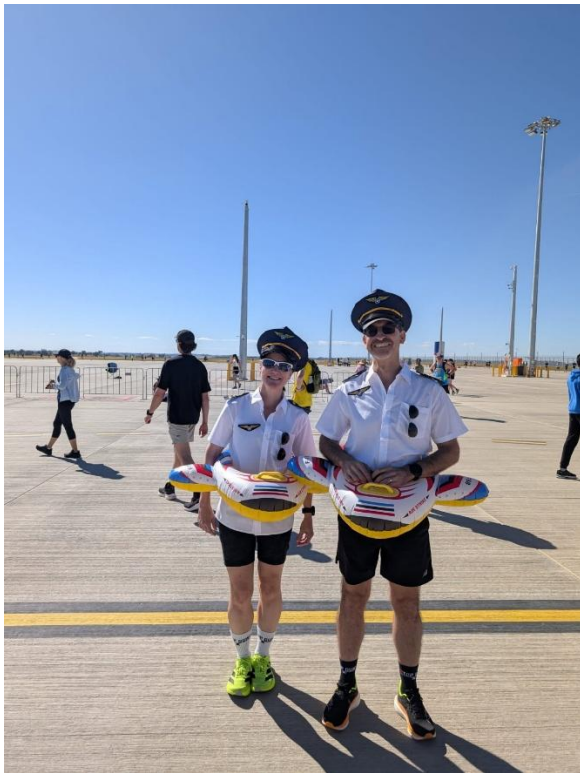


April 2026 Another extraordinary month of athletic achievement



Vija-Louise & Henk "Top Gunning" it @ the Runway Run/Walk.



Michael with his "Top Gun" friends Henk & Vija-Louise

April was another extraordinary month. With the weather starting to cool down a little and with the onset of some fine autumnal days, conditions were most conducive to athletics. As can be seen from the results published below, Girraween's members and friends made the most of this.

The big highlight of the month was the performance of Hugo, Ashleigh and Lachlan at the Australian Junior Athletics Championships held in Brisbane. Hugo picked up a well-deserved bronze medal in his race-walking event in Brisbane. To pick up a medal at a National Championships is no mean feat. Congratulations Hugo from all at Girraween. Ashleigh and Lachlan picked up pb's in their respective events in Brisbane. Both Ashleigh in her race walk and Lachlan in his steeple and other distance event both competed in events that had enormous depth. To obtain pb's at this level of competition was a fine achievement by both athletes. Well done Ashleigh and Lachlan.

The SMC Road Race series once again was held at Smithfield on a nice autumn morning for distance running. Thomas and Rod posted excellent sub fifty-minute times in their 10km event, both running well. Alison and Suresh also posted excellent times in the 5km event. It was nice to see our Girraween members and friends continuing to support this event - there is one final event to come towards the end of May and that will be it for another SMC season. A series that continues going from strength to strength.

Parkrun continued to be most popular with Girraween's members and friends across the month of April. There were several eye-catching achievements. Vija-Louise finished first at the Braidwood Showground parkrun. There were several new pb's achieved in April. Laelia, Vija-Louise and Michael F all gained two new pb's, while Doris, Michael C, Taj and Abbie gained one new pb. Well done to all runners on these achievements. Brett also completed his 200th parkrun at Rooty Hill in April. Congrats to Brett on achieving this milestone.

Throughout April there were a multitude of outstanding efforts across a variety of events as we can see from the results published below. Alison and Jason completed the Canberra Marathon as part of the Canberra Times Running Festival. Running and completing a marathon is always a fine achievement and we congratulate Alison and Jason on their efforts. Both Graham and Stephen M were also spotted at the 10km event in Canberra. Danny posted another excellent time in the Newcastle Half Marathon in April, continuing his excellent form of late. Graham also continued his consistent form at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna in April. A small group of Girraween members and friends took a once in a lifetime opportunity to participate in the Runway Run/Walk at the new Western Sydney International Airport at Luddenham at the end of April. It was an excellent day for a run and there were fine times posted as a bonus. Bettina and Jason took part in the 21km event, whilst Rod and Mairead were spotted tackling the 14km event. Vija-Louise, Henk, Terry and Michael were spotted participating in the 7km event and Stephen M sped around the 4km course. Vija-Louise and Henk had great fun morphing characters out of Top Gun with their great uniforms and soundtrack playing as they made their way around the course. They both proved incredibly popular with fellow runners, who took the opportunity to have photos with them as they ran up and down the tarmac. They were very generous with their time and had a lot of fun as well. Well done Vija-Louise and Henk for sharing your time with everyone. There were a lot of smiles along the way. It was certainly a fun-filled day.



Henk & Vija-Louise morphing Top Gun @ the Runway Run/Walk @ Western Sydney International Airport

All in all, it was another memorable month and congratulations on everyone who their best in all events across April. Results follow:

4-4-26 Rooty Hill parkrun 5km

4th	Daniel Irving	16:47
11th	Geoff Sheargold	19:18
43rd	Brett Langley	22:55
52nd	Rod Zammit	23:38
68th	Wayne Thurlow	24:26
79th	David Perry	25:18
152nd	Bettina McMahon	29:27
239th	Jason Cutajar	32:53

4-4-26 Parramatta parkrun 5km

94th	Vija-Louise Heath	23:33
412th	Terry Rose	37:10
420th	Mairead Connolly	38:05

4-4-26 The Ponds parkrun 5km

2nd	Lachlan Kidd	17:14
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4-4-26 Elara Riparian parkrun 5km

6th	Damon Byatt	21:15
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4-4-26 Maitland parkrun 5km

23rd	Danny Martins	22:47
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4-4-26 Nolen's Park (Vic) parkrun 5km

6th Michael Free 23:02 (new pb)

4-4-26 Auburn Botanic Gardens parkrun 5km

21st Laelia Byatt 23:37 (new pb)

4-4-26 Curl Curl parkrun 5km

83rd Lisa Grant 24:22

4-4-26 Nukalba parkrun 5km

35th Steve Clark 24:34

4-4-26 Cooks River parkrun 5km

96th Steven Williams 28:51

4-4-26 Lake Mac parkrun 5km

229th Geoff Newey 30:58

4-4-26 The Terrace parkrun 5km

50th Andrew Free 33:54

4-4-26 Warners Lake (Qld) parkrun 5km

234th Mischelle Otte 51:30 (walker)

4-4-26 Torrens (SA) parkrun

394th Michael Christie 54:04 (walker)

11-4-26 Rooty Hill parkrun 5km

3rd Daniel Irving 17:14

8th Mann Jasani 18:56

22nd Laelia Byattt 22:11 (new pb)

41st Rod Zammit 24:13

129th Geoff Newey 29:27

11-4-26 Parramatta parkrun 5km

317th Doris Farrugia 32:01 (new pb)

387th Danny Martins 34:53

449th Terry Rose 37:41

11-4-26 The Ponds parkrun 5km

2nd Lachlan Kidd 17:26

45th Brett Langley 23:38

11-4-26 Curl Curl parkrun 5km

121st Lisa Grant 23:31

11-4-26 Willoughby parkrun 5km

75th Vija-Louise Heath 24:07 (new pb)

11-4-26 Rockhampton (Qld) parkrun 5km

56th Garry Womsley 27:05

11-4-26 The Terrace parkrun 5km

52nd Andrew Free 34:28

11-4-26 Queanbeyan parkrun 5km

90th Jason Cutajar 36:30

11-4-26 Torrens (SA) parkrun 5km

421st Michael Christie 40:37 (new pb)

11-4-26 Warners Lake (Qld) parkrun 5km

142nd Mischelle Otte 48:34 (walker)

11-4-26 – 12-4-26 Canberra Times Marathon Festival Canberra

TCS Marathon

1916th Alison Shaw 4:56:23

2250th Jason Cutajar 5:50:07

Runners World 10km

696th Graham Sheargold 57:26 (3rd 70-74 cat)

1630th Stephen Mifsud 1:15:38

15-4-26 – 20-4-26 Australian Athletics Junior (Under Age) Championships

Brisbane

16-4-26

3000m Men Race Walk Final U14

3rd Hugo Siciliano 16:55.90

5000m Women Race Walk Final U17

9th Ashleigh Farrugia 29:46.7 (pb)

17-4-26

2000m Men Steeplechase (76.2cm) U15

9th Lachlan Kidd 6:55.77 (pb)

20-4-26

3000m Men U15

8th Lachlan Kidd 9:29.41 (pb)

18-4-26 Rooty Hill parkrun 5km

2nd Daniel Irving 17:21

10th Mann Jasani 19:12

15th Taj Strachan 20:30 (new pb)

36th Samuel Jackson 22:27

52nd Laelia Byatt 23:53

68th David Perry 25:26

70th Brett Langley 25:33 (200th pr)

199th Jason Cutajar 1:03:50 (tail walker)

18-4-26 Whalan Reserve parkrun 5km

10th Rod Zammit 22:31

116th David Otte 43:28

119th Mischelle Otte 43:33

18-4-26 Parramatta parkrun 5km

398th Terry Rose 34:58

522nd Michael Christie 44:35

18-4-26 Dalby (Qld) parkrun 5km

14th Michael Free 23:16 (new pb)

18-4-26 Braidwood Showground parkrun 5km

1st Vija-Louise Heath 23:21

18-4-26 Curl Curl parkrun 5km

115th Lisa Grant 23:29

18-4-26 Blue Gum Hills parkrun 5km

21st Danny Martins 25:25

18-4-26 The Terrace parkrun 5km

51st Andrew Free 35:01

18-4-26 Cooks River parkrun 5km

200th Steven Williams 35:24

18-4-26 Western Districts Joggers & Harriers Lake Gillawarna**5 @The Lake**

16th Graham Sheargold 26:05

19-4-26 Henderson Newcastle Marathon Newcastle**Half Marathon**

211th Danny Martins 1:37:46

19-4-26 SMC Road Race Series Smithfield**10km**

19th Thomas List 46:21.8

23rd Rod Zammit 46:51.7

34th Mick Jenkins 51:40.1

52nd Graham Sheargold 58:39.2

67th Stephen O'Donnell 1:07:34.2

75th Mairead Connolly 1:19:57.7

5km

31st Alison Shaw 29:06.7

34th Suresh Raju 30:00.3

39th Terry Rose 34:36.7

40th Michael Christie 37:08.5

25-4-26 Rooty Hill parkrun 5km

3rd Daniel Irving 16:42

7th Mann Jasani 18:50

34th Samuel Jackson 22:53

38th Laelia Byatt 23:26

159th Geoff Newey 29:25

188th Bettina McMahon 30:30

189th Rod Zammit 30:30

358th Mischelle Otte 49:28 (walker)

359th David Otte 49:29 (walker)

416th Json Cutajar 1:04:28 (walker)

25-4-26 Parramatta parkrun 5km

397th Terry Rose 36:26

573rd Michael Christie 1:02:49 (tail walker)

25-4-26 The Ponds parkrun 5km

4th Lachlan Kidd 17:55

25-4-26 Yamba parkrun 5km

13th Danny Martins 22:32

25-4-26 Auburn Botanic Gardens parkrun 5km

5th Vija- Louise Heath 22:46 (new pb)

25-4-26 Pirrama parkrun 5km

50th Michael Free 23:09

25-4-26 Curl Curl parkrun 5km

135th Lisa Grant 24:16

25-4-26 Cowpasture Reserve parkrun, Camden 5km

43rd Abbie Stone 24:52 (new pb)

25-4-26 The Terrace parkrun 5km

85th Andrew Free 36:28

25-4-26 Cooks River parkrun 5km

283rd Steven Williams 43:30

**26-4-26 Runway Run/Walk Western Sydney International Airport Luddenham
21km**

1100th Bettina McMahon 2:05:05

1491st Jason Cutajar 2:29:35

14km

134th Rod Zammit 1:04:08

2333rd Mairead Connolly 2:01:16

7km

769th Vija-Louise Heath 41:05

2360th Terry Rose 56:17

2465th Michael Christie 57:57

4km

486th Stephen Mifsud 23:45

Michael Christie (GAP)