45
435th	Michael Christie	35:52

#### **5-4-25 The Ponds parkrun 5km**

48th	Adam Etherington	22:22
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#### **5-4-25 Curl Curl parkrun 5km**

82nd	Lisa Grant	22:48
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#### **5-4-25 South Bank (Qld) parkrun 5km**

124th	Tipene Robinson	24:02
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#### **5-4-25 Claisebrook Cove (WA) parkrun 5km**

54th	Laelia Byatt	24:25
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#### **5-4-25 Casula Parklands parkrun 5km**

18th	Abbie Stone	26:09 (new pb)
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### **5-4-25 Grahamstown Aquatic Centre parkrun, Medowie 5km**

47th Andrew Free 31:02 (new pb)

### **5-4-25 St Peters parkrun 5km**

508th Jason Cutajar 36:35

### **4-4-25 – 8-4-25 Australian Junior Athletics Championships Perth**

#### **5-4-25**

#### **U14 Boys 600g Javelin Throw**

6th Jack Gale 33:72 (pb)

#### **U18 5000m Race Walk**

11th Laura Corvalan-Sotomayor 31:49.88 (pb)

#### **8-4-25**

#### **U16 Women's 3000m Race Walk**

10th Ashleigh Farrugia 17:44.03 (pb)

#### **U14 Boy's 1500m**

6th Lachlan Kidd 4:22.88 (pb)

### **6-4-25 Hill to Harbour Newcastle**

	<b>12km</b>	<b>Gun Time</b>	<b>Net Time</b>
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338th	Danny Martins	58:20	58:18
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### **10-4-25 – 13-4-25 Australian Open & U20 Athletics Championships Perth**

#### **11-4-25**

#### **10.000m Race Walk Women's U20**

7th Laelia Byatt 1:00.04.27 (sb)

### **11-4-25 – 13-4-25 Canberra Marathon Festival Canberra**

#### **Canberra Marathon**

32nd Daniel Irving 2:49.11

1473rd Tipene Robinson 4:18.50

2410th Jason Cutajar 6:15.34

2451st Mairead Connolly 7:06.03

#### **10km**

1511th Stephen Mifsud 1:07.27

#### **5.4km**

1st Lachlan Kidd 18:48 (1st 12-15 cat)

### **12-4-25 Rooty Hill parkrun 5km**

4th Joel Byatt 18:47

9th Damon Byatt 19:59 (new pb)

20th Samuel Jackson 22:03 (new pb)

63rd Brett Langley 26:14

70th Greg Sargeant 26:41

81st Steve Williams 27:25

122nd Geoff Newey 29:40

274th David Perry 44:59

289th David Otte 47:30 (walker)

291st Mischelle Otte 47:57

320th Matthew Briggs 55:07 (walker)

321st Hayley Zammit 55:08 (walker)

**12-4-25 Parramatta parkrun 5km**

132nd Stephen Parkins 26:37

316th Terry Rose 32:57

**12-4-25 Curl Curl parkrun 5km**

94th Lisa Grant 23:31

**12-4-25 The Ponds parkrun 5km**

58th Wayne Thurlow 23:31

**12-4-25 St Peters parkrun 5km**

84th Michael Free 23:56

**12-4-25 Queanbeyan parkrun 5km**

90th Tipene Robinson 34:13

**12-4-25 University of Western Australia parkrun 5km**

129th Michael Christie 35:48

**12-4-25 Blackbutt parkrun 5km**

109th Andrew Free 35:54

**12-4-25 Rouse Hill parkrun 5km**

113th Peter Tutty 37:53

**12-4-25 Jerrabomberra Mountain Reserve (ACT) parkrun 5km**

61st Jason Cutajar 38:38

**19-4-25 Rooty Hill parkrun 5km**

4th Joel Byatt 18:35

5th Daniel Irving 19:18

16th Rod Zammit 21:26

39th Laelia Byatt 24:20

58th Bettina McMahon 26:19

61st Greg Sargeant 26:22

78th Steve Williams 26:56

109th David Perry 28:42

131st Tiffanie Sugianto 29:25

137th Jason Cutajar 29:43

260th Matthew Briggs 44:28

**19-4-25 The Ponds parkrun 5km**

4th Lachlan Kidd 17:38

35th Danny Martins 21:43 (new pb)

**19-4-25 Parramatta parkrun 5km**

352nd Terry Rose 33:17

362nd Doris Farrugia 33:45

**19-4-25 Nepean River parkrun 5km**

39th Vija-Louise Heath 23:02

**19-4-25 Curl Curl parkrun 5km**

123rd Lisa Grant 23:30

**19-4-25 Lawson parkrun 5km**

23rd Brett Langley 25:27

**19-4-25 Rouse Hill parkrun 5km**

91st Tipene Robinson 31:01

**19-4-25 University of Western Australia (WA) parkrun 5km**

89th Michael Christie 34:18 (new pb)

**26-4-25 Rooty Hill parkrun 5km**

1st Daniel Irving 17:14

17th Brett Langley 22:17

29th Rod Zammit 23:30

47th Bettina McMahon 25:17 (100th pr)

48th Wayne Thurlow 25:18

79th Greg Sargeant 26:51

95th David Perry 27:39

136th Geoff Newey 30:40

175th Geneva McDermott 33:37

195th Jason Cutajar 35:23

259th Matthew Briggs 49:02 (walker)

**26-4-25 Parramatta parkrun 5km**

2nd Lachlan Kidd 17:09 (new pb)

47th Danny Martins 22:47

353rd Terry Rose 36:05

485th Michael Christie 59:17 (tail walker)

**26-4-25 Horseshoe Bay parkrun 5km**

4th Damon Byatt 21:19

**26-4-25 Curl Curl parkrun 5km**

106th Lisa Grant 23:14

**26-4-25 Rhodes parkrun 5km**

184th Michael Free 24:55

**26-4-25 Pioneer Dairy parkrun 5km**

8th Tipene Robinson 25:05

**26-4-25 Grahamstown Aquatic Centre parkrun, Medowie 5km**

40th Andrew Free 31:37

**26-4-25 Macquarie University parkrun 5km**

346th Glenn Dalziel 36:43

**26-4-25 Rouse Hill parkrun 5km**

143rd Peter Tutty 37:49

**26-4-25 Rockhampton (QLD) parkrun 5km**

329th Garry Womsley 1:02.19 (tail walker)

## **26-4-25 Run Wollongong Wollongong**

### **Marathon**

146th Vija-Louise Heath 4:11.13 (1st 50-59 cat)

## **27-4-25 SMC Road Race Series Smithfield**

### **Half Marathon**

7th Geoff Sheargold 1:31:42.8

### **10km**

4th Joel Byatt 41:15.7

12th Damon Byatt 44:00.4

21st Laelia Byatt 50:07.8

52nd Greg Sargeant 1:05:40.0

60th Mairead Connolly 1:19:10.1

### **5km**

11th Sai Sravan Shailesh 22:46,3

22nd Alison Shaw 27:43.9

30th Terry Rose 33:48.7

31st Michael Christie 34:24.5

### **2kn Kids Dash**

3rd Sai Sraddha Shailesh 8:58.3

4th Addison Jenkins 9:16.5

Michael Christie (GAP)