

January 2025 A busy start to the year for Girraween's athletes!



Michael, Jean, Sai Sraddha, Sai Sravan and Greg @ SMC Smithfield

As our readers will see, parkrun was to the fore in January with results from these events comprising the majority that have been compiled for this newsletter. There were numerous excellent performances at parkrun across January by Girraween members and friends. In saying that, there were also excellent efforts outside the parkrun construct.

The highlight of the month was the performance of Joel in the Supernova World Athletics Race Walking Silver event in Canberra over the Australia Day long weekend. He competed in a stacked field full of International and Australian walkers at the elite level on a very warm morning. Joel posted a new pb for this distance in his event; a very fine achievement given the conditions and the quality of the field. He showed great composure competing in such a high-class field and all at Girraween Athletics send him our congratulations on his performance.

The SMC Road Race Series continued at Smithfield in January and once again there were fine performances across all distances. Both Geoff and Adam E posted excellent times in the Half Marathon event, while both Damon and Joel were to the fore in the 10km event. Interestingly Joel walked as well as ran the 10km. Whilst he was walking, he was spotted absolutely flying, passing many of the runners who it was safe to say were a little surprised to say the least. Remarkable! Both Sai Sravan and Addison once again ran well in the 5km

event while Sai Sraddha had a great run in the 2km Kids Dash. It was nice to see Girraween members and friends participating over all distances at SMC.

As noted, Girraween members and friends had a very busy January at parkrun across multiple venues each and every Saturday. Lachlan with three, Damon and Andrew with two and Geoff N, Matthew, Samuel, Addison and Rod all obtained new pb's in January. Lachlan's three new pb's came at the pointy end of Parramatta parkrun and were most admirable whilst Damon has continually dropped his pb at Rooty Hill parkrun over a long period. Daniel finished first on two occasions at Rooty Hill parkrun continually running well. Michael C and Tipene reached unofficial milestones at parkrun in January reaching 550 and 200 parkrun's respectively. Both runners were pleased to tick those milestones off. If you have a good read of the parkrun results you will also see there were many other fine performances across January with many runners maintaining high levels of consistency.

Graham continued on his Western Districts Joggers and Harriers journey, posting fine times in these handicap events held at Lake Gillawarna on Saturday's. This continues to be a well-supported event, even allowing for parkrun.

There were also two noteworthy performances from two recent members of Girraween Athletics Club. Daniel O'Donnell finished third in the Boys 19 years old 10km Open Water Race at the 2025 Australian Open Water Championships held at Busselton in Western Australia in January. To pick up a medal at a National Championships is no mean feat in such a competitive field and all at Girraween send Daniel our congratulations on his achievement. Nikil Redipali who has been studying and living in Western Australia the last couple of years returned home in January for a visit and competed in the Open Men's 1500m at the Milers event at The Crest in late January, showing everyone he has not lost any speed at all with a fine time. We wish Nikil all the best with his studies and athletics moving forward.

It had been another remarkable month of athletics in often challenging conditions, yet there were many remarkable performances across the board. We wish all our members and friends all the best across the remainder of summer. Results follow:

1-1-25 Whalan Reserve parkrun

2nd	Daniel Irving	17:46
5th	Joel Byatt	18:27
23rd	Brett Langley	20:59
27th	Damon Byatt	21:38
53rd	Vija-Louise Heath	23:39
63rd	Rod Zammit	24:19
68th	Tipene Robinson	24:34
147th	Geoff Newey	29:59 (new pb)
202nd	Jason Cutajar	35:08
260th	Matthew Briggs	43:09 (new pb)
343rd	David Perry	1:06.48 (tail walker)

1-1-25 Parramatta parkrun 5km

2nd	Geoff Sheargold	18:52
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98th Graham Sheargold 26:29
137th Alison Shaw 28:18
268th Terry Rose 36:16
276th Michael Christie 36:26 (550th pr)
290th Mairead Connolly 37:45

1-1-25 Rhodes parkrun 5km

75th Michael Free 22:51

1-1-25 GreenWay parkrun 5km

65th Wayne Thurlow 24:15

1-1-25 Rondebosch Common (South Africa) parkrun 5km

75th Brandon Goldsworthy 29:10

1-1-25 The Beaches parkrun 5km

152nd Andrew Free 44:42 (new pb)

1-1-25 Curl Curl parkrun 5km

243rd Lisa Grant 58:07 (walker)

1-1-25 Rockhampton (Qld) parkrun 5km

163th Garry Womsley 1:09.07 (tail walker)

4-1-25 Rooty Hill parkrun 5km

1st Daniel Irving 17:19
6th Brett Langley 20:14
14th Damon Byatt 20:59 (new pb)
15th Danny Martins 21:19
18th Wayne Thurlow 21:44
21st Rod Zammit 21:55
49th Laelia Byatt 24:47
103rd Steve Williams 28:32
115th Geoff Newey 29:15
210th Mairead Connolly 35:24
289th David Perry 52:48 (walker)
316th Mischelle Otte 46:13 (walker)
317th David Otte 57:15 (walker)

4-1-25 Lake Mac parkrun 5km

263rd Andrew Free 33:03
301st Sharon Free 40:47

4-1-25 Parramatta parkrun 5km

518th Gary Micallef 48:08 (walker)
568th Terry Rose 1:07.19 (tail walker)

4-1-25 Albany-Wodonga parkrun 5km

28th Michael Free 22:28

4-1-25 Pirrama parkrun 5km

75th Lisa Grant 24:07

4-1-25 Northparkes Oval parkrun 5km

5th Tipene Robinson 24:56

4-1-25 Zandvlei (South Africa) parkrun 5km

17th Brandon Goldsworthy 25:32

4-1-25 Lithgow parkrun 5km

13th Vija-Louise Heath 26:55

4-1-25 Wentworth Common parkrun 5km

70th Stephen Parkins 27:42

4-1-25 The Ponds parkrun 5km

160th Greg Sargeant 27:46

4-1-25 Rouse Hill parkrun 5km

86th Peter Tutty 33:21

4-1-25 Werrington Lakes parkrun 5km

51st Jason Cutajar 35:02

4-1-25 Huskisson parkrun 5km

255th Michael Christie 35:54

4-1-25 Western Districts Joggers and Harriers Lake Gillawarna**10km Handicap**

25th Graham Sheargold 1:01:15

11-1-25 Rooty Hill parkrun 5km

1st Daniel Irving 17:30

8th Damon Byatt 20:48 (new pb)

11th Joel Byatt 21:58

20th Wayne Thurlow 23:23

58th Addison Jenkins 26:31

59th Laelia Byatt 26:31

99th Steve Willaims 29:02

138th Jason Cutajar 32:35

11-1-25 Parramatta parkrun 5km

2nd Lachlan Kidd 18:19 (new pb)

88th Samuel Jackson 24:53

323rd Terry Rose 33:20

401st Mairead Connolly 38:25

520th Michael Christie 59:11 (tail walker)

11-1-25 Rhodes parkrun 5km

58th Adam Sinclair 21:46

125th Vija-Louise Heath 24:13

126th Rod Zammit 24:16

620th Matthew Briggs 51:13 (walker)

11-1-25 Wentworth Common parkrun 5km

10th Brett Langley 21:47

11-1-25 Blackbutt parkrun 5km

20th Danny Martins 25:13

11-1-25 North Sydney parkrun 5km

97th Lisa Grant 25:17

11-1-25 Rockhampton (Qld) parkrun 5km

67th Garry Womsley 26:38

11-1-25 The Ponds parkrun 5km

170th Greg Sargeant 27:29

11-1-25 East Richmond parkrun 5km

100th Peter Tutty 30:34

11-1-25 The Terrace parkrun 5km

60th Andrew Free 32:02 (new pb)

11-1-25 Lawson parkrun 5km

84th Tipene Lawson 57:32

11-1-25 Western Districts Joggers & Harriers Lake Gillawarna**3.5km Handicap**

19th Graham Sheargold 18:48

18-1-25 Rooty Hill parkrun 5km

1st Daniel Irving 17:15

5th Geoff Sheargold 19:29

18th Danny Martins 23:06

19th Samuel Jackson 23:11 (new pb)

23rd Wayne Thurlow 23:36

34th Damon Byatt 24:40

38th Brett Langley 25:37

184th Mischelle Otte 48:07 (walker)

18-1-25 Parramatta parkrun 5km

2nd Lachlan Kidd 17:57 (new pb)

171st Terry Rose 34:00

219th Michael Christie 48:32 (walker)

226th Matthew Briggs 52:54 (walker)

18-1-25 East Richmond parkrun 5km

14th Rod Zammit 22:40

18th Vija-Louise Heath 23:45

18-1-25 Campbelltown parkrun 5km

62nd Jason Cutajar 32:12

82nd Tipene Robinson 36:19 (200th pr)

18-2-25 Rhodes parkrun 5km

42nd Michael Free 22:10

18-1-25 Macquarie University parkrun 5km

26th Brandon Goldsworthy 23:14

18-1-25 Curl Curl parkrun 5km

73rd Lisa Grant 24:04

18-1-25 Nepean River parkrun 5km

113th Robert Eager 31:41

18-1-25 Newy parkrun 5km

203rd Andrew Free 32:59

18-1-25 Lithgow parkrun 5km

15th Peter Tutty 34:02

19-1-25 SMC Road Race Series Smithfield

Half Marathon

14th Geoff Sheargold 1:35:27.3

35th Adam Etherington 1:50:21.5

42nd Michael Free 1:56:36.5

62nd Graham Sheargold 2:18:46.5

10km

10th Damon Byatt 42:59.3

18th Joel Byatt 46:19.9

67th Greg Sargeant 1:02:59.6

88th Mairead Connolly 1:18:04.0

5km

7th Sai Sravan Shailesh 21:40.0

24th Addison Jenkins 25:38.8

32nd Alison Shaw 27:51.2

55th Jean Davis 34:01.9

57th Terry Rose 34:25.6

58th Michael Christie 34:34.5

2km Kids Dash

4th Sai Sraddha Shailesh 8:58.8

25-1-25 Rooty Hill parkrun 5km

6th Geoff Sheargold 18:23

7th Daniel Irving 18:28

35th Wayne Thurlow 22:47

62nd Addison Jenkins 25:32 (new pb)

86th Tipene Robinson 26:57

321st Bettina McMahon 47:53 (walker)

25-1-25 Parramatta parkrun 5km

2nd Lachlan Kidd 17:47 (new pb)

303rd Terry Rose 32:31

517th Michael Christie 51:18 (walker)

518th Gary Micallef 51:19 (walker)

25-1-25 Grahamstown Aquatic Centre parkrun, Medowie 5km

103rd Andrew Free 32:31

155th Sharon Free 46:12 (walker)

25-1-25 Pirrama parkrun 5km

31st Michael Free 22:03

25-1-25 Casula Parklands parkrun 5km

8th Brandon Goldsworthy 23:16

25-1-25 Horseshoe Bay Reserve parkrun 5km

7th Rod Zammit 23:30 (new pb)

25-1-25 Australian Botanic Garden Mount Annan parkrun 5km

2nd Brett Langley 23:49

25-1-25 Blue Gum Hills parkrun 5km

17th Danny Martins 24:24

25-1-25 Werrington Lakes Reserve parkrun 5km

3rd Vija-Louise Heath 24:25

25-1-25 Curl Curl parkrun 5km

198th Lisa Grant 25:04

25-1-25 Rockhampton (Qld) parkrun 5km

60th Garry Womsley 26:25

25-1-25 The Ponds parkrun 5km

164th Greg Sargeant 27:46

25-1-25 Nepean River parkrun 5km

121st Robert Eager 29:47

25-1-25 East Richmond parkrun 5km

117th Peter Tutty 32:24

25-1-25 Huskisson parkrun 5km

270th Jason Cutajar 34:33

25-1-25 Macquarie University parkrun 5km

365th Matthew Briggs 37:12

26-1-25 – 27-1-25 Supernova World Athletics Race Walking Tour Silver AIS

Bruce ACT

27-1-25

Men's 10,000m Supernova Race Walk

21st Joel Byatt 46:24.15 (new pb)

30-1-25 Milers VI The Crest Georges Hall

Men's 1500m Open

6th Nikil Redipali 4:02.14

Michael Christie

(GAP)