

December 2025 – I don't think limits!



Roger, Greg, Graham, Wayne, Michael, Ben, Stephen, Jean @ Girraween Athletics Club Winter Presentation (Greystanes)

The heading of this month's newsletter is most apt when illustrating the performances of Girraween's members and friends. There were no limits that could be seen that restricted the efforts of all participants that are listed in this month's newsletter. There were many noteworthy performances across the board.

At the beginning of December there were excellent performances by Ashleigh and Laura respectively at the Australian All Schools Championships held in Melbourne. To make a NSW team to attend these championships is no mean feat. Both Ashleigh and Laura were competing in top class fields in their walks events; both athletes did not let this deter them. Ashleigh also came away with a new pb in her event, no mean feat at a national championship. Congratulations to both ladies on a most excellent performance.

Joel competed in the NSW 10,000m Race Walk Championships at SOPAC in December. This was a top-class field, filled with Olympians and National Champions, with athletes travelling from interstate to take part. Joel's effort on the back of limited preparation was excellent. He continues to make progress in the sport. We wish him well for the remainder of the summer season.

Daniel B took part in one of the preliminary events at the Australian Mile Championships held at The Crest athletics track at Georges Hall in December. Daniel continued his fine form from both cross-country and on the track through 2025, posting another excellent time. He

has been an integral part in the success of Girraween relay teams in both cross-country and on the track this year. Congratulations Daniel.

The SMC Road Race series continued at Smithfield in December. Damon posted an excellent time in the Half Marathon event. Rod also ran well in the 10km with another excellent time. Addison continued her fine SMC form this season with another excellent time in the 5km event. Camille ran in the 2km Kids Dash and posted a very fine time off the back of no training. Well done, Camille. The Girraween contingent of members and friends all stuck to their guns well in the face of warmish conditions. Well done to all concerned.

Parkrun continued its merry way across December. Daniel I continued his fine form of late winning a parkrun at Rooty Hill. Mick posted a new pb at Rooty Hill parkrun, posting an excellent time. Michael C completed his 600th parkrun at Parramatta in December and Wayne completed his 400th parkrun at The Ponds in December. Naturally, both runners were happy to tick off these unofficial parkrun milestones. As can be seen by the results, there were many fine times posted by Girraween members and friends. Congratulations to all concerned.



Michael C @ his 600th Parkrun (Parramatta)

Graham continued his excellent record at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna, posting excellent times in the events he participated in. Well done, Graham.

There is some off track and field news in December. Girraween held its winter club presentation at Gipps Road in December with President Wayne presenting the awards. Congratulations to all recipients. For the first time, Girraween Athletics Club will not be hosting Run 4 Jess next year. Steve C has advised he will be taking the event in a slightly different direction and will be hosting the event icw his personal training group. He spoke very highly at the club's December committee meeting regarding the role Girraween has

placed in arranging Run 4 Jess stretching back to its first running in 2013 and remains most grateful for the role our club has played in its success. He has advised that he will be in touch in 2026 with a date and venue of Run 4 Jess, so any of our members and friends can come along and support it if they wish. Just before Christmas we received news from Cumberland City Council that the equipment storage containers have been moved back to C V Kelly Park from Gipps Rd. We therefore hope to re-start our summer All Comers meets back at C V Kelly on Saturday January 10. This of course will be confirmed that week.

December proved to be another busy month of athletics with many fine performances. We look forward to a great 2026. Results follow:

4-12-25 – 7-12-25 Chemist Warehouse Australian All Schools Championships Melbourne

4-12-25

U17 Girls 5000m RW Final

6th Ashleigh Farrugia 31:18.65 (pb)

U18 Girls 5000m RW Final

5th Laura Corvalan Sotomayor 32:46.30

6-12-25 Rooty Hill parkrun 5km

2nd Daniel Irving 16:39

9th Joel Byatt 18:22

18th Mann Jasani 19:44

24th Damon Byatt 20:52

103rd Bettina McMahon 27:42

107th Wayne Thurlow 28:07

156th Rod Zammit 31:31

6-12-25 Parramatta parkrun 5km

278th Terry Rose 36:51

320th Mairead Connolly 41:37

350th Michael Christie 50:26 (walker)

6-12-25 Macquarie University parkrun 5km

63rd Mchael Free 24:58

298th Andrew Free 35:01

6-12-25 Elara Riparian Parklands parkrun 5km

30th David Perry 28:03

51st Jason Cutajar 32:02 (new pb)

6-12-25 Blue Gum Hills parkrun 5km

13th Danny Martins 25:07

6-12-25 Cooks River parkrun 5km

171st Steve Williams 38:30

6-12-25 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

22nd Graham Sheargold 58:08

11-12-25 NSW 10.000m Walk Championships SOPAC

Men10,000m RW Open

8th Joel Byatt 45:58.76

13-12-25 Rooty Hill parkrun 5km

56th Vija-Louise Heath 24:35

71st David Perry 25:27

89th Samuel Jackson 26:50

99th Bettina McMahon 27:39

100th Rod Zammit 27:53

140th Geoff Newey 30:02

151st Jason Cutajar 31:05

13-12-25 Parramatta parkrun 5km

351st Terry Rose 39:27

393rd Michael Christie 45:29

13-12-25 Samford Parklands (QLD) parkrun 5km

113th David Otte 55:32 (walker)

116th Mischelle Otte 59:46 (walker)

13-12-25 Dolls Point parkrun 5km

37th Michael Free 23:23

13-12-25 Blue Gum Hills parkrun 5km

10th Danny Martins 23:27

13-12-25 Curl Curl parkrun 5km

130th Lisa Grant 24:48

13-12-25 Newy parkrun 5km

394th Andrew Free 36:57

13-12-25 Western Districts Joggers & Harriers Lake Gillawarna 3.5km

34th Graham Sheargold 20:04

14-12-25 SMC Road Race Series Smithfield

Half Marathon

23ed Damon Byatt 1:39:22.9

10km

30th Rod Zammit 50:32.0

42nd Bettina McMahon 55:15.0

48th Mick Jenkins 56:18.3

67th Graham Sheargold 59:14.9

85th Stephen O'Donnell 1:09:15.7

88th Greg Sargeant 1:10:00.3

90th Mairead Connolly 1:17:50.3

5km

27th Addison Jenkins 25:02.1

38th Alison Shaw 29:50.3

39th	Suresh Raju	29:50.8
46th	Stephen Mifsud	33:41.2
52nd	Terry Rose	37:10.4
53rd	Michael Christie	38:56.0

2km Kids Dash

12th	Camille McDermott	9:30.6
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20-12-25 Rooty Hill parkrun 5km

1st	Daniel Irving	16:56
8th	Mann Jasani	18:53
29th	Damon Byatt	23:17
54th	Vija-Louise Heath	25:48
62nd	David Perry	26:03
76th	Bettina McMahan	26:54
86th	Rod Zammit	27:58
88th	Wayne Thurlow	28:29
138th	Geoff Newey	31:23

20-12-25 Cooks River parkrun 5km

39th	Michael Free	24:25
100th	Steven Williams	30:18

20-12-25 Parramatta parkrun 5km

395th	Michael Christie	43:47 (600th parkrun)
442nd	Terry Rose	1:04:10 (tail walker)

20-12-25 Avondale College parkrun 5km

2nd	Danny Martins	21:47
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20-12-25 Coomera (QLD) parkrun 5km

94th	Jason Cutajar	35:26
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20-12-25 Hackney Marshes (UK) parkrun 5km

320th	Andrew Free	35:58
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20-12-25 South Beach Recreation Reserve (WA)

117th	Mairead Connolly	44:13
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20-12-25 Albie Thomas Mile The Crest Georges Hall

Men's 1 Mile Open G Race

10th	Daniel Balassone	5:07.56
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25-12-25 Whalan Reserve parkrun 5km

2nd	Daniel Irving	18:33
16th	Vija-Louise Heath	24:13
23rd	Damon Byatt	25:30
75th	Jason Cutajar	34:23

25-12-25 Parramatta parkrun 5km

198th	Rod Zammit	28:15
199th	Graham Sheargold	28:17
388th	Mairead Connolly	40:38

393rd Michael Christie 41:19

25-12-25 Wagga parkrun 5km

27th Lisa Grant 24:56

25-12-25 The Ponds parkrun 5km

175th Wayne Thurlow 28:03 (400th pr)

25-12-25 Auburn Botanic Gardens parkrun 5km

124th Danny Martins 45:04

27-12-25 Rooty Hill parkrun 5km

2nd Daniel Irving 16:49

49th Mick Jenkins 24:08 (new pb)

52nd Samuel Jackson 24:35

78th Graham Sheargold 26:36

79th Geoff Sheargold 26:39

88th Wayne Thurlow 27:06

200th Addison Jenkins 34:33

230th Jason Cutajar 38:06

236th Danny Martins 38:59

283rd Hugh McDermott 48:32

307th Rod Zammit 54:31 (walker)

27-12-25 Auburn Botanic Gardens parkrun 5km

8th Damon Byatt 21:21

79th Stephen Parkins 31:59

116th Mischelle Otte 42:15

118th David Otte 43:34

27-12-25 Parramatta parkrun 5km

430th Terry Rose 38:15

456th Mairead Connolly 40:19

461st Michael Christie 40:55

27-12-25 Pirrama parkrun 5km

63rd Michael Free 23:27

27-12-25 Dolls Point parkrun 5km

73rd Lisa Grant 24:27

27-12-25 Wentworth Common parkrun 5km

96th Vija-Louise Heath 26:58

27-12-25 Thurrock parkrun, Orsett Heath (UK) 5km

76th Carly Eager 32:24

27-12-25 Albury-Wodonga parkrun 5km

290th Glenn Dalziel 1:00:50 (walker)

27-12-25 Rockhampton (QLD) parkrun 5km

249th Garry Womsley 1:02:55 (Tail Walker)

Michael Christie

(GAP)