

## November 2025 - Impossible is just an opinion!

The headline for the November 2025 newsletter is most apt, given the performance of Girraween members and friends across November. They showed time and again that nothing was beyond reach or impossible. Yes, it was just an opinion in November 2025.



*Rose, Ashleigh, Elliana & Chloe @ State Relays*



*Rose, Ashleigh, Chloe & Elliana @ State Relays*

The NSW Relays saw a number of teams from both Seniors and Juniors represent Girraween across the weekend. There were highlights. The Women 16's-17's 4 x 1500m Walks team gained a well-deserved gold medal in their event. A big shout out to Ashleigh, Rose, Elliana and Chloe for their wonderful performance, where their fine technique was the difference between themselves and the other teams in this event. A superb performance. The Men's Masters teams of Dominic, Adam, Nick and Daniel B in the 4 x 1500m Relay and Dominic, Danny, Nick and Daniel in the 4 x 800m Relay gained silver medals in both events over consecutive days. The performances of these two teams were outstanding in what were most competitive events. To gain a medal was no mean feat. Well done gentlemen. It would be remiss not mention the other Girraween teams who represented their club so well over the weekend. While they were just outside the medals, they were competing in very deep fields. It was a highlight to see them represent Girraween so well. Congratulations to Oliver, Taj, Hugo, Jordan, Adrian, Kavin, Sai Sravan, Maayon, Nirush, Kian, Haaishni, Sai Sraddha and Tanvi on their efforts. Finally, a big shout out to Ashley for all her work in the lead up to these Championships in co-ordinating the GAC senior teams. All team members appreciated the work that went into this. Thank you, Ashley.



*Dominic, Nick, Adam & Daniel @ State Relays – 4x1500m Team*



*Dominic, Nick, Daniel & Danny @ State Relays – 4x800m Team*

We congratulate Girraween athletes, both seniors and juniors, who represented their club so well at Treloar Shield and 3000m Championship meets across November. A big shout out to Kavin, Danny, Lachlan, Daniel B, Mann, Samrudh, Maayon and Caleb on their efforts at these meets in November. It's always nice to see a Girraween presence at these meets and these athletes acquitted themselves well in their respective events. Well done to all concerned.

Parkrun continued on across November. We send a big shout out and congratulations to our friend Andrew, who completed his 500th parkrun at Newy parkrun in Newcastle in November. It was nice to see Andrew's family and some local friends there to help him celebrate this great feat. Congratulations Andrew from your friends at Girraween on reaching this great milestone. A shout out to Daniel I on finishing first at three successive parkruns at Rooty Hill parkrun at the back end of November. This is no mean feat, as he is continuing to run swiftly in the process. Congrats also to Mischelle on obtaining a new pb at Rooty Hill parkrun in November. Many members, friends and supporters of Girraween Athletics Club continue running at parkrun at different venues on Saturday mornings as you can see from the results. There continues to be some very impressive running from these runners.



*Andrew with family and friends @ his 500<sup>th</sup> Parkrun at Newy Parkrun*

The SMC Road Race series continued in November at Smithfield. It was most challenging as last-minute local flooding had covered sections of the course which necessitated detours. Despite this, there were some fine efforts. A big shout out to Damon for his superb run in the Half Marathon. Both Rod and Mick posted excellent times in the 10km event, given the challenges confronting them, while Addison also posted an excellent time in the 5km event. Congratulations to Girraween members and friends who once again hung in well across the three events.

There were fine performances from Girraween members and friends in other events across November. Graham was his ever-reliable self at the Western Districts Joggers and Harrier handicap events at Lake Gillawarna across November, while also fitting in an epic run in the Half Marathon event at the Carcoar Cup Running Festival in the NSW Central West. Claire was spotted tackling the 10km event along the Parramatta River in the Parramatta Run series and finished in fine style. Vija-Louise travelled south and participated in the epic Point to Pinnacle event held in Hobart, Tasmania, where she tackled the Half Marathon that started at Hobart's Wrest Point and finished on the top of Mt Wellington. This event in more than one publication has been described as the World's toughest Half, so it was an almighty effort from Vija, particularly given the extreme weather changes that confront runners out on the course as they head towards the summit. Congratulations Vija-Louise.

Well, all in all it had been another month filled with very fine achievements. We congratulate every athlete on their performances. Results follow:

### **1-11-25 Rooty Hill parkrun 5km**

|       |                 |       |
|-------|-----------------|-------|
| 2nd   | Daniel Irving   | 17:02 |
| 5th   | Mann Jasani     | 19:59 |
| 32nd  | Bettina McMahon | 24:07 |
| 33rd  | Rod Zammit      | 24:08 |
| 68th  | David Perry     | 27:21 |
| 82nd  | Greg Sargeant   | 28:04 |
| 109th | Wayne Thurlow   | 30:19 |
| 156th | Matthew Briggs  | 35:07 |

### **1-11-25 Auburn Botanic Gardens parkrun 5km**

|       |                   |       |
|-------|-------------------|-------|
| 56th  | Vija-Louise Heath | 24:59 |
| 154th | Jason Cutajar     | 34:58 |

### **1-11-25 Elara Riparian Parklands parkrun 5km**

|       |                |                |
|-------|----------------|----------------|
| 126th | David Otte     | 39:44          |
| 133rd | Mischelle Otte | 41:08 (new pb) |

### **1-11-25 Parramatta parkrun 5km**

|       |                  |                |
|-------|------------------|----------------|
| 290th | Terry Rose       | 38:27          |
| 343rd | Michael Christie | 50:18 (walker) |

### **1-11-25 Centennial parkrun 5km**

|       |              |       |
|-------|--------------|-------|
| 104th | Michael Free | 24:09 |
|-------|--------------|-------|

### **1-11-25 Orakei Bay (NZ) parkrun 5km**

|       |                  |       |
|-------|------------------|-------|
| 206th | Mairead Connolly | 38:10 |
|-------|------------------|-------|

### **1-11-25 Rouse Hill parkrun 5km**

|       |            |                  |
|-------|------------|------------------|
| 126th | Lisa Grant | 1:04:41 (walker) |
|-------|------------|------------------|

### **1-11-25 Rockhampton parkrun 5km**

|       |               |                       |
|-------|---------------|-----------------------|
| 273rd | Garry Womsley | 1:08:00 (tail walker) |
|-------|---------------|-----------------------|

### **1-11-25 Treloar Shield Round 4 & 3000m Championships Kensington**

#### **Men's Shot Put 15's-17's**

|     |                   |        |
|-----|-------------------|--------|
| 2nd | Kavin Tharmanesan | 13.79m |
|-----|-------------------|--------|

#### **Men's 3000m K Race**

|     |               |          |
|-----|---------------|----------|
| 3rd | Danny Martins | 11:12.74 |
|-----|---------------|----------|

#### **Men's 3000m F Race**

|      |              |         |
|------|--------------|---------|
| 14th | Lachlan Kidd | 9:26.30 |
|------|--------------|---------|

### **2-11-25 Carcoar Cup Carcoar**

#### **Half Marathon**

|       |                  |                       |
|-------|------------------|-----------------------|
| 130th | Graham Sheargold | 2:39:47 (3rd 70+ cat) |
|-------|------------------|-----------------------|

## **6-11-25 NSW Milers 1 The Crest Georges Hall**

### **Men's 800m Open**

#### **Heat 1**

1st Daniel Balassone 2:14.89

### **8-11-25 Rooty Hill parkrun 5km**

18th Damon Byatt 21:15  
20th Rod Zammit 21:27  
51st Mick Jenkins 24:52  
56th Addison Jenkins 25:34  
62nd Brett Langley 26:01  
97th Greg Sargeant 28:21  
100th Bettina McMahon 28:41  
111th Geoff Newey 29:07  
124th Wayne Thurlow 29:42  
170th Jason Cutajar 32:33  
285th Mischelle Otte 49:39 (walker)  
288th David Otte 49:50 (walker)

### **8-11-25 The Ponds parkrun 5km**

9th Mann Jasani 19:20  
47th Adam Etherington 22:48

### **8-11-25 Parramatta parkrun 5km**

399th Terry Rose 40:20  
470th Michael Christie 52:15 (walker)

### **8-11-25 Taupo (NZ) parkrun 5km**

32nd Lisa Grant 25:22

### **8-11-25 Ingrebourne Hill (UK) parkrun 5km**

57th Carly Eager 31:48

### **8-11-25 Cooks River parkrun 5km**

211th Steven Williams 38:07

## **8-11-25 Western Districts Joggers & Harriers Lake Gillawarna**

### **3.5km Handicap**

19th Graham Sheargold 18:16

## **14-11-25 – 16-11-25 Valour State Relay Championships Blacktown**

### **International Sports Park Athletics Centre**

**14-11-25**

**Women's 16's-17's 4 x 1500m Race Walk Relay** 1st

Ashleigh Farrugia

Rose Goska

Elliana Henderson

Chloe Farrugia

Total: 37:80.40

**Boy's 13's 4x 1500m Race Walk Relay** Dq

Oliver Pearce  
 Taj Strachan  
 Hugo Siciliano  
 Jordan Curmi

**Men's 16's- 17's Throws Relay** 10<sup>th</sup>

|        |                  |                     |        |          |
|--------|------------------|---------------------|--------|----------|
| Discus | 11th             | Adrian Siciliano    | 26.01m |          |
| SP     | 5th              | Kavin Tharmanesan   | 12.85m |          |
| Jav    | 14 <sup>th</sup> | Sai Sravan Shailesh | 28.39m | 1078 pts |

**Boy's 13's 4 x 1500m Relay** 7<sup>th</sup>

Oliver Pearce  
 Taj Stachan  
 Hugh Sicilano  
 Jordan Curmi

Total: 25:04.19

**Men's Masters 160+ 4 1500m Relay** 2<sup>nd</sup>

Dominic Carr  
 Adam Sinclair  
 Nick Hanna  
 Daniel Balassone

Total: 21:59.79

**15-11-25****Boy's 15's Throws Relay** 10<sup>th</sup>

|        |      |                         |        |         |
|--------|------|-------------------------|--------|---------|
| Jav    | 9th  | Mayoon Sudarashan       | 29.22m |         |
| SP     | 5th  | Nirush Kanapathy Sillai | 11.72m |         |
| Discus | 17th | Kian Mirhadi            | 22.09m | 996 pts |

**Men's Masters 160+ 4 x 800m Relay** 2<sup>nd</sup>

Dominic Carr  
 Danny Martins  
 Nick Hanna  
 Daniel Balassone

Total: 10:44.22

**16-11-25****Girl's 13's Jumps Relay** 18<sup>th</sup>

|    |      |                      |       |         |
|----|------|----------------------|-------|---------|
| LJ | 20th | Haaishni Saradan     | 3.21m |         |
| TJ | 11th | Sai Sraddha Shailesh | 8.80m |         |
| HJ | 21st | Tanvi Bongale        | 1.20m | 626 pts |

**15-11-25 Rooty Hill parkrun 5km**

|       |                   |       |
|-------|-------------------|-------|
| 1st   | Daniel Irving     | 18:01 |
| 4th   | Joel Byatt        | 19:07 |
| 6th   | Mann Jasani       | 19:47 |
| 18th  | Damon Byatt       | 20:59 |
| 67th  | Danny Martins     | 25:08 |
| 70th  | Rod Zammit        | 25:10 |
| 105th | Bettina McMahon   | 26:57 |
| 134th | Tiffanie Sugianto | 28:59 |
| 166th | Jason Cutajar     | 31:07 |

211th Wayne Thurlow 33:58  
228th Geoff Newey 35:24  
262nd Mischelle Otte 42:28

### **15-11-25 Newy parkrun 5km**

516th Andrew Free 52:09 (walker) (500th pr)  
517th Sharon Free 52:09 (walker)  
520th Michael Free 52:12 (walker)

### **15-11-25 Parramatta parkrun 5km**

410th Michael Christie 45:31  
430th Terry Rose 49:40

### **15-11-25 Curl Curl parkrun 5km**

116th Lisa Grant 23:51

### **15-11-25 Geeveston (TAS) parkrun 5km**

7th Vija-Louise Heath 25:28

### **15-11-25 Nepean River parkrun 5km**

95th Robert Eager 30:14

### **15-11-25 Cooks River parkrun 5km**

205th Steven Williams 37:16

### **15-11-25 Western Districts Joggers & Harriers Lake Gillawarna**

#### **5@The Lake**

20th Graham Sheargold 26:34

### **16-11-25 Parramatta Race Series – Race 5 Parramatta River Ermington 10km**

254th Claire Greenwood 1:18:19

### **16-11-25 Point To Pinnacle, Hobart, Tasmania**

**21.1km Run Gun Time: Net Time**

742nd Vija-Louise Heath 2:37:54 2:37:02

### **22-11-25 Rooty Hill parkrun 5km**

1st Daniel Irving 16:47  
3rd Joel Byatt 18:15  
7th Damon Byatt 21:02  
57th Rod Zammit 25:10  
78th David Perry 26:50  
80th Bettina McMahon 26:54  
103rd Jason Cutajar 29:13

### **22-11-25 Newy parkrun 5km**

524th Andrew Free 54:01 (walker)  
542nd Sharon Free 1:01:28 (Tail walker)

### **22-11-25 Whalan Reserve parkrun 5km**

5th Vija-Louise Heath 23:07

### **22-11-25 Blue Gum Hills parkrun 5km**

9th Danny Martins 23:40

**22-11-25 Queanbeyan parkrun 5km**

14th Lisa Grant 25:57

**22-11-25 Elara Riparian Parklands parkrun 5km**

49th Geoff Newey 28:48

**22-11-25 Cooks River parkrun 5km**

164th Steven Williams 36:50

**22-11-25 Wildflower parkrun 5km**

103rd Glenn Dalziel 41:06

**22-11-25 Parramatta parkrun 5km**

439th Michael Christie 52:01 (walker)

**22-11-25 Treloar Shield Round 5 Campbelltown****Men's 2000m SC 76cm 15's-17's**

6th Mann Jasani 7:37.07

**22-11-25 Treloar Shield Round 5 Bankstown (The Crest)****Men's 200m 15's-17's**

16th Samrudh Despathi 24.48

**Boy's Pole Vault 13's-14's 1.80cm**

4th Maayon Sudarshan 2.10m

**Men's Discus 15's-17's**

3rd Kavin Tharmanesan 39.22m

**23-11-25 SMC Road Race Series Smithfield****Half Marathon**

11th Damon Byatt 1:35:33

**10km**

20th Rod Zammit 47:50.0

30th Mick Jenkins 52:09.8

62nd Greg Sargeant 1:09:20.2

69th Mairead Connolly 1:18:44.1

**5km**

18th Addison Jenkins 24:33.8

34th Suresh Raju 29:49.6

35th Alison Shaw 30:03.2

42nd Stephen Mifsud 35:47.4

44th Terry Rose 38:45.7

47th Michael Christie 40:51.0

**29-11-25 Rooty Hill parkrun 5km**

1st Daniel Irving 17:29

51st Bettina McMahon 24:27

104th David Perry 28:32

105th Greg Sargeant 28:38

119th Geoff Newey 29:24

149th Jason Cutajar 31:39

**29-11-25 Parramatta parkrun**

69th Vija-Louise Heath 23:47  
386th Terry Rose 39:20  
453rd Michael Christie 49:15 (walker)

**29-11-25 Auburn Botanical Gardens parkrun 5km**

4th Rod Zammit 21:14  
51st Wayne Thurlow 29:05

**29-11-25 Newy parkrun 5km**

397th Andrew Free 37:26  
475th Sharon Free 46:49 (walker)

**29-11-25 The Ponds parkrun 5km**

37th Adam Etherington 22:25

**29-11-25 Curl Curl parkrun 5km**

97th Lisa Grant 23:56

**29-11-25 Wentworth Common parkrun 5km**

26th Michael Free 24:02

**29-11-25 Rockhampton (Qld) parkrun 5km**

34th Garry Womsley 26:11

**29-11-25 Cooks River parkrun 5km**

215th Steven Williams 40:54

**29-11-25 Treloar Shield Round 6 Blacktown****Boys Hammer Throw 13's-14's**

5th Caleb Williams 24.33m 4kg

Michael Christie

(GAP)

