

June 2025 Winter hits early, but Girraween athletes heat up the season with top class performances!



Addison @ the LBG Walking Carnival

June proved a very cold month, but Girraween athletes did not let this deter them with excellent performances across the board.

There was a massive effort from the Girraween walking contingent at the LBG Race Walking Carnival at Stromlo Forest Park in the ACT over the long weekend. It happened to be the weekend when the Snowy Mountains received large snowfalls across the three days. This extraordinary chilly and windy weather impacted on this carnival and its competitors and supporters. A big shout out to Laelia, Addison and Hugo who backed up to do two events, a wonderful achievement on the day. Congrats to Laura, Chloe and Ashleigh who competed well. This was a high-class carnival with elite walkers from all over Australia in attendance, so we congratulate the Girraween contingent on their achievements in this instance as there were some quite deep fields.

Graham and Rob represented Girraween at the NSW Cross-Country Championships at Willandra, near Nowra in the 70 plus category. A big congrats to Graham who scored a well-deserved silver medal. Rob also competed well and was just outside the medals. Lachlan competed at these championships too. In Lachlan's event, the first eleven athletes finished

within twenty-nine seconds of one another, an extraordinarily high-standard field. Congrats Lachlan on a gutsy run.

A big shout out to Kaya and Diane who were spotted out at Round One of the Metro Winter Track and Field series held at the Blacktown International Sports Park in June. Both athletes competed in deep fields and out of season; yet placed well in their respective events. Well done, both athletes.

The parkrun series continued across June at a multitude of venues. The very cold weather did not deter Girraween members and friends from tackling these variable courses. There were many fine times run, as can be seen from looking at the results in this newsletter. Congrats to Andrew on obtaining another new pb on the tough Beaches course in the Newcastle area. Andrew continues to run consistently each Saturday.

We also saw excellent performances across June from Girraween members and friends in a variety of events. Lachlan finished second overall in the 5km event at the South-West Rocks Running Festival over the long weekend, posting another excellent time. Well done, Lachlan. Danny had a shot at the very tough Coffs Backyard Ultra near Coffs Harbour and dug in deep. He advises he will be back. Well done, Danny. Abbie and Mairead were spotted tackling the 10km event over the Sydney Equestrian course at Abbotsbury and stuck to their guns well. Congrats to both Vija-Louise and Tiffanie on their effort tackling the Half-Marathon at the iconic Bay to Bay Running Festival up at the Central Coast. Graham continued his fine form at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna, whilst Terry tackled the 5km event along the Parramatta River in the second event of the Parramatta Race Series at the end of June, finishing first in his category. An excellent effort by Terry.



Rob, Gary, Graham, Stephen, Jean, Ben, Greg, Katrina & Diane @ West Met Bella Vista



The Girraween's "Brains Trust" - Rob, Graham & Stephen talking tactics before their run @ West Met Bella Vista

Despite the rapid onset of the colder weather, it did not deter the many Girraween members and friends from participating in such variable events across June. Congrats to all concerned. We are always looking for photos for our newsletter. In this instance as you will have seen, we have included a couple from the West Met Cross-Country series. Please always feel free to forward any on from your events. They are always nice to have. Our members and friends always like to see them. Thank you. Results follow:

7-6-25 Rooty Hill parkrun 5km

5th	Joel Byatt	17:58
24th	Damon Byatt	21:38
41st	Samuel Jackson	23:12
72nd	Rod Zammit	25:52
79th	Laelia Byatt	26:03
93rd	Tipene Robinson	26:50
137th	Geoff Newey	28:44
314th	Matthew Briggs	47:36 (walker)

7-6-25 Parramatta parkrun 5km

4th	Geoff Sheargold	18:28
110th	Vija- Louise Heath	25:22
346th	Michael Christie	35:36
467th	Mairead Connolly	43:01

7-6-25 Whalan Reserve parkrun 5km

2nd	Brett Langley	21:05
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7-6-25 Lithgow parkrun 5km

9th	Lisa Grant	24:52
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7-6-25 Macquarie University parkrun 5km

89th	Glenn Daziel	25:30
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7-6-25 Cooks River parkrun 5km

99th	Steve Williams	28:08
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7-6-25 Kirkdale Reserve (Vic) parkrun 5km

125th	Andrew Free	33:38
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7-6-25 Lake Mac parkrun 5km

320th	Terry Rose	34:19
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7-6-25 Menai parkrun 5km

125th	Jason Cutajar	37:59
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7-6-25 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

26th	Graham Sheargold	57:26
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7-6-25 Coffs Backyard Ultra Coffs Harbour

Laps Distance

140th	Danny Martins	8	53.648km
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8-6-25 South West Rocks Running Festival

Chop N Chill 5km Family Fun Run

2nd	Lachlan Kidd	18:00
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8-6-25 Parklands Running Festival Lizard Log, Western Sydney Parklands

Abbotsbury

10km

72nd	Abbie Stone	56:39
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299th Mairead Connolly 1:30:02

8-6-25 LBG Race Walking Carnival Stromlo Forest Park ACT

RWA Women's U20 10km

7th Laelia Byatt 59:46

10th Laura Corvalan-Sotomayor 1:08:28

RWA Girl's U12 2km

4th Addison Jenkins 11:50

RWA Boy's U14 2km

12th Hugo Siciliano 12:08

RWA Boy's U16 3km

10th Hugo Siciliano 18:02

RWA Girl's U16 3km

17th Addison Jenkins 19:32

18th Chloe Farrugia 19:46

RWA Girl's U18 5km

6th Ashleigh Farrugia 30:39

RWA Women's Open 5km

9th Laelia Byatt 28:43

14-6-25 Rooty Hill parkrun 5km

5th Daniel Irving 16:53

6th Joel Byatt 17:45

8th Geoff Sheargold 18:03

32nd Brett Langley 21:33

63rd Bettina McMahon 24:11

72nd Rod Zammit 24:43

82nd Wayne Thurlow 25:31

84th Damon Byatt 25:35

135th Geoff Newey 29:08

147th Geneva McDermott 29:46

238th Mischelle Otte 40:42

257th David Otte 44:17

14-6-25 Parramatta parkrun 5km

8th Mann Jasani 19:07

322nd Terry Rose 35:00

333rd Michael Christie 35:41

430th Vija-Louise Heath 49:59 (walker)

14-6-25 Rex Jackson Oval parkrun 5km

28th David Perry 30:33

63rd Jason Cutajar 44:10

14-6-25 Lake Mac parkrun 5km

30th Danny Martins 21:27

14-6-25 Curl Curl parkrun 5km

92nd Lisa Grant 24:05

14-6-25 Rockhampton (Qld) parkrun 5km

31st Garry Womsley 25:17

14-6-25 Grahamstown Aquatic Centre Medowie parkrun 5km

50th Andrew Free 31:50

14-6-25 Campbelltown parkrun 5km

89th Tipene Robinson 34:26

14-6-25 Cooks River parkrun 5km

169th Steve Williams 36:53

14-6-25 Whalan Reserve parkrun 5km

34th Mairead Connolly 39:55

14-6-25 Western Districts Joggers & Harriers Lake Gillawarna**3.5km Handicap**

22nd Graham Sheargold 17:48

14-6-25 Metro Winter Track & Field Series Round 1 – Blacktown International**Sports Centre****Girl's 60m 13's-14's(U15's)**

7th Kaya Macioch 9.39

Women's 60m Masters 30+

7th Diane Celnikier 11.97

Girl's 200m 13's-14's(U15's)

12th Kaya Macioch 32.02

Women's 200m Masters 30+

8th Diane Celnikier 45.63

Women's Discus Masters 30+

9th Diane Celnikier 12.96m

Girl's Triple Jump 13's-14's(U15's)

7th Kaya Macioch 9.01m

15-6-25 Bay to Bay Running Festival Central Coast**Half Marathon**

261st Vija-Louise Heath 1:45:54

462nd Tiffanie Sugianto 1:56:29

21-6-25 Rooty Hill parkrun 5km

5th Damon Byatt 21:08

54th Laelia Byatt 24:56

57th Bettina McMahan 25:07

58th Wayne Thurlow 25:09

59th Rod Zammit 25:11

86th Tiffanie Sugianto 27:09

88th David Perry 27:11

140th Geoff Newey 31:29

209th Mischelle Otte 39:02

216th Matthew Briggs 40:18

261st Jason Cutajar 55:54 (walker)

21-6-25 Parramatta parkrun 5km

372nd Terry Rose 36:26

397th Michael Christie 38:17

444th Mairead Connolly 44:54

21-6-25 Curl Curl parkrun 5km

79th Lisa Grant 23:19

21-6-25 The Terrace parkrun 5km

8th Danny Martins 23:46

21-6-25 Wentworth Common parkrun 5km

58th Michael Free 26:19

21-6-25 Rouse Hill parkrun 5km

91st Tipene Robinson 33:29

21-6-25 Grahamstown Aquatic Centre Medowie parkrun 5km

49th Andrew Free 37:05

21-6-25 Cook's River parkrun 5km

189th Steve Williams 38:15

21-6-25 NSW Cross Country Championships, Willandra , Nowra

70-74 Masters Men's 6km

2nd Graham Sheargold 32:56

4th Rob Eager 36:55

13's (U14) Boy's 3km

6th Lachlan Kidd 9:41

**22-6-25 Cooks River Fun Run's
10km**

246th Mairead Connolly 1:16:25

28-6-25 Rooty Hill parkrun 5km

3rd Daniel Irving 17:27

5th Geoff Sheargold 18:18

6th Joel Byatt 18:50

23rd Damon Byatt 20:49

30th Tipene Robinson 21:50

66th Laelia Byatt 24:16

81st Wayne Thurlow 25:00

107th David Perry 26:45

113rd Bettina McMahon 26:59

137th Rod Zammit 29:25

288th Jason Cutajar 48:56 (walker)

28-6-25 Parramatta parkrun

4th Lachlan Kidd 17:15

299th Terry Rose 34:41

411th Michael Christie 48:07 (walker)

28-6-25 The Entrance parkrun 5km

28th Vija-Louise Heath 22:51

28-6-25 Curl Curl parkrun

86th Lisa Grant 22:58

28-6-25 Whalan Reserve parkrun 5km

10th Brett Langley 24:34

28-6-25 GreenWay parkrun 5km

81st Michael Free 24:35

28-6-25 Blue Gum Hills parkrun 5km

13th Danny Martins 24:41

28-6-25 Cooks River parkrun 5km

180th Steve Williams 36:11

28-6-25 The Beaches parkrun 5km

18th Andrew Free 39:35 (new pb)

28-6-25 North Sydney parkrun 5km

395th Mairead Connolly 42:17

29-6-25 Parramatta Race Series- Race 2 Ermington

5km

71st Terry Rose 36:52 (1st 70+)

Michael Christie (GAP)