

## October 2025 - Girraween members and friends continue to amaze!



*Jean & Michael @ SMC Smithfield*

October saw many Girraween members and friends participating in a wide range of events. Once again, their performances continued to amaze and inspire as the reader can see from the results published below. It's a great start to the 2025-2026 summer season.

The ANSW summer inter-club competition, the Treloar Shield kicked off with the first three rounds in October held at different venues across the month. A big shout out to Samrudh, Nicholas, Ashleigh, Daniel B, Lachlan, Mann, Caleb, Hugo, Laura, Keshika, Nirvan and Kavin who were spotted out at the Treloar Shield across October. All athletes competed well in what were deep fields. Noteworthy performances in particular came from Lachlan, Caleb, Keshika & Kavin who all placed in the top three in their respective events; no mean feat. The eye-catching performance was Lachlan's first place in his steeple chase event, a discipline that he was most unfamiliar with, yet he posted a very fine sub seven-minute time into the bargain in finishing first. It will be interesting to see how he goes with this event down the track so to speak.

The SMC Road Race series continued at Smithfield in October on what was a nice morning for a run. Rod and Mick posted very fine times in the 10km event, while there were eye-catching performances from Michael K and Nicholas in the 5km event. Rod's effort in the 10km was very meritorious, as he was backing up after a tough leg in the Bondi to Manly relay the day before. Well done, Rod. The remaining Girraween contingent stuck to their guns well over both the 10km and 5km distances.

Parkrun continued on its merry way with many Girraween members and friends participating in these events far and wide, both interstate and overseas. Daniel I, not only finished first at Rooty Hill pr at the start of the month; he also set a new pb over this distance. A very impressive effort from him given the pace he is running at. Addison, Carly and Robert also set new pb's on their parkrun journey. Congrats to all three athletes. A big congratulations to Lisa from your friends at Girraween on completing your 400th parkrun at Curl Curl early in October. A very fine achievement Lisa.

The Bondi to Manly 80km Ultra event took place at the end of October. This event, only a few years old is growing in popularity giving the opportunity to runners to either participate as a solo runner or as part of a four or two-person team. Running along parts of Sydney that are extraordinarily beautiful ensures that this event will continue to grow. There were a number of Girraween members and friends participating in this event as part of men's and mixed teams. A big shout out to Geoff, Brett, Damon, Tipene, Vija-Louise, Danny, Rod & Daniel I on their efforts across the various Relay legs in this event. Each leg has its different challenges, and all runners did an amazing job. Congratulations to all concerned. We hope you have all recovered well.

Across October, there were other fine performances as well. Graham continued his undeniable consistent form across the Western Districts Joggers and Harriers handicap series, maintaining a high standard. Steve M took part in the 10km event at the Melbourne Marathon Festival, hanging in well. Danny obtained a well-deserved new pb in the Fernleigh 15 event. While Bettina was spotted overseas fitting in the 10km event as part of the Trek Antwerp Marathon events in Belgium. Great stuff Danny and Bettina. At the end of the month Steve M took part in another 10km event at the BBB event at Wentworth Point, while David tackled for want of a better word, the Panorama Punish, a one lap run around the famous Mt Panorama circuit at Bathurst. Wow! Congratulations to both Steve and David on their achievements.

As we can see, it's been another remarkable month of athletic achievement by Girraween's members and friends. They never cease to inspire and long may this continue. Results follow:

#### **4-10-25 Rooty Hill parkrun 5km**

1st	Daniel Irving	16:25 (new pb)
80th	Rod Zammit	25:42
190th	Jason Cutajar	33:21

#### **4-10-25 The Ponds parkrun 5km**

2nd	Lachlan Kidd	17:15
46th	Adam Etherington	22:37

#### **4-10-25 Wagga parkrun 5km**

34th	Addison Jenkins	24:13 (new pb)
36th	Mick Jenkins	24:21

#### **4-10-25 Fulham Palace (UK) parkrun 5km**

621st	Mischelle Otte	47:00 (walker)
622nd	David Otte	47:00 (walker)

#### **4-10-25 Curl Curl parkrun 5km**

99th	Lisa Grant	23:20 (400th parkrun)
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#### **4-10-25 Whalan Reserve parkrun 5km**

15th	Tipene Robinson	24:01
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#### **4-10-25 Reddall Reserve parkrun 5km**

53rd	Vija-Louise Heath	24:44
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**4-10-25 Northparkes Oval parkrun 5km**

16th Michael Free 25:40

**4-10-25 The Beaches parkrun 5km**

14th Danny Martins 29:20

**4-10-25 Albert (VIC) parkrun 5km**

711th Andrew Free 34:28

**4-10-25 Waitangi (NZ) parkrun 5km**

187th Michael Christie 40:20

**4-10-25 Rhodes parkrun 5km**

638th Mairead Connolly 42:21

**4-10-25 Parramatta parkrun 5km**

510th Terry Rose 49:40 (walker)

**4-10-25 Western Districts Joggers & Harriers Lake Gillawarna****10km Handicap**

19th Graham Sheargold 57:21

**11-10-25 Rooty Hill parkrun 5km**

3rd Geoff Sheargold 18:32

13th Damon Byattt 21:31

16th Rod Zammit 22:02

20th Glenn Dalziel 22:14

35th Mick Jenkins 24:30

100th Geoff Newey 29:22

**11-10-25 Elara Riparian Parklands parkrun 5km**

5th Brett Langley 20:56

28th Tipene Robinson 24:21

**11-10-25 Ingrebourne Hill (UK) parkrun 5km**

42nd Carly Eager 30:04

50th Robert Eager 32:20

**11-10-25 Parramatta parkrun 5km**

441st Terry Rose 39:13

526th Michael Christie 48:27 (walker)

**11-10-25 Blue Gum Hills parkrun 5km**

10th Danny Martins 23:35

**11-10-25 Wagga parkrun 5km**

13th Lisa Grant 23:42

**11-10-25 Werrington Lakes Reserve parkrun 5km**

2nd Vija-Louise Heath 24:50

**11-10-25 Rockhampton (QLD) parkrun 5km**

26th Garry Womsley 25:24

**11-10-25 Centennial parkrun 5km**

330th Michael Free 27:26

**11-10-25 The Ponds parkrun 5km**

215th Greg Sargeant 29:00

**11-10-25 Parkville (VIC) parkrun 5km**

371st Jason Cutajar 31:49

**11-10-25 Newy parkrun 5km**

467th Andrew Free 36:45

**11-10-25 Whalan Reserve parkrun 5km**

55th Mairead Connolly 1:01:56 (Tail Walker)

**11-10-25 Western Districts Joggers & Harriers Lake Gillawarna****3.5km Handicap**

27th Graham Sheargold 19:09

**11-10-25 Treloar Shield Round 1 SOPAC****Men's 60m 15's-17's**

21st Samrudh Deshpathi 7.77

**Men's 200m 15's-17's**

26th Samrudh Deshpathi 25.05

**Men's 3000m 35-49**

7th Nicholas Hanna 12:30.50

**Women's 5000m RW Open**

5th Ashleigh Farrugia 32:32.95

**11-10-25 – 12-10-25 Nike Melbourne Marathon Festival****12-10-25****Sri Lankan Airlines 10km Gun Time Net Time**

7175th Stephen Mifsud 1:17:27 1:16:07

**18-10-25 Rooty Hill parkrun 5km**

2nd Geoff Sheargold 18:23

8th Damon Byatt 20:19

51st David Perry 25:29

208th Jason Cutajar 37:20

**18-10-25 Elara Riparian Parklands parkrun 5km**

16th Rod Zammit 23:23

24th Vija-Louise Heath 24:00

84th Wayne Thurlow 29:12

215th Mischelle Otte 57:44 (walker)

**18-10-25 The Ponds parkrun 5km**

26th Michael Kammerer 21:29

233rd Greg Sargeant 28:55

**18-10-25 Ingrebourne Hill (UK) parkrun 5km**

52nd Carly Eager 29:50 (new pb)

63rd Robert Eager 31:45 (new pb)

**18-10-25 Auburn Botanic Gardens parkrun 5km**

99th Tipene Robinson 27:35

175th Mairead Connolly 37:49

### **18-10-25 Parramatta parkrun 5km**

398th Terry Rose 38:32

484th Michael Christie 52:48 (walker)

### **18-10-25 Centennial parkrun 5km**

148th Michael Free 24:12

### **18-10-25 Pioneer Dairy parkrun 5km**

14th Lisa Grant 24:53

### **18-10-25 Western Districts Joggers & Harriers Lake Gillawarna 5@The Lake**

20th Graham Sheargold 27:14

### **18-10-25 Treloar Shield Round 2 SOPAC**

#### **Men's 1500m Open**

22nd Daniel Balassone 4:40:80

#### **Boy's 1500m 13's-14's**

2nd Lachlan Kidd 4:22:24

#### **Men's 1500m 35-49**

10th Nicholas Hanna 5:41:37

#### **Men's 2000m SC 13's-14's 76cm**

1st Lachlan Kidd 6:56:59

#### **Men's 2000m SC 15's-17's**

6th Mann Jasani 7:10:16

#### **Boy's Hammer Throw 13's-14's**

3rd Caleb Williams 23.45m 4kg

### **19-10-25 Fernleigh 15 Belmont**

118th Danny Martins 1:05:21

### **19-10-25 Trek Antwerp Marathon Belgium**

#### **Trek Antwerp 10km**

228th Bettina McMahon 52:22

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

5th Mann Jasani 18:40

62nd David Perry 25:16

70th Laelia Byatt 26:05

97th Greg Sargeant 27:26

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

402nd Terry Rose 38:27

467th Michael Christie 49:02 (walker)

494th Mairead Connolly 58:46 (walker)

### **25-10-25 The Ponds parkrun 5km**

47th Adam Etherington 23:05

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

98th Lisa Grant 23:35

### **25-10-25 North Sydney parkrun 5km**

95th Damon Byatt 24:27

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

159th Michael Free 24:32

### **25-10-25 Elara Riparian Parklands parkrun 5km**

115th Jason Cutajar 33:50

### **25-10-25 Bondi to Manly Ultra 80km**

#### **Male 4 Person Relay**

##### **Leg 2 Lyne Park to Milson Point**

Geoff Sheargold 1:33:34 (Team 65th of 187)

##### **Leg 2 Lyne Park to Milson Point**

Brett Langley 1:44:45 (Team 91st of 187)

##### **Leg 3 Milson Point to Clontarf**

Damon Byattt 2:17:16 (Team 91st of 187)

#### **Mixed 4 Person Relay**

##### **Leg 1 Bondi to Lyne Park**

Tipene Robinson 1:54:41 (Team 116th of 262)

##### **Leg 1 Bondi to Lyne Park**

Vija-Louise Heath 1:57:52 (Team 123rd of 262)

##### **Leg 2 Lyne Park to Milson Point**

Danny Martins 1:41:08 (Team 123rd of 262)

##### **Leg 4 Clontarf to Manly**

Rod Zammit 1:58:00 (Team 123rd of 262)

##### **Leg 3 Milson Point to Clontarf**

Daniel Irving 1:50:11 (Team 196th of 262)

### **25-10-25 Treloar Shield Round 3 Mingara**

#### **Boy's 3000m RW 13's-14's**

4th Hugo Siciliano 16:09:61

#### **Women's 5000m RW Open**

6th Laura Corvalan-Sotomayor 29:20:68

### **25-10-25 Treloar Shield Round 3 Camden**

#### **Girl's Javelin 13's-14's**

2nd Keshika Tharmanesan 26.29m 500g

#### **Men's Javelin 15's-17's**

6th Nirvan Srestha 29.50m 700g

#### **Men's Javelin 15's-17's >40m**

1st Kavin Tharmanesan 45.21m 700g

### **26-10-25 BBB Run Wentworth Point**

#### **10km Run**

555th Stephen Mifsud 1:15:56

### **26-10-25 Panorama Punish Bathurst 6.2km**

273rd David Perry 35:38

## 26-10-25 SMC Road Race Series Smithfield

### 10km

34th	Rod Zammit	50:49.6
39th	Mick Jenkins	52:41.1
51st	Graham Sheargold	58:22.4

### 5km

5th	Michael Kammerer	20:35.8
10th	Nicholas Hannah	21:24:0
23rd	Addison Jenkins	25:47.1
36th	Suresh Raju	32:03.7
39th	Jean Davis	34:04:4
41st	Terry Rose	38:20:0
43rd	Michael Christie	38:48:1

Michael Christie (GAP)