

## May 2025 - Don't be afraid to give up the good and go for the great!



*Joel @ NSW Team Walks*



*Chloe, Joy & Addison @ NSW Team Walks*

It was the great American runner, Steve Prefontaine's fiftieth anniversary of his passing in late May and this was one of his quotes. I think it's apt this month, describing the effort of Girraween's members and friends across May in numerous events. They did go for the great and did so well in the bargain.

A real highlight were the performances of Girraween athletes in the Team Walks and Cross-Country Relays at The Armory, Newington on the last day of the month. All athletes and supporters were grateful for the nice weather, a major contrast to the weather at the same venue in 2024. A big shout out to the men's 30+ relay team of Danny, Daniel B, Adam and Nicholas who picked a well-deserved silver medal, coincidentally the Club's first medal at a XC Relays event since 2002, when Susan, Stacey and Lisa picked up a silver medal in the U18's women's event. The lads ran superbly, and it was a wonderful effort by all four runners. We also congratulate Joel who picked up a gold, Ashleigh a silver, Laura a bronze and Marco a bronze in their respective walks events early in the day. All four athletes displayed superb form in their respective events. It is also worth mentioning that Joel also picked up a silver medal in the Open Age group at these championships - no mean feat. Addison, Chloe and Joy picked up a hard-earned bronze medal in the U9's to U12's team's event in the walks. They kept up a great technique and consistency across their events which undoubtedly contributed to their success. Well done ladies. It would be remiss not to mention the effort of the U12 boys and U10 girls in their XC relay events. These events had very deep fields and all Girraween athletes hung in well on what was a very technical course. Well done to all concerned. We also should not forget Chloe, Hugo and Joy, showing great team spirit backing up for the XC relay events after competing in the walks. Marco, Ashleigh, Graham and Michael C while not finding a team, nevertheless ran as single athletes in their respective XC events flying the Girraween flag well.



*Daniel, Adam, Nick & Danny @ NSW XC Relays*



*Daniel in full flight @ NSW XC Relays*

Off the track, we need to pay tribute to Ashley for the massive amount of work behind the scenes in co-ordinating the teams across both junior and senior Girraween clubs in the lead-up to May 31. There is no doubt without her efforts we would have struggled to enter many teams at all. Thank you, Ashley on everyone's behalf. A big shout out to the BBQ team from Girraween Athletics Club at these relays. It was a massive effort and thanks to everyone who contributed on the day. Thanks also to the parents and supporters who came out to Armory to support all Girraween athletes across the day. It was one to remember.

The NSW Short Walks events were held at The Armory, Newington early in May. Joel and Hugo picked up a silver medal and Addison a bronze medal in their respective events. It's a fine achievement by all three athletes considering it was not long since their summer seasons concluded, and they were hitting the ground at full pace so to speak at the beginning of a long winter season. Congratulations to all three athletes on their results.



*Lachlan @ NSW Lindfield Fun Runs*



*Lachlan @ NSW Road Championships*

There was a good Girraween contingent numbers-wise out at the Sydney 10 and support events around Sydney Olympic Park in May. There were excellent performances from Daniel I, Geoff and Joel who posted superb sub-forty-minute times around the quick course in the 10km event. Daniel B, Damon and Danny also posted excellent sub-fifty-minute times as well. Addison had a fine run in the 5km fun run posting an excellent time. However, the highlight of the morning was undoubtedly Lachlan's gold medal in the 2.5km State Championships, where he posted a wonderful sub-eight-minute time. Not many Girraween runners have won State Championships at this level over the years - only a handful if that. So Lachlan is now part of a very select list. Congratulations Lachlan from all at Girraween on this performance.

The St George Classic (featuring the Dual Relays) were held at Scarborough Park Monterey in early May. Girraween this year had the one team representing the club. A shout out to Graham and Michael C for representing the club. Whilst they were not threatening for medals, nevertheless they battled on gamely and at least it meant Girraween had some representation at the first ANSW winter rep event of the 2025 winter season.

The last SMC Road Running series was held at Smithfield towards the end of May. Damon posted a wonderful time in the 10km event, and he was most pleased with his run. Sai Sravan, Addison and Alison all posted great sub five and sub six-minute times in the 5km event. A big thank you to Girraween members and friends who participated in this series over the 2024-2025 season. It was always nice to see some familiar faces on an early Sunday morning out at Smithfield.

The parkrun monolith kept on its merry way across May and once again there were a series of standout performances from Girraween members and friends. Andrew, Tiffanie and Steve W all gained new pb's with superb running. Daniel I finished first on three occasions, never an easy task and showed everyone that he has maintained a high level of performances after his recent heavy program. There were many other fine runs across May as can be seen from the results in this newsletter.

There were excellent runs by Girraween members and friend in other events in May. Lachlan won the 2km overall at the Lindfield Fun Runs in May posting an excellent time to. No easy task, given the size of the field. Damon and Stephen M ran in the Hoka Runaway Sydney Half Marathon through the streets of Sydney. Damon posted an excellent time while Stephen battled on well to the finish line. Stephen is classified as a legend of this event, one of only eight runners to complete every event here since it's inauguration in 1992, a tremendous feat. Graham continued his fine form in the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. Jason and Terry were spotted at the Mother's Day Classic in Parramatta Park, running well in the bargain in their respective events.

All in all, May 2025 was a month to remember. Given the size of the club, Girraween athletes never cease to amaze with their versatility and never-say-die attitude. This again was on display across May 2025. Results follow:

**3-5-25 Rooty Hill parkrun 5km**

2nd	Daniel Irving	17:45
5th	Geoff Sheargold	18:41
16th	Joel Byatt	21:05
46th	Michael Free	23:33
48th	Rod Zammit	23:53
59th	Wayne Thurlow	24:56
91st	Samuel Jackson	27:14
108th	Damon Byatt	27:46
117th	Steve Williams	28:11
142nd	Geoff Newey	29:46
196th	Jason Cutajar	33:48
264th	David Otte	47:29 (walker)
283rd	Mischelle Otte	53:03 (walker)

**3-5-25 Parramatta parkrun 5km**

52nd	Brett Langley	22:00
101st	Vija-Louise Heath	24:36
112th	Tiffanie Sugianto	25:22
374th	Mairead Connolly	37:42
377th	Michael Christie	38:22

**3-5-25 Campbelltown parkrun 5km**

25th	Tipene Robinson	24:48
------	-----------------	-------

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

38th	Garry Womsley	25:09
------	---------------	-------

**3-5-25 The Ponds parkrun 5km**

132nd	Greg Sargeant	27:03
-------	---------------	-------

**3-5-25 Stockton parkrun 5km**

96th	Andrew Free	30:12 (new pb)
------	-------------	----------------

**3-5-25 Casula Parklands parkrun 5km**

69th	Terry Rose	35:04
------	------------	-------

**3-5-25 Curl Curl parkrun 5km**

420th	Lisa Grant	59:23 (tail walker)
-------	------------	---------------------

**3-5-25 Western Districts Joggers & Harriers Lake Gillawarna****10km Handicap**

22nd	Graham Sheargold	1:06:54
------	------------------	---------

**3-5-25 St George Classic (Featuring Dual Relays) Scarborough Park Monterey****60-69 Male 2 x 2 x 1km 7th**

Graham Sheargold Leg 1	5:07
------------------------	------

Michael Christie Leg 1	6:15
------------------------	------

Graham Sheargold Leg 2	5:41
------------------------	------

Michael Christie Leg 2	6:25	Total: 23:28
------------------------	------	--------------

**4-5-25 NSW Short Walks The Armory Newington****Men's 10,000m Race Walk U20**

2nd	Joel Byatt	48:00:00
-----	------------	----------

**Women's 10,000m Race Walk U20**

Laelia Byatt	DNF
--------------	-----

**Boy's 1000m Race Walk U12**

2nd Hugo Siciliano 5:25:00

**Girl's 1000m Race Walk U11**

3rd Addison Jenkins 5:23:00

**4-5-25 Lindfield Fun Runs Lindfield****2km**

1st Lachlan Kidd 5:41:50

**4-5-25 Hoka Runaway Sydney Half Marathon**

1407th Damon Byatt 1:36:00

18144th Stephen Mifsud 2:33:58

**10-5-25 Rooty Hill parkrun 5km**

1st Daniel Irving 17:17

13th Joel Byatt 20:48

19th Danny Martins 21:17

36th Damon Byatt 23:00

43rd Rod Zammit 23:18

57th Wayne Thurlow 24:47

86th David Perry 26:43

102nd Greg Sargeant 27:21

214th Geneva McDermott 33:25

217th Bettina McMahan 33:34

290th David Otte 43:56

296th Mischelle Otte 45:08

315th Matthew Briggs 51:23 (walker) (100th pr)

**10-5-25 Wentworth Common parkrun 5km**

44th Michael Free 23:57

47th Brett Langley 24:08

**10-5-25 Margaret River (WA) parkrun 5km**

1st Nikil Redipali 18:08

**10-5-25 Curl Curl parkrun 5km**

122nd Lisa Grant 23:25

**10-5-25 Grahamstown Aquatic Centre parkrun Medowie 5km**

33rd Andrew Free 31:13

**10-5-25 Centennial parkrun 5km**

407th Terry Rose 33:50

**10-5-25 Rouse Hill parkrun 5km**

91st Tipene Robinson 35:03

**10-5-25 Parramatta parkrun 5km**

407th Michael Christie 36:17

**10-5-25 Western Districts Joggers & Harriers Lake Gillawarna****3.5km Handicap**

21st Graham Sheargold 18:16

**11-5-25 Mother's Day Classic Parramatta Park Parramatta****10km**

105th Jason Cutajar 1:09:11

**5km**

86th Terry Rose 33:29

**17-5-25 Rooty Hill parkrun 5km**

10th	Damon Byatt	21:21
21st	Brett Langley	23:14
32nd	Tiffanie Sugianto	24:40(new pb)
39th	Rod Zammit	25:35
40th	Wayne Thurlow	25:36
43rd	Danny Martins	26:09 (100th pr)
58th	Bettina McMahon	26:59
62nd	David Perry	27:30
144th	Matthew Briggs	35:12

**17-5-25 Parramatta parkrun 5km**

74th	Vija-Louise Heath	24:13
457th	Michael Christie	49:20 (walker)

**17-5-25 Curl Curl parkrun 5km**

79th	Lisa Grant	23:17
------	------------	-------

**17-5-25 Cooks River parkrun 5km**

88th	Steve Williams	28:40
------	----------------	-------

**17-5-25 Grahamstown Aquatic Centre parkrun, Medowie 5km**

30th	Andrew Free	31:57
------	-------------	-------

**17-5-25 Whalan Reserve parkrun 5km**

14th	Terry Rose	33:12
------	------------	-------

**17-5-25 Rouse Hill parkrun 5km**

92nd	Jason Cutajar	39:39
------	---------------	-------

**17-5-25 Rhodes parkrun 5km**

603rd	Mairead Connolly	53:33 (walker)
-------	------------------	----------------

**18-5-25 Sydney 10 (Incorporating NSW Road Championships) Sydney Olympic Park****10km Net Time**

186th	Daniel Irving	35:02
338th	Geoff Sheargold	37:26
339th	Joel Byatt	37:26
609th	Daniel Balassone	41:30
664th	Damon Byatt	42:20
745th	Danny Martins	44:00
1028th	Laelia Byatt	50:04
1160th	Graham Sheargold	53:46
1313th	Stephen Mifsud	1:00:10
1453rd	Michael Christie	1:10:43
1460th	Jason Cutajar	1:13:53
1467th	Mairead Connolly	1:14:55

**5km Fun Run**

81st	Addison Jenkins	23:30
------	-----------------	-------

**2.5km State Championships**

1st	Lachlan Kidd	7:57
-----	--------------	------

**24-5-25 Rooty Hill parkrun 5km**

1st	Daniel Irving	17:14
9th	Damon Byatt	21:32
26th	Vija-Louise Heath	23:33

32nd	Rod Zammit	24:34
33rd	Wayne Thurlow	24:35
56th	David Perry	27:02
181st	Bettina McMahon	37:16

**24-5-25 Parramatta parkrun 5km**

371st	Terry Rose	34:24
429th	Mairead Connolly	38:02
444th	Michael Christie	39:05

**24-5-25 The Ponds parkrun 5km**

38th	Brett Langley	21:42
------	---------------	-------

**24-5-25 Galston parkrun 5km**

48th	Lisa Grant	25:01
------	------------	-------

**24-5-25 Cooks River parkrun 5km**

102nd	Steve Williams	28:07 (new pb)
-------	----------------	----------------

**24-5-25 Rouse Hill parkrun 5km**

90th	Tipene Robinson	34:00
------	-----------------	-------

**24-5-25 Lakeview parkrun 5km**

167th	Andrew Free	35:23
-------	-------------	-------

**24-5-25 St Peters parkrun 5km**

466th	Jason Cutajar	37:12
-------	---------------	-------

**24-5-25 Western Districts Joggers and Harriers Lake Gillawarna  
5km Handicap**

42nd	Graham Sheargold	32:24
------	------------------	-------

**25-5-25 SMC Smithfield**

**10km**

10th	Damon Byatt	42:01.1
60th	Greg Sargeant	1:04:24.2
69th	Stephen O'Donnell	1:07:36.1
75th	Mairead Connolly	1:15:16.0

**5km**

7th	Sai Sravan Shailesh	21:29.1
	Addison Jenkins	24:38.8 (nb:tech issue as result appeared in 2km results when Addison ran in 5km event)

30th	Alison Shaw	28:31.3
33rd	Jean Davis	32:54.7
35th	Terry Rose	34:09.7
36th	Michael Christie	34:37.8

**31-5-25 Rooty Hill parkrun 5km**

1st	Daniel Irving	17:05
52nd	Brett Langley	24:02
163rd	Geoff Newey	30:03
168th	Geneva McDermott	30:09
222nd	Bettina McMahon	33:41
258th	Jason Cutajar	39:07

**31-5-25 Parramatta parkrun 5km**

110th	Vija-Louise Heath	24:26
416th	Terry Rose	34:56

563rd Mairead Connolly 55:25 (walker)  
564th Michael Christie 1:00:27 (walker)

**31-5-25 Rhodes parkrun 5km**

78th Rod Zammit 22:51

**31-5-25 Curl Curl parkrun 5km**

101st Lisa Grant 23:27

**31-5-25 Bundaberg (Qld) parkrun 5km**

3rd Garry Womsley 25:04

**31-5-25 Cooks River parkrun 5km**

94th Steve Williams 28:20

**31-5-25 Thurrock parkrun, Orsett Heath (Uk) 5km**

77th Carly Eager 30:50

**31-5-25 Blue Gum Hills parkrun 5km**

70th Andrew Free 43:52

**31-5-25 NSW Team Walks & NSW XC Relay Championships The Armory Newington**

**Men's 10,000m Race Walk U20**

1st Joel Byatt 46:47.00

**Women's 5000m Race Walk 14's-15's(U16)**

2nd Ashleigh Farrugia 28:27.00

**Women's 5000m Race Walk 16's-17's (U18)**

3rd Laura Corvalan-Sotomayor 32:13.00

**Boy's 1000m Race Walk 10's**

Harrison Wagner dq

**Boy's 1000m Race Walk 11's**

3rd Marco Li 6:51.00

**Boy's 1000m Race Walk 12's**

Hugo Siciliano dq

**Girl's 1000m Race Walk 9's**

4th Joy Li 7:16.00

**Girl's 1000m Race Walk 10's**

5th Sreelaya Kamalakkannan 6:45.00

Leah Kot dq

**Girl's 1000m Race Walk 11's**

4th Addison Jenkins 5:17.00

**Girl's 1000m Race Walk 12's**

4th Chole Farrugia 5:34.00

**Girl's 1000m 9's-12's Race Walk Teams 3rd**

Addison Jenkins 5:17.00

Chloe Farrugia 5:34.00

Joy Li 7:16.00

**XC Relays**

**U12 Males 4 x 1.5km 17th**

Chloe Farrugia 6:43

Hugo Siciliano 6:52

Aghna Balu 7:21

Taj Strachan 6:17 Total 27:14

**U10 Females 4 x 1.5km 14th**

Joy Li	7:04		
Anika Dandekar	8:42		
Lara Hannan	7:53		
Lily Palise	7:40	Total	31:20
<b>30+ Males 4 x 4km</b>	2nd		
Danny Martins	16:44		
Daniel Balassone	15:10		
Adam Sinclair	15:55		
Nicholas Hanna	18:26	Total	1:06:17
<b>U12 Male 1.5km</b>			
3rd Marco Li	7:26		
<b>U16 Female 2km</b>			
3rd Ashleigh Farrugia	9:19		
<b>70+ Male 2km</b>			
1st Graham Sheargold	10:11		
<b>60+ Male 4km</b>			
1st Michael Christie	30:06		
Michael Christie	(GAP)		