

February 2025 - Find the good. It's all around you. Find it, showcase it and you'll start believing it!



Addison, Laelia and Joel @ SMC Smithfield, February 2025

The above quote from that great American athlete, Jesse Owens, sums up the efforts of Girraween members and friends across February, where they not only found the good, they believed it, as illustrated by their efforts across a wide cross section of events.

First of all; a big shout out to both Laura and Danny for their performances at the NSW 5000m Championships and support events. It's great to see the club's members participating at these high-level meets. It would be remiss of us not to mention the effort of Madeline in competing in both the javelin and 1500m at the Albie Thomas Mile events at The Crest. Madeline is a fine up and coming athlete showing great versatility and we wish her the very best with her athletics.

Two Girraween members in Graham and Diane competed at the NSW Masters Athletics Championships in February. Graham picked up a well-deserved bronze medal in the 5000m event and we congratulate him on this fine achievement. Diane was just outside the medals in her events and showed great consistency competing against strong fields in all instances.

Her program saw her have a couple of long days, yet she stuck to her task well and her efforts were most meritorious.

The SMC Road Race Series continued at Smithfield in February with a kinder morning weather-wise compared to previous months. All athletes were naturally happy about this. Graham hung in well in his half-marathon. Joel, Damon and Laelia were to the fore in the 10km event, all posting excellent times on a 10km course that is deceptively challenging and the time's they posted were top-rate. Michael K wound the clock back in the 5km, posting a superb time, whilst Addison once again posted another fine time. Her consistency over the 5km series this summer continues at a remarkable rate. Once again, Sai Sraddha posted another excellent time in the 2km Kids Dash continuing her fine form. All Girraween members and friends had a good hit out and should be happy with their efforts.

The monolith that is parkrun continued unabated across February with several highlights. Joel finished first in one event at Rooty Hill while also picking up two new pb's, no mean feat given the pace he is running at. Well done Joel. Damon, Heidi, Michael C and Michael F also picked up new pb's. Rob completed his 50th parkrun in February and we congratulate him on reaching this milestone. Unofficial milestones included Terry reaching his 550th pr overall, Rod his 300th pr overall & Michael C completing his 500th pr on the Parramatta pr course itself. He likes this venue. Congratulations to all these runners. We also send a congratulatory shout out to Oliver and Thomas who posted excellent times at three parkrun events across February. Given that both these young athletes are relatively new to parkrun, their efforts are most note-worthy and we wish them all the best as they continue to discover the joys of running.

Both Geoff and Graham continued their fine season at Lake Gillawarna competing in the Western Districts Joggers and Harriers handicap series on a Saturday. They continue to post excellent times on the challenging courses at this venue. Steve M whilst in Malta ran in a Half-Marathon event on his holiday there. It was a big event, and Steve continued his recent fine form.

Once again it was another remarkable month as the summer season starts to reach a conclusion. A quick perusal of the results illustrates the achievements of Girraween's members and friend's and everyone is to be congratulated. Results follow:

1-2-25 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:40
10th	Damon Byatt	20:36 (new pb)
12th	Joel Byatt	20:51
18th	Wayne Thurlow	21:25
19th	Glenn Dalziel	21:27
30th	Rod Zammit	23:20
178th	Jason Cutajar	33:22
264th	Mairead Connolly	40:05
277th	Steve Williams	41:18
308th	Camille McDermott	46:40 (walker)

322nd Bettina McMahon 48:34 (walker)
342nd Mischelle Otte 50:22 (walker)
346th David Otte 52:12 (walker)
376th David Perry 58:26 (walker)

1-2-25 Cowpasture Reserve parkrun, Camden 5km

174th Oliver Greenwood 38:06
175th Thomas Greenwood 38:07
183rd Claire Waqa 39:02

1-2-25 Parramatta parkrun 5km

161st Heidi Juhart 26:47 (new pb)
358th Terry Rose 34:15 (550th pr)

1-2-25 Maitland parkrun 5km

170th Andrew Free 33:32
281st Danny Martins 48:28 (walker)

1-2-25 Centennial parkrun 5km

87th Michael Free 22:35

1-2-25 Pirrama parkrun 5km

34th Brandon Goldsworthy 22:59

1-2-25 Tuggeranong (ACT) parkrun 5km

61st Vija-Louise Heath 24:19

1-2-25 Macquarie University parkrun 5km

74th Lisa Grant 24:37

1-2-25 The Ponds parkrun 5km

179th Greg Sargeant 27:44

1-2-25 Ipswich (Qld) parkrun 5km

85th Tipene Robinson 33:30

1-2-25 East Richmond parkrun 5km

188th Michael Christie 34:42 (new pb)

1-2-25 Lithgow parkrun 5km

21st Peter Tutty 36:33

1-2-25 San Remo parkrun 5km

155th Laelia Byatt 44:35

1-2-25 Werrington Lakes Reserve parkrun 5km

53rd Matthew Briggs 54:35 (walker)

1-2-25 Western Districts Joggers and Harriers Lake Gillawarna

10km Handicap

1st Geoff Sheargold 40:37
23rd Graham Sheargold 58:38

8-2-25 Rooty Hill parkrun 5km

1st Joel Byatt 18:00 (new pb)
9th Damon Byatt 20:52

20th	Glenn Dalziel	22:13
22nd	Wayne Thurlow	22:28
27th	Rod Zammit	23:26 (300th pr)
46th	Laelia Byatt	24:34
52nd	Vija-Louise Heath	25:12
111th	Steve Williams	28:34
172nd	Jason Cutajar	31:40
389th	David Perry	1:04.25 (walker)

8-2-25 Parramatta parkrun 5km

325th	Terry Rose	33:38
354th	Michael Christie	34:58
491st	Mairea Connolly	42:15

8-2-25 Casula parklands parkrun 5km

82nd	Thomas Greenwood	36:48
99th	Oliver Greenwood	40:47
100th	Claire Waqa	40:52

8-2-25 Wentworth Common parkrun 5km

16th	Michael Free	22:05
100th	Stephen Parkins	28:00

8-2-25 Nepean parkrun 5km

137th	Robert Eager	30:27 (50th pr)
153rd	Matthew Briggs	32:26

8-2-25 Whalan Reserve parkrun 5km

7th	Tipene Robinson	21:50
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8-2-25 Curl Curl parkrun 5km

109th	Lisa Grant	23:24
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8-2-25 Blue Gum Hills parkrun 5km

57th	Andrew Free	34:58
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8-2-25 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

18th	Graham Sheargold	17:53.04
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8-2-25 NSW 5000m Championships & support events SOPAC Warm Up Track

Women's 5000m Race Walk Open

3rd	Laura Corvalan-Sotomayor	33:21.55
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Men's 5000m Open 'G' Race

19th	Danny Martins	20:44.39
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15-2-25 Rooty Hill parkrun 5km

5th	Joel Byatt	17:45 (new pb)
7th	Daniel Irving	17:48
9th	Geoff Sheargold	18:29
26th	Damon Byatt	20:59
34th	Wayne Thurlow	21:59

53rd Brett Langley 23:45
84th Vija-Louise Heath 25:57
123rd Bettina McMahon 27:52
173rd Geoff Newey 30:08
422nd Mischelle Otte 53:50 (walker)
424th David Otte 54:21 (walker)

15-2-25 Cooks River parkrun 5km

201st Thomas Greenwood 36:55
209th Oliver Greenwood 37:41
211th Claire Waqa 37:44

15-2-25 Werrington Lakes Reserve parkrun 5km

8th Tipene Robinson 25:16
42nd Jason Cutajar 34:17

15-2-25 Parramatta parkrun 5km

385th Terry Rose 34:05
432nd Michael Christie 36:01 (500th pr at Parramatta pr)

15-2-25 Curl Curl parkrun 5km

112th Lisa Grant 23:26

15-2-25 Macquarie University parkrun 5km

62nd Glenn Dalziel 23:54

15-2-25 Greenway parkrun 5km

88th Brandon Goldsworthy 24:39

15-2-25 Woy Woy parkrun 5km

80th Rod Zammit 26:55

15-2-25 Horseshoe Bay parkrun 5km

28th Stephen Parkins 29:46

15-2-25 Nepean River parkrun 5km

122nd Robert Eager 29:53

15-2-25 Shellharbour parkrun 5km

128th Andrew Free 36:19

15-2-25 Lithgow parkrun 5km

27th Peter Tutty 38:05

15-2-25 Galston parkrun 5km

316th Matthew Briggs 57:47 (walker)

15-2-25 Western Districts Joggers and Harriers Lake Gillawarna

5@The Lake

20th Graham Sheargold 27:03

16-2-25 SMC Smithfield

Half Marathon

48th Graham Sheargold 2:19.09.0

10km

5th	Joel Byatt	38:25.4
15th	Damon Byatt	42:33.2
38th	Laelia Byatt	49:40.5
71st	Greg Sargeant	58:33.8
93rd	Stephen O'Donnell	1:07.09.0
105th	Mairead Connolly	1:22.10.9

5km

10th	Michael Kammerer	21:16.5
30th	Addison Jenkins	25:18.5
40th	Alison Shaw	27:25.4
54th	Terry Rose	33:40.8
55th	Michael Christie	33:44.2

2km Kids Dash

3rd	Sao Sraddha Shailesh	8:35.6
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20-2-25 Albie Thomas Mile Championships The Crest Georges Hall**Women's Javelin Throw Open 600g**

8th	Madeline Kot	12.59m
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Women's 1 Mile Open F Race

4th	Madeline Kot	6:10.12
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21-2-25 – 23-2-25 NSW Masters Championships SOPAC**21-2-25****Men's 5000m 65-69**

3rd	Graham Sheargold	25:24.63
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22-2-25**Women's 100m 65-69**

5th	Diane Celnikier	18.11
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Women's Discus 65-69 1kg

6th	Diane Celnikier	13.52m
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23-2-25**Women's 60m 65-69**

4th	Diane Celnikier	10.87
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Women's 200m 65-69

5th	Diane Celnikier	39.23
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22-2-25 Rooty Hill parkrun 5km

2nd	Joel Byatt	17:50
3rd	Daniel Irving	18:40
19th	Damon Byatt	21:52
57th	Rod Zammit	26:07
58th	Wayne Thurlow	26:08
211th	Geneva McDermott	39:15
220th	Hugh McDermott	40:21
261st	Camille McDermott	48:48 (walker)

262nd Bettina McMahon 49:00 (walker)
303rd David Perry 1:15.03 (walker)

22-2-25 Wentworth Common parkrun 5km

27th Vija-Louise Heath 24:08
58th Stephen Parkins 26:43

22-2-25 Parramatta parkrun 5km

295th Terry Rose 32:52
332nd Michael Christie 34:44

22-2-25 Tamworth parkrun 5km

18th Michael Free 22:31 (new pb)

22-2-25 Curl Curl parkrun 5km

110th Lisa Grant 23:17

22-2-25 Werrington Lakes Reserve parkrun 5km

4th Tipene Robinson 23:36

22-2-25 The Ponds parkrun 5km

160th Greg Sargeant 27:20

22-2-25 Thurrock parkrun Orsett Heath (UK)

49th Carly Eager 29:48

22-2-25 Nepean River parkrun 5km

136th Jason Cutajar 31:13

22-2-25 Blue Gum Hills parkrun 5km

42nd Andrew Free 34:45

22-2-25 Rouse Hill parkrun 5km

103rd Peter Tutty 38:12

22-2-25 St Peters parkrun 5km

574th Matthew Briggs 55:29 (walker)

23-2-25 Life Star Malta Marathon - Malta

Half Marathon	Gun Time	Chip Time
2214th Stephen Mifsud	2:17.33	2:17.27

Michael Christie (GAP)