

September 2025 – It's not about winning, it's about finishing. That's what makes us great!



*Lachlan @ School Sport Australia Cross
Country Championships*

Well, all Girraween's members and friends would certainly have welcomed in September after such a wet August. We were not disappointed. It was a beautiful month for the end of the winter season and the beginning of the summer athletics season. Girraween's members and friends certainly lived up to the philosophy in the headline across September with many fine performances.

Lachlan's well-earned bronze medal in the School Sport Australia Cross Country Championships held up at the Gold Coast in early September was a real highlight. It was a fine reward for Lachlan after such a consistent season of cross-country, where he always finished at the pointy end of these events, and always running in stacked fields at both State and National levels. Congratulations from all at Girraween Lachlan on a great winter season.

A small Girraween contingent tackled the Sydney Half Marathon in September around the Sydney Olympic Park course. Daniel finished twenty-ninth overall out of a field of over fourteen hundred runners. This was a wonderful performance by Daniel; he posted a fine time into the bargain. Both Geoff and Damon also posted excellent sub one hundred-minute times which they were most pleased with. A big shout out to both Graham and Mairead who hung in well and never gave up.



Damon @ Sydney Half Marathon



Daniel @ Sydney Half Marathon

The NSW All Schools Championships were held over four days at SOPAC at the end of September. A number of Girraween athletes represented their schools well. Joel picked up a well deserved first place in his specialty the race walk. Congratulations Joel. The remainder of the Girraween contingent, even though not gaining a medal were most competitive in their respective events, often competing in stacked fields. They all should be proud of their efforts.

Peter and Tiffanie both completed the iconic Six-Foot race in early September between Katoomba and Jenolan Caves. As a stand-alone achievement, this is most remarkable. However, to add lustre to their achievement, it came only six days after they had both completed the Sydney Marathon. Just thinking about this makes one tired, but to when it is placed into perspective, it does stack up as one of the more remarkable feats by any of Girraween's members or friends over recent years. Well done Peter and Tiffanie and we hope you have both made a full recovery.

The SMC Road Race series began it's 2025-2026 season in September out at Smithfield. A small Girraween contingent of members and friends were spotted out there enjoying the excellent conditions that confronted all runners. Geoff finished first over all in the 10km event, with an excellent sub-forty-minute time. Rod also posted a very fine sub fifty-minute time on his return to SMC. It was great to see him there again. Mick made his debut at SMC in the 10km event doing very well. Addison posted a very fine sub twenty-five-minute time in the 5km event which she was most pleased with. The remaining Girraween members and friends all got the job done which at the end of the day was what mattered.

Parkrun continued motoring along and as is usual, there were highlights that stood out. Daniel finished first on two occasions at Rooty Hill, no mean feat and posted excellent times in the process. Mann with two new pb's and Addison with one new pb also ran well. The pace these two young athletes run at add lustre to their achievement as they are running sub four and sub five-minute km's respectively. To be running at that pace and continuing to post new pb's is special.

Graham continued his excellent form across September in the Western Districts Joggers and Harriers handicap series held at Georges Hall. He continues to post very fine times and his consistency is remarkable. Geoff had a very fine run at the Striders 10km event held at

Newington in early September posting an excellent sub-forty-minute time in the process. Geoff continues to run well after a good winter running season.

All in all, it was another remarkable month of athletic achievement which certainly reinforced the headline for this month's newsletter. Well done to all concerned. Results follow:

6-9-25 Rooty Hill parkrun 5km

1st	Daniel Irving	16:48
4th	Mann Jasani	18:07(new pb)
25th	Brett Langley	21:42
42nd	Damon Byatt	23:18
58th	Laelia Byatt	24:21
73rd	David Perry	25:03
84th	Rod Zammit	26:05
156th	Geoff Newey	30:03
269th	Terry Rose	37:12
282nd	Mischelle Otte	39:07
296th	David Otte	41:35
341st	Tipene Robinson	50:33 (walker)

6-9-25 Parramatta parkrun 5km

405th	Michael Christie	37:49
411th	Mairead Connolly	38:32
471st	Vija-Louise Heath	50:29 (walker)

6-9-25 Curl Curl parkrun 5km

73rd	Lisa Grant	23:04
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6-9-25 Wentworth Common parkrun 5km

43rd	Michael Free	24:38
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6-9-25 Werrington Lakes Reserve parkrun 5km

26th	Jason Cutajar	38:35
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6-9-25 The Beaches parkrun 5km

31st	Andrew Free	54:42 (walker)
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6-9-25 Sydney Striders 10km Newington

21st	Geoff Sheargold	39:11
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6-9-25 Six Foot Track Marathon Katoomba- Jenolan Caves 45km

292nd	Peter Kimpton	5:45:13
490th	Tiffanie Sugianto	6:19:59

7-9-15 – 10-9-25 SSA Cross Country Championships Gold Coast Qld

13 Boys 3km

3rd	Lachlan Kidd	10:13
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13-9-25 Rooty Hill parkrun 5km

2nd	Mann Jsani	18:38
14th	Brett Langley	21:16
45th	Addison Jenkins	24:04 (new pb)
46th	Damon Byatt	24:07
81st	Rod Zammit	26:33
149th	Geoff Newey	30:20
179th	Tiffanie Sugianto	31:43
210th	Geneva McMahan	33:16
211th	Bettina McMahan	33:18
382nd	Tipene Robinson	1:05:30 (walker)

13-9-25 Parramatta parkrun 5km

194th	Vija- Louise Heath	27:38
470th	Mairead Connolly	39:52
491st	Terry Rose	41:56
555th	Michael Christie	50:56 (walker)

13-9-25 Huskisson parkrun 5km

211th	David Otte	43:07
220th	Mischelle Otte	45:08

13-9-25 Macquarie University parkrun 5km

64th	Glenn Dalziel	22:47
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13-9-25 Curl Curl parkrun 5km

95th	Lisa Grant	23:02
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13-9-25 Dolls Point parkrun 5km

48th	Michael Free	24:17
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13-9-25 Blue Gum Hills parkrun 5km

15th	Danny Martins	25:53
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13-9-25 Thurrock parkrun, Orsett Heath (Uk) 5km

81st	Carly Eager	30:06
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13-9-25 Zillmere (Qld) parkrun 5km

38th	Jason Cutajar	38:25
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13-9-25 The Beaches parkrun 5km

32nd	Andrew Free	49:09 (walker)
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13-9-25 Rockhampton (Qld) parkrun 5km

227th	Garry Womsley	1:03:46 (Tail Walker)
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14-9-25 Sydney Half Marathon Sydney Olympic Park Half Marathon

29th	Daniel Irving	1:15:39
173rd	Geoff Sheargold	1:27:58
267th	Damon Byatt	1:33:41
1126th	Graham Sheargold	2:12:26
1428th	Mairead Connolly	3:01:54

20-9-25 Rooty Hill parkrun 5km

10th	Mann Jasani	18:26
58th	David Perry	25:10
72nd	Rod Zammit	25:51
145th	Geoff Newey	30:18
249th	Jason Cutajar	36:06
280th	Mischelle Otte	39:31
287th	David Otte	41:24
364th	Tyrone Robinson	57:06 (walker)
372nd	Tipene Robinson	57:39 (walker)

20-9-25 Parramatta parkrun 5km

123rd	Vija-Louise Heath	26:54
407th	Terry Rose	41:27
422nd	Michael Christie	43:53
435th	Mairead Connolly	44:42

20-9-25 Blue Gum Hills parkrun 5km

14th	Danny Martins	23:44
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20-9-25 Northparkes Oval parkrun 5km

10th	Lisa Grant	24:24
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20-9-25 Wentworth Common parkrun 5km

47th	Michael Free	24:34
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20-9-25 San Remo parkrun 5km

35th	Heidi Juhart	27:05
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20-9-25 The Ponds parkrun 5km

366th	Wayne Thurlow	32:35
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20-9-25 Western Districts Joggers & Harriers Lake Gillawarna

5@The Lake

28th	Graham Sheargold	28:53
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21-9-25 SMC Road Race Series Smithfield

10km

1st	Geoff Sheargold	38:18.9
23rd	Rod Zammit	47:42.7
41st	Mick Jenkins	54:00.9
53rd	Graham Sheargold	58:13.4
71st	Stephen O'Donnell	1:04:45.1

5km

14th	Addison Jenkins	23:40.2
35th	Jean Davis	33:49.8
41st	Stephen Mifsud	37:13.4
42nd	Terry Rose	37:30.4
43rd	Michael Christie	38:51.4

27-9-25 Rooty Hill parkrun 5km

1st	Daniel Irving	16:57
4th	Mann Jasani	17:54 (new pb)
39th	Damon Byatt	22:38
71st	Addison Jenkins	25:14
74th	David Perry	25:19
115th	Rod Zammit	27:53
116th	Bettina McMahon	27:53
158th	Geoff Newey	30:10
226th	Jason Cutajar	34:17

27-9-25 Parramatta parkrun 5km

121st	Vija-Louise Heath	26:00
438th	Terry Rose	38:36
504th	Mairead Connolly	46:16 (walker)

27-9-25 Thurrock parkrun, Orsett Heath (UK) 5km

99th	Carly Eager	29:53
100th	Robert Eager	29:57

27-9-25 Maitland parkrun 5km

27th	Danny Martins	22:41
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27-9-25 Dolls Point parkrun 5km

99th	Michael Free	24:23
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27-9-25 Reddall Reserve parkrun 5km

98th	Tipene Robinson	29:16
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27-9-25 Western Districts Joggers & Harriers Lake Gillawarna 10km Handicap

16th	Graham Sheargold	56:49
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27-9-25 – 30-9-25 NSW All Schools Championships SOPAC

27-9-25

Boys 400m 13 Years Prelims

Heat 3

6th	Lachlan Kidd	59.98
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Boys Discus 15 Years 1kg

8th	Kavin Tharmanesan	48.96m
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Girls Javelin 13 Years 400g

10th	Keshika Tharmanesan	27.81m
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Boys Javelin 13 Years 600g

5th	Jack Gale	36.84m
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28-9-25

Boys 1500m 13 Years

6th	Lachlan Kidd	4:28.51
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Boys Javelin 15 Years 700g

5th	Kavin Tharmanesan	40.67m
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Girls Javelin 15 Years 500g

10th	Ashleigh Farrugia	27.14m
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29-9-25

Boys 800m 13 Years Prelims

Heat 1

3rd Lachlan Kidd 2:12.69q

Boys Shot Put 15 Years 4kg

12th Kavin Tharmanesan 11.54m

Boys Shot Put 13 Years 3kg

11th Jack Gale 12.33m

30-9-25

Boys 5000m RW 19 Years

1st Joel Byatt 22:39.17

Girls 5000m RW 16 Years

4th Ashleigh Farrugia 31:22.18

Girls 5000m RW 17 Years

4th Laura Corvalan Sotomayor 34:26.31

Boys 800m 13 Years Final

6th Lachlan Kidd 2:11.62

Michael Christie (GAP)