

## August 2025 Girraween athletes overcome the extreme wet weather with eye-catching performances!



*Katrina, Michael, Graham & Rob @ NSW Road Relays*



*Adam, Daniel, Nick & Danny @ NSW Road Relays*

Well, August 2025 was a shockingly wet month. In fact, it was the seventh wettest August in Sydney since 1900 according to the Bureau of Meteorology. Nevertheless, this did not stop Girraween members and friends from posting excellent results across the month. On a shockingly wet and cold Saturday at The Crest, Georges Hall, Girraween had two teams competing in the NSW Road Relays. The 30-39 men's team of Daniel, Danny, Adam and Nicholas ran most superbly in the conditions to pick up a well-deserved bronze medal in what was a most competitive field. They are one of the finest Girraween teams to represent the club in many a long year and we are privileged to have these fine athletes representing us. The 60-69 men's team of Graham, Robert, Michael and Katrina also picked up a bronze medal in their event and were greatly surprised to do so. Their reaction when they discovered they had won a medal was very special. Congratulations to all athletes for representing the club so well.

Lachlan ran a great sixth place in the Australian Cross Country Championships at Ballarat. His race was incredibly competitive, with the first six athletes all coming from NSW and finishing within eleven seconds of each other, illustrating the high quality of athlete competing in this event. Lachlan has had an incredibly consistent season of Cross Country running in very high standard fields on every occasion and running well into the bargain. He was not far outside the medals and we congratulate Lachlan for continuing to run at such a high standard over a long period.

The City to Surf was a popular event once again in August and most of the runners copped very heavy rain, whether while out on the course or on reaching Bondi. However, they persevered. A big shout out to both Joel and Joshua who broke the hour mark, no mean feat on this course and in those conditions. There were also other very fine times posted as can be seen from the results and we congratulate all runners who completed the course in good form.



*Damon, Laelia & Joel @ City to Surf*

The Sydney Marathon at the end of August was a remarkable event, held on a beautiful late winter's morning. There was also some history, as it was the first time the Sydney Marathon was held as an Abbott Major, a most prestigious achievement. There is little doubt that this event will go from strength to strength. Danny, Damon, Tiffanie and Peter all posted times under the four-hour mark; no mean feat on a course that at times is undulating. Out of all the Abbott Majors world-wide, it has the steepest elevation which also puts into perspective the achievements of all runners. We congratulate all our members and friends who competed on this historic Sunday. Would be remiss not to mention the effort of Steve M who as late as 4.00am on the morning of the event was in severe doubt. He not only made it to the start line, he finished the event in a most gutsy effort. Steve as we know, has run over 100 marathons, and given his much-interrupted lead up and his recent health challenges, this may well be one of his most remarkable achievements. Well done, Steve. Also, a special mention to Margaret who was on the course for some time and managed to cross the line after an epic struggle. Congratulations Margaret.



*Damon @ The Sydney Marathon*

Parkrun, what can one say. It continued along its merry way with many highlights. Mann achieved two new pb's and Addison one new pb, both fine achievements by these two young athletes. Daniel finished first on two separate occasions and he never ceases to amaze everyone with his high standards he sets himself. Well done, Daniel. David also finished his 200th parkrun, no small achievement. Excellent work, David. Once again, as can be seen from the results, there were many highly consistent efforts through August.

There were other highlights across August. But firstly, we have just been made aware of a late July result, with our friend Garry in Queensland posting an excellent time in the Bendigo Bank Marathon at Yeppoon coming second in his category. Well done, Garry. Garry also competed in the Mt Morgan Dam Run on the trails around Mt Morgan the following week over 20km and hung in well on a testing course. Patrick posted an excellent time in the Mile event at the Winter Track and Field Series out at The Crest. Vija-Louise after a most dogged run, posted another excellent time in the Mudgee Marathon, on what at times is a most challenging course. Lachlan won the 5km event at the Forster-Tuncurry Running Festival earlier in the month. A very fine achievement by Lachlan. Mairead was also spotted at the Mini Marathon in Sydney on the last Saturday in August and Geoff and Terry also ran determinedly in the 10km event on the Sunday at the end of the month. These two events were also part of the Sydney Marathon festival. Well done to all concerned.



*Lachlan at the Forster-Tuncurry Running Festival*

The achievements of all Girraween's members and friends continue to amaze. August as you can see was no exception. Certainly, a month to remember. Results follow:

**26-7-25 – 27-7-25 Yeppoon Running Festival Qld**

**27-7-25**

**Bendigo Bank Marathon**

66th Garry Womsley 4:33:17 (2nd 60-69 cat)

**2-8-25 Rooty Hill parkrun 5km**

1st Daniel Irving 16:54

12th Damon Byatt 22:05

18th Rod Zammit 23:48

**2-8-25 Parramatta parkrun 5km**

18th Brett Langley 22:11

113th Terry Rose 39:36

125th Michael Christie 47:56 (walker)

**2-8-25 Newy parkrun 5km**

94th Tipene Robinson 25:39

**2-8-25 The Beaches parkrun 5km**

29th Andrew Free 48:41 (walker)

**2-8-25 Curl Curl parkrun 5km**

66th Lisa Grant 49:07 (tail walker)

**2-8-25 Rockhampton (Qld) parkrun 5km**

243rd Garry Womsley 1:02:27 (tail walker)

**2-8-25 NSW Road Relay Championships The Crest Georges Hall**

**30-39 Males 4 x 4km 3rd**

Daniel Balassone 15:12

Danny Martins 16:41

Adam Sinclair 15:03

Nicholas Hanna 17:14 Total: 1:04:11

**60-69 Males 4 x 4km 3rd**

Graham Sheargold 21:50

Robert Eager 23:46

Michael Christie 26:08

Katrina Russell 27:23 Total: 1:39:10

**3-8-25 Winter Track & Field Metro Series – Round 3 The Crest Georges Hall**

**Boy's 1 Mile Run NPS 13's-14's (U15's)**

3rd Patrick Hokin 5:34.29

**3-8-25 Mt Morgan (Qld) Dam Run hosted by Rockhampton Road Runners**

**20km**

20th Garry Womsley 2:56:24

**9-8-25 Rooty Hill parkrun 5km**

2nd Geoff Sheargold 19:21

20th Damon Byatt 23:45

22nd Brett Langley 23:48

27th Laelia Byatt 24:40

30th Rod Zammit 24:59

44th David Perry 26:42

118th Jason Cutajar 39:01

**9-8-25 Parramatta parkrun 5km**

108th Michael Christie 38:49

112th Mairead Connolly 40:38

133rd Terry Rose 1:01:17 (tail walker)

**9-8-25 Curl Curl parkrun 5km**

39th Lisa Grant 23:31

**9-8-25 Macquarie University parkrun 5km**

43rd Vija-Louise Heath 25:09

**9-8-25 Emerald (Qld) parkrun 5km**

13th Garry Womsley 25:45

**9-8-25 Willoughby parkrun 5km**

50th Tipene Robinson 27:17

**9-8-25 The Ponds parkrun 5km**

126th Greg Sargeant 28:25

**9-8-25 Nepean River parkrun 5km**

62nd Robert Eager 29:39

**9-8-25 Newy parkrun 5km**

431st Andrew Free 48:02 (walker)

**9-8-25 Cooks River parkrun 5km**

115th Wayne Thurlow 56:37 (walker)

**10-8-25 Voltaren City to Surf – Sydney 14km**

788th Joel Byatt 56:23

931st Joshua Kimpton 57:00

2693rd Damon Byatt 1:02:04

3246th Danny Martins 1:03:19

5767th Laelia Byatt 1:07:15

6310th Rod Zammit 1:07:55

11561st Vija-Louise Heath 1:13:45

14683rd Peter Kimpton 1:16:30

25945th Alison Shaw 1:24:57

45149th Suresh Raju 1:41:40

61161st Terry Rose 2:14:08

**16-8-25 Rooty Hill parkrun 5km**

7th Mann Jasani 18:43 (new pb)

19th Daniel Irving 19:55

26th Damon Byatt 20:58

31st Tipene Robinson 21:39

61st Brett Langley 24:00

88th Rod Zammit 24:56

105th David Perry 26:06

254th Jason Cutajar 38:53

339th Vija-Louise Heath 1:02:42 (walker)

**16-8-25 The Ponds parkrun 5km**

54th Adam Etherington 22:42

204th Greg Sargeant 28:35

**16-8-25 Parramatta parkrun 5km**

330th Michael Christie 37:38

343rd Mairead Connolly 38:38

**16-8-25 Curl Curl parkrun 5km**

83rd Lisa Grant 23:26

**16-8-25 Broadbeach Waters (Qld) parkrun 5km**

57th Laelia Byatt 25:06

**16-8-25 Blue Gum Hills parkrun 5km**

22nd Danny Martins 27:55

**16-8-25 Thurrock parkrun, Orsett Heath (UK) 5km**

85th Carly Eager 29:29

**16-8-25 Cairns (Qld) parkrun 5km**

246th Terry Rose 36:53

**16-8-25 Newy parkrun 5km**

470th Andrew Free 47:50 (walker)

**17-8-25 Mudgee Running Festival Mudgee**

**Moorlaben Marathon**

39th Vija-Louise Heath 4:02:50 (1st 50-59 cat)

**17-8-25 Forster-Tuncurry Running Festival Forster**

**Chop N Chill 5km Fun Run**

1st Lachlan Kidd 17:30

**23-8-25 Rooty Hill parkrun 5km**

1st Daniel Irving 17:22

4th Mann Jasani 18:58

16th Damon Byatt 23:42

21st Addison Jenkins 24:09 (new pb)

24th Laelia Byatt 24:29

39th David Perry 25:27

91st Tipene Robinson 32:19

155th Geoff Newey 43:36

**23-8-25 The Ponds parkrun 5km**

248th Greg Sargeant 29:17

584th Mischelle Otte 42:59

600th David Otte 44:40

**23-8-25 Parramatta parkrun 5km**

239th Mairead Connolly 38:20

254th Terry Rose 41:27

300th Michael Christie 1:06:04 (tail walker)

**23-8-25 Curl Curl parkrun 5km**

59th Lisa Grant 23:39

**23-8-25 Nulkaba parkrun 5km**

13th Vija-Louise Heath 24:32

**23-8-25 Blue Gum Hills parkrun 5km**

6th Danny Martins 25:24

**23-8-25 Thurrock parkrun, Orsett Heath (UK) 5km**

66th Carly Eager 28:50

**23-8-25 Whalan Reserve parkrun 5km**

27th Jason Cutajar 35:07

**23-8-25 Grahamstown Aquatic Centre parkrun, Medowie 5km**

65th Andrew Free 40:19

**23-8-25 Australian Cross Country Championships Ballarat**

**Boys U14 3km XC**

6th Lachlan Kidd 10:03

**30-8-25 Rooty Hill parkrun 5km**

3rd Daniel Irving 16:45

8th Mann Jasani 18:39 (new pb)

24th Brett Langley 21:52

38th Laelia Byatt 23:51

54th David Perry 25:08 (200th pr)

87th Addison Jenkins 28:20

187th Tiffanie Sugianto 35:14  
223rd Mischelle Otte 41:53  
227th David Otte 42:24  
279th Wayne Thurlow 55:52 (walker)

**30-8-25 The Ponds parkrun 5km**

20th Bruce Hogg 20:32  
45th Adam Etherington 22:31  
208th Greg Sargeant 28:41

**30-8-25 Pirrama parkrun 5km**

170th Michael Free 25:37  
468th Tipene Robinson 32:18  
628th Jason Cutajar 36:20

**30-8-25 Macquarie University parkrun 5km**

65th Vija-Louise Heath 24:06  
270th Glenn Dalziel 32:11

**30-8-25 Parramatta parkrun 5km**

310th Michael Christie 37:10  
382nd Terry Rose 45:27 (walker)

**30-8-25 Curl Curl parkrun 5km**

78th Lisa Grant 23:08

**30-8-25 Rockhampton (Qld) parkrun 5km**

33rd Garry Womsley 24:59

**30-8-25 Nepean River parkrun 5km**

112th Andrew Free 33:27

**30-8-25 – 31-8-25 TCS Sydney Marathon**

**30-8-25**

**TCS Sydney Mini Marathon 5km**

5255th Mairead Connolly 37:43

**31-8-25**

**TCS Sydney Marathon**

7168th Danny Martins 3:37:51  
7293rd Damon Byatt\* 3:38:28  
9541st Tiffanie Sugianto 3:48:01  
11875th Peter Kimpton 3:56:00  
14126th Tipene Robinson 4:03:51  
20509th Bettina McMahon 4:34:22  
32584th Stephen Mifsud 6:47:51  
DNF Margaret Connolly 7:11:58

**TCS Sydney Marathon 10km**

104th Geoff Sheargold 39:08  
5425th Terry Rose 1:23:53

\*signifies running under nom de plume

Michael Christie (GAP)