

March 2025 Girraween members and friends spotted far and wide keeping the dream alive in '25.



Ashleigh @ NSW Juniors



Joel @ NSW Juniors



Laelia @ NSW Juniors

Well, what a busy month March was as can be seen by the results published in this newsletter. There were a number of excellent performances across March and the headline for this month's newsletter is most apt, with many of the club's members and friends keeping the dream alive in '25 athletically speaking.

One of March's highlights was the Girraween representation at the NSW Junior Championships at SOPAC in the middle of the month. We give a big shout out to all Girraween's representatives: Hashika, Sai Sravan, Emily, Chigozie, Madeline, Ashleigh, Mann, Laura, Laelia, Joel, Maayon, Katherine, Lachlan K, Kavin, Jack, Kathir, Nirash, Nirvan, Elliana, Rhitka, Sharani, Joseph, Lachlan P, Patrick, Samrudh and Keshika, who in most instances were competing in very deep fields and acquitted themselves well. Madeline, Ashleigh, Laelia, Joel, Katherine and Jack all picked up medals and are to be congratulated for their fine achievements. Interestingly, five out of the six medallists were walkers leading one to recall the glory days when Lisa G represented Girraween with such distinction.

A small number of athletes in Adya, Laelia and Laura were spotted at the NSW Milers event at The Crest shortly before the NSW Junior Championships warming up for these championships well. Samrudh, Mann and Kavin also competed in the All Comers Meet at SOPAC before NSW Juniors and once again acquitted themselves well.

Parkrun kept on keeping on across March and there were some highlights once again. Daniel finished first on two occasions and Joel once at Rooty Hill parkrun and both athletes posted most excellent times in each instance. Abbie with two and Joel and Claire with one new pb each, again demonstrated their excellence over the 5km distance at parkrun. Greg reached his 200th pr and Mischelle her 350th pr in March. While these milestones are classified as

'unofficial, nevertheless they are tremendous achievements, and we congratulate both Greg and Mischelle in reaching these landmarks.

There was a small contingent of Girraween members and friends at the SMC Road Race series at Smithfield at the end of March. This was mainly due to the event been pushed back a week due to the excess water on the course the previous Sunday. It also clashed with other events around Sydney as well. Nevertheless, there were some fine performances. Adam had a very fine run in the Half Marathon event finishing in the top ten. For the first time in a long time there were no Girraween members or friends in the 10km event. In the 5km event, Sai Sravan, Michael K and Addison all produced excellent runs on a course that had its challenges and they should be most happy with their efforts.



Lachlan K crossing the line at Orange Running Festival



Lachlan K on the dais at Orange Running Festival

There were other fine performances across March. Lachlan K came first in his category and second overall in the Eye See Eye Secondary School Dash at the Orange Running Festival. This was a wonderful effort from Lachlan as he was competing against students up to the age of sixteen. Congratulations Lachlan. Graham continued his fine consistent form at the Western Districts Joggers and Harriers series at Lake Gillawarna in the early part of the month. Jason was spotted taking part in the inaugural Raging Waters 10km event at Prospect on that incredibly hot Sunda in the middle of the month and he stuck to his task well. Both Claire and Terry also participated in the Parramatta Run Series event along the Parramatta River at the end of March in the 10km and 5km event respectively running well.



Ben @ Run4Jess



Daniel @ Run4Jess

Run 4 Jess was held in March and we give a big shout out not only to our runners on that very hot Saturday afternoon at C V Kelly Park, but also our wonderful volunteers who did an amazing job in the circumstances. Ashleigh was the first female home in the 2km event; Ben was first male home in the 4km event and finished first overall whilst Daniel was first male home in the 8km event and also finished first overall. Congratulations to all three athletes who did an amazing job in the circumstances.

It was another remarkable month in the Girroraween story and we give thanks to all our members and friends who contribute to the club's history while at the same time continue to keep the dream alive in '25. Results follow:

1-3-25 Rooty Hill parkrun 5km

1st	Daniel Irving	18:15
5th	Joel Byatt	20:32
10th	Damon Byatt	20:57
16th	Wayne Thurlow	21:49
34th	Rod Zammit	23:58
55th	Laelia Byatt	25:57
90th	Bettina McMahon	28:10
229th	Hugh McDermott	36:41
283rd	Matthew Briggs	43:28
343rd	David Perry	1:01.19 (walker)

1-3-25 Nepean River parkrun 5km

88th	Tipene Robinson	26:46
124th	Robert Eager	29:22

1-3-25 Parramatta parkrun 5km

385th Terry Rose 34:14

411th Michael Christie 35:32

1-3-25 Mt Penang parkrun 5km

14th Michael Free 23:32

1-3-25 Curl Curl parkrun 5km

88th Lisa Grant 23:33

1-3-25 Yeppoon (Qld) parkrun 5km

26th Garry Womsley 24:37

1-3-25 Maitland parkrun 5km

64th Danny Martins 26:19

1-3-25 The Ponds parkrun 5km

134th Greg Sargeant 27:15

1-3-25 Chipping Norton parkrun 5km

46th Abbie Stone 27:58

1-3-25 Lakeview parkrun 5km

107th Andrew Free 34:39

1-3-25 Lawson parkrun 5km

129th Jason Cutajar 43:31

6-3-25 NSW Milers VII The Crest Georges Hall**Men's 3000m Race Walk Open**

8th Adya Bhushan 16;56>03

Women's Race Walk 5000M Open

4th Laelia Byatt 27:21.44

6th Laura Corvalan Sotomayor 31:21.80

8-3-25 Rooty Hill parkrun 5km

1st Joel Byatt 17:42 (new pb)

2nd Daniel Irving 17:42

29th Damon Byatt 22:23

66th Laelia Byatt 25:54

67th Addison Jenkins 25:55

132nd Bettina McMahon 29:51

165th Jason Cutajar 31:45

233rd Matthew Briggs 36:42

336th David Perry 1:08.8 (walker)

8-3-25 Macquarie University parkrun 5km

76th Vija-Louise Heath 24:38

466th David Otte 55:51 (walker)

467th Mischelle Otte 56:03 (walker)

8-3-25 The Ponds parkrun 5km

50th Wayne Thurlow 22:51

185th Greg Sargeant 27:18 (200th pr)

8-3-25 Werrington Lakes Reserve parkrun 5km

6th Rod Zammit 23:55
46th Peter Tutty 36:07

8-3-25 Parramatta parkrun 5km

365th Terry Rose 34:16
368th Michael Christie 34:32

8-3-25 GreenWay parkrun 5km

55th Michael Free 22:31

8-3-25 Lake Mac parkrun 5km

45th Lisa Grant 23:56

8-3-25 Maitland parkrun 5km

60th Danny Martins 26:52

8-3-25 Wentworth Common parkrun 5km

92nd Stephen Parkins 27:54

8-3-25 Blue Gum Hills parkrun 5km

29th Andrew Free 35:13

8-3-25 Forster parkrun 5km

58th Claire Waqa 37:52 (new pb)

8-3-25 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

18th Graham Sheargold 17:46

8-3-25 All Comers SOPAC

100m Men's Open

125th Samrudh Despathi 12.76

Men's 200m Open

79th Samrudh Despathi 25.29

Men's 2000m Steeple Chase Open 76cm

4th Mann Jasani 7:53.23

Men's Shot Put Open 4kg

3rd Kavin Tharmanesan 12.75cm

9-3-25 Orange Running Festival Orange

Eye See Eyes Secondary School Dash

2nd Lachlan Kidd 6:11 (1st 12U Cat)

13-3-25 – 16-3-25 NSW Junior Championships SOPAC

13-3-25

Women's 400mH 16's (Under 17) 76.2cm

9th Hashika Mununthan 1:19.08

Boy's 300mH 15's (Under 16) 76.2cm

16th Sai Sravan Shailesh 46.82

Girl's 300mH 15's (Under 16) 76.2cm

10th Emily Kot 49.23

Boy's 200mH 13's (Under 14) 76.2cm

4th Chigozie Victor Ogbonna 29.39

Girls 3000m RW 14's (Under 15)

3rd Madeline Kot 18:46.21

Girls 3000m RW 15's (Under 16)

3rd Ashleigh Farrugia 16:22.30

Boy's 2000m Steeple Chase 14's (Under 15) 76.2cm

8th Mann Jasani 7:55.29

Women's 5000m RW 17's (Under 18)

Laura Corvalan Sotomayor DNF

Women's 5000M RW Under 20

3rd Laelia Byatt 28:07.94

Men's 5000m RW Under 20

1st Joel Byatt 22:13.40

Boy's Pole Vault 13's (Under 14)

4th Maayon Sundarshan 1.90m

14-3-25**Boy's 90mH 13's (Under 14) 76.2cm Prelims**

7th Chigozie Victor Ogbonna 13.76q

Boy's 90mH 13's (Under 14) 76.2cm Final

5th Chigozie Victor Ogbonna 13.85

Boy's 3000m 13's (Under 14)

7th Lachlan Kidd 9:59.10

Women's Javelin Throw 17's (Under 18)

14th Katherine Farrugia 22.58m

Boy's Javelin Throw 15's (Under 16)

7th Kavin Tharmansan 37.60m

Boy's Shot Put 13's (Under 14)

14th Jack Gale 11.42m

Girl's Javelin Throw 15's (Under 16)

11th Ashleigh Farrugia 26.79cm

15-3-25**Men's 100m 17's (Under 18) Prelims**

38th Kathir Chezhiyan 12.05

Boy's 1500m 13's (Under 14)

7th Lachlan Kidd 4:29.82

Boy's Discus 15's (Under 16)

14th Kavin Tharmanesan 40.56m

Boy's Shot Put 14's (Under 15)

11th Nirash Kanapathy Pillai 11.12m

14th Nirvan Srestha 10.93m

Women's Long Jump 16's (Under 17)

26th Elliana Henderson 4.19m

28th Rhitika Patel 4.14m

Boy's Shot Put 15's (Under 16)

9th Kavin Tharmanesan 12.09m

Boy's Javelin Throw 14's (Under 15)

16th Nirvan Srestha 29.06m

Boy's Triple Jump 13's (Under 14)

18th Maayon Sundershan 9.84m

16-3-25**Girls 1500m RW 13's (Under 14)**

17th Sharani Sanjayan 10:05.46

Boy's 1500m RW 13's (Under 14)

5th Joseph Curmi 9:43.26

8th Lachlan Pearce 10:04.50

Women's 1500m RW 16's (Under 17)

5th Elliana Henderson 10:54.25

Women's 1500m RW 17's (Under 18)

2nd Katherine Farrugia 10:58.79

Boy's 800m 13's (Under 14)

6th Lachlan Kidd 2:14.42

11th Patrick Hokin 2:17.91

Women's 800m 16's (Under 17)

15th Rhitika Patel 2:40.66

Boy's High Jump 15's (Under 16)

14th Samrudh Deshpathi 1.60m

Women's Triple Jump 16's (Under 17)

12th Elliana Henderson 9.56m

Girl's Javelin Throw 13's (Under 14)

8th Keshika Tharmanesan 28.38m

Boy's Javelin Throw 13's (Under 14)

3rd Jack Gale 35.73m

15-3-25 Rooty Hill parkrun 5km

23rd Danny Martins 22:42

26th Rod Zammit 22:56

31st Wayne Thurlow 23:25

34th Samuel Jackson 23:43

116th Geoff Newey 30:24

159th Jason Cutajar 33:41

303rd David Perry 1:02.01 (walker)

15-3-25 Macquarie University parkrun 5km

14th Damon Byatt 20:54

47th Glenn Dalziel 23:02

15-3-25 Parramatta parkrun 5km

382nd Michael Christie 35:45

597th Terry Rose 1:09.32 (Tail Walker)

15-3-25 Curl Curl parkrun 5km

117th Lisa Grant 23:28

15-3-25 Nepean River parkrun 5km

36th Tipene Robinson 23:49

15-3-25 Werrington Lake Reserve parkrun 5km

5th Vija-Louise Heath 24:09

15-3-25 Henry Kendall Reserve parkrun 5km

4th Brett Langley 24:31

15-3-25 Chipping Norton parkrun 5km

31st Abbie Stone 26:55 (new pb)

15-3-25 The Ponds parkrun 5km

173rd Greg Sargeant 28:28

15-3-25 Wentworth Common parkrun 5km

105th Stephen Parkins 29:29

15-3-25 Stockton parkrun 5km

122nd Andrew Free 31:38

15-3-25 Western Districts Joggers & Harriers Lake Gillawarna**5@The Lake**

17th Graham Sheargold 26:51

16-3-25 Raging Waters Running Festival Prospect**10km**

184th Jason Cutajar 1:07.36

22-3-25 Rooty Hill parkrun 5km

2nd Daniel Irving 18:17

28th Rod Zammit 23:02

38th Wayne Thurlow 24:19

124th Damon Byatt 28:38

131st Steven Williams 28:55

148th Geoff Newey 29:48

237th Hugh McDermott 37:26

336th Matthew Briggs 55:41 (walker)

22-3-25 Parramatta parkrun 5km

121st Vija-Louise Heath 25:18

370th Terry Rose 35:12

415th Michael Christie 37:53

504th Mairead Connolly 51:07 (walker)

22-3-25 Curl Curl parkrun 5km

131st Lisa Grant 23:40

22-3-25 Rockhampton (Qld) parkrun 5km

41st Garry Womsley 25:47

22-3-25 Blue Gum Hills parkrun 5km

24th Danny Martins 26:58

22-3-25 Nepean River parkrun 5km

161st Robert Eager 30:05

22-3-25 Wentworth Common parkrun 5km

145th Stephen Parkins 30:30

22-3-25 Mt Penang parkrun 5km

114th Jason Cutajar 34:33

22-3-25 Two Rivers Wines parkrun 5km

13th Andrew Free 35:42

22-3-25 Tuggeranong (ACT) parkrun 5km

380th Mischelle Otte 55:52 (walker) (350th pr)

29-3-25 Rooty Hill parkrun 5km

1st Daniel Irving 17:31

20th Rod Zammit 22:40

28th Wayne Thurlow 23:31

32nd Laelia Byatt 24:03

67th Jason Cutajar 30:29

120th Matthew Briggs 56:13 (walker)

29-3-25 Parramatta parkrun 5km

114th Terry Rose 34:47

118th Michael Christie 35:23

29-3-25 Curl Curl parkrun 5km

37th Lisa Grant 23:41

29-3-25 Rhodes parkrun 5km

57th Michael Free 23:46

29-3-25 Nepean River parkrun 5km

31st Tipene Robinson 25:05

29-3-25 Casula Parklands parkrun 5km

7th Abbie Stone 26:42 (new pb)

29-3-25 Newy parkrun 5km

143rd Andrew Free 32:59

29-3-25 Rouse Hill parkrun 5km

26th Peter Tutty 39:47

30-3-25 Parramatta Race Series – Race 1 – Ermington**10km**

259th Claire Greenwood 1:17.01

5km

61st Terry Rose 37:05 (70+ 1st)

30-3-25 SMC Road Race Series Smithfield

Half Marathon

10th Adam Etherington 1:47.28.4

5km

4th Sai Sravan Shailesh 21:07.0

6th Michael Kammerer 21:15.2

13th Addison Jenkins 24:53.7

38th Michael Christie 34:06.7

Michael Christie (GAP)