

July 2025 - Do a little more each day than you think you possibly can.



Addison @ NSW Long Walks



Daniel, Wayne & Rod with Dr Hugh McDermott on the announcement of CV Kelly funding

Normally, we start off our monthly newsletter with a description of Girraween athletes' achievements across the month, highlighting major achievements at the start of our newsletter. This month it is a little different.

In July, we had a major announcement from the NSW Minister of Sport, Mr Steve Kamper and Dr Hugh McDermott, the State Labor member for the seat of Prospect, where Girraween Athletics Club is located, outlining that there would be 2.5 million dollars of funding towards the much needed upgrade of facilities at C V Kelly Park, the home of Girraween Athletics Club, Girraween Little Athletics Club and Toongabbie Tigers Junior Rugby League Football Club. Naturally, this is very welcome news and has been a long time coming, as we know the existing facilities are appalling. This is a major step forward towards realising the goal of improved facilities for all users of this ground and it's what they deserve. We hope that both the NSW State government and Cumberland City Council can work closely together in seeing this project through to a speedy completion. We thank the three sporting clubs for their long-term advocacy on behalf of their members and we thank the Minns NSW State Labor government for this funding and to Mr Kamper and Dr McDermott for their advocacy on behalf of the sporting clubs and local community that uses this facility all year around.

Across July, Girraween's athletes certainly lived up to the headline, as on many occasions they certainly did do a little more each day and achieved great things.

One of the real highlights were the efforts of Girraween athletes at the two ANSW Winter Rep events held in July. A small Girraween contingent tackled the NSW Short Course Cross-Country Championships held near Dapto. Graham, Katrina and Lachlan all put in most creditable performances in their respective events. Graham picked up a well-deserved bronze medal, Katrina stuck to her guns throughout her event, whilst Lachlan ran very well in what was once again a most competitive field, posting a fine time and continuing his fine form of late. At the end of the month the NSW Long Walks Championships were held at Chipping Norton. Joel picked up a great gold medal in his event, while Laelia picked up a

bronze in hers, in a most competitive field. Laura and Addison also picked up well-earned bronze medals, and Hugo was just outside the medals with another excellent effort. Given that across the day many athletes were dq'd, it was a great credit to the resilience and technique of the Girraween athletes present that no Girraween athlete was dq'd. Congratulations to all Girraween athletes on their performances.

Another highlight at the NSW level was the performance of Lachlan, representing his school at the NSW All Schools Cross-Country Championships held at Horsley Park in July. He finished a very creditable sixth in a field of over one hundred athletes tackling the very tough Sydney International Centre Equestrian Centre course in what was a top-class field. Well done Lachlan on another fine performance.

The parkrun story continued throughout July and once again there were stand out performances apparent. Daniel finished in first place on two occasions and Lachlan finished first once. When you look at their times, both athletes posted very fast times in big fields. Well done to Daniel and Lachlan. Mann with two and Andrew with one, picked up new pb's which they were most pleased with. There were also excellent times posted by Girraween members and friend at various parkrun's across the month, maintaining a very high standard.

We also send a big shout out to Brett, Danny and Rod on their achievements at the iconic Gold Coast marathon at the start of July. Brett posted another excellent time. It was Danny's debut marathon, and he was most happy to sneak under the four-hour mark and Rod who took ill during the back end of the event, nevertheless battled on gamely in what was an incredibly brave effort and made it to the finish line. Congratulations to all three athletes, who all had vastly different experiences, but made it in the end. Stephen M took part in the 5km event on the Saturday, and although injured eventually finished in a gutsy effort. We wish Stephen all the best with his recovery.

There were other noteworthy achievements by Girraween members and friends in a miscellany of events across July. Geoff tackled the very tough Lake Parramatta course in the Sydney Trail Half Marathon posting an excellent time. Alison was spotted in the Half Marathon and Michael C and Mairead in the 7km events at the Festival of the Feet events held on the hilly Lake Gillawarna course at Georges Hall and they all got the job done. Both Geoff and Graham tackled the Harbour 10 and Terry the Harbour 5 around the streets of The Rocks and Sydney Harbour towards the end of July. All three runners posted excellent times. Graham also continued his consistent form at Lake Gillawarna in the Western Districts Joggers and Harriers handicap series.

It had been another excellent month of athletics topped off with the major announcement away from the athletics arena. Congratulations once again to all Girraween members and friends on their achievements. Results follow:

5-7-25 Rooty Hill parkrun 5km

1st	Daniel Irving	16:56
8th	Mann Jasani	19:40
13th	Damon Byatt	20:42

48th	Wayne Thurlow	24:41
67th	David Perry	26:28
112th	Laelia Byatt	29:38
171st	Jason Cutajar	34:23
193rd	Geneva McDermott	38:30
196th	Bettina McMahon	38:38

5-7-25 The Ponds parkrun 5km

3rd	Lachlan Kidd	18:14
197th	Greg Sargeant	29:02

5-7-25 Parramatta parkrun 5km

285th	Terry Rose	35:08
312th	Michael Christie	37:16

5-7-25 Curl Curl 5km

85th	Lisa Grant	23:01
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5-7-25 Jindabyne parkrun 5km

7th	Vija- Louis Heath	23:46
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5-7-25 Coomera (Qld) parkrun 5km

21st	Brett Langley	24:32
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5-7-25 Mudgeeraba(Qld) parkrun 5km

41st	Tipene Robinson	25:16
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5-7-25 Thurrock parkrun, Orsett Heath (UK) 5km

86th	Carly Eager	31:09
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5-7-25 The Terrace parkrun 5km

55th	Andrew Free	33:41
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5-7-25 Western Districts Joggers and Harriers Lake Gillawarna 10km Handicap

19th	Graham Sheargold	56:34
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5-7-25 Sydney Trail Half Marathon Lake Parramatta

72nd	Geoff Sheargold	2:04:04.94
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5-7-25 – 6-7-25 Gold Coast Marathon Gold Coast

5-7-25 Gold Coast Airport 5km

3684th	Stephen Mifsud	51:21
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6-7-25 Asics Gold Coast Marathon

3490th	Brett Langley	3:36:00
6025th	Danny Martins	3:59:14
8500th	Rod Zammit	4:28:38

12-7-25 Rooty Hill parkrun 5km

3rd	Daniel Irving	17:43
8th	Mann Jasani	18:57 (new pb)
14th	Adam Sinclair	19:27
29th	Damon Byatt	21:32
44th	Laelia Byatt	23:43

54th Wayne Thurlow 24:35
88th David Perry 26:38
96th Tipene Robinson 26:59
254th Jason Cutajar 45:55
261st Geneva McDermott 46:50 (walker)
262nd Bettina McMahon 46:56 (walker)
285th David Otte 51:49 (walker)
300th Mischelle Otte 56:32 (walker)

12-7-25 Parramatta parkrun 5km

336th Terry Rose 36:39
338th Michael Christie 36:49
436th Mairead Connolly 48:07 (walker)

12-7-25 Curl Curl parkrun 5km

70th Lisa Grant 23:05

12-7-25 Grahamstown Aquatic Centre parkrun, Medowie 5km

8th Danny Martins 23:17

12-7-25 The Ponds parkrun 5km

247th Greg Sargeant 28:50

12-7-25 Wentworth Common parkrun 5km

123rd Stephen Parkins 29:31

12-7-25 Nepean River parkrun 5km

80th Robert Eager 29:55

12-7-25 The Beaches parkrun 5km

30th Andrew Free 50:30 (walker)

12-7-25 NSW Short Course Cross Country Championships Brownsville via Dapto

70-74 Masters Men's 4km

3rd Graham Sheargold 23:34

65-69 Masters Women 4km

4th Katrina Russell 30:58

13's (U14) Boys 2km

6th Lachlan Kidd 6:24

13-7-25 Georges River Festival of the Feet Lake Gillawarna Half Marathon

92nd Alison Shaw 2:13:59

7km

83rd Michael Christie 50:28 (2nd 60-69 cat)

94th Mairead Connolly 59:57 (3rd 60-69 cat)

19-7-25 Rooty Hill parkrun 5km

1st Daniel Irving 16:55

10th Brett Langley 21:17

12th Tipene Robinson 21:48

33rd	Wayne Thurlow	24:21
42nd	Damon Byatt	25:24
44th	David Perry	25:34
52nd	Laelia Byatt	25:56
54th	Rod Zammit	25:57
119th	Geoff Newey	31:24
159th	Terry Rose	34:51
209th	David Otte	43:14

19-7-25 Nepean River parkrun 5km

13th	Adam Sinclair	21:29
155th	Jason Cutajar	41:09

19-7-25 Parramatta parkrun 5km

349th	Mairead Connolly	39:56
388th	Michael Christie	47:06 (walker)

19-7-25 The Ponds parkrun 5km

1st	Lachlan Kidd	17:23
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19-7-25 Curl Curl parkrun 5km

74th	Lisa Grant	22:54
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19-7-25 Bushy parkrun (UK) 5km

470th	Bettina McMahon	28:26
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19-7-25 The Beaches parkrun 5km

45th	Andrew Free	36:49 (new pb)
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19-7-25 Huskisson parkrun 5km

158th	Mischelle Otte	43:34
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19-7-25 Western Districts Joggers & Harriers Lake Gillawarna 5@the Lake

30th	Graham Sheargold	32:56
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22-7-25 NSW All Schools Cross Country Championships Horsley Park

13 Boys 3km

6th	Lachlan Kidd	10:26.9
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26-7-25 Rooty Hill parkrun 5km

5th	Mann Jasani	18:55 (new pb)
18th	Damon Byatt	21:02
28th	Rod Zammit	22:36
88th	Geoff Newey	29:44

26-7-25 Parramatta parkrun 5km

63rd	Vija-Louise Heath	24:31
244th	Michael Christie	36:23
288th	Terry Rose	40:32

26-7-25 Newy parkrun 5km

30th	Danny Martins	21:46
206th	Andrew Free	32:03

26-7-25 Pirrama parkrun 5km

111th Michael Free 28:11
205th Jason Cutajar 43:45

26-7-25 GreenWay parkrun 5km

44th Lisa Grant 23:07

26-7-25 Willoughby parkrun 5km

92nd Tipene Robinson 30:19

26-7-25 Cooks River parkrun 5km

150th Stephen Williams 36:08

27-7-25 NSW Long Walks Championships Chipping Norton**Men's 15000m RW U20**

1st Joel Byatt 13:29.00

Women's 15000m RW U20

3rd Laelia Byatt 1:27:20.00

Women's 8000m RW 16's – 17's (U18)

3rd Laura Corvalan-Sotomayor 53:02.00

Girl's 1500m RW 11's

3rd Addison Jenkins 8:19.00

Boy's 1500m RW U12's

4th Hugo Siciliano 8:22.00

27-7-25 Real Insurance Harbour Sydney**Harbour 10 Gun Time Net Time**

254th Graham Sheargold 39:32 39:11

2200th Geoff Sheargold 58:52 56:35

Harbour 5 Gun Time Net Time

588th Terry Rose 36:55 35:58 (2nd 70-74 cat)

Michael Christie (GAP)

