

February 2026 - Keeping your dream alive!



Daniel & Rob working hard on set-up at CV Kelly Park at Girraween All Comers



Track ready for action at CV Kelly Park

February was a month of high humidity around the time when many of these events were held. Despite this, all participants listed in the results below managed to keep their own personal athletics dream alive and that is a good thing.

A big shout out to those athletes who represented Girraween at the NSW 5000m Championships and supporting events out at SOPAC. Great effort by Laura in the Women's 5000m Open Race Walk, while Geoff and Graham acquitted themselves in the Community 5000m event. Danny competed in the 'G' race of the 5000m Championships and was most happy with his effort breaking the twenty-minute mark in his race. Congratulations to all concerned.

There were a handful of Girraween athletes competing in the NSW Masters Athletics Championships held at Leumeah in February. Well done to Dominic, Graham and Nicholas in earning medals in their respective events. All three athletes did remarkably well. A special mention to Dominic who competed in five events across the weekend and managed to medal in each event. This was no mean feat as many of his events had deep and most competitive fields. Over the years, his performance was one of the great performances by a Girraween athlete at these championships. We also send our best wishes to Ofa who sadly pulled out injured in his event and we trust he makes a full recovery.



NSW Masters Medallists – Dominic & Graham @ Girraween All Comers

SMC continued at Smithfield in February. There were two events held. The event at the beginning of February was re-scheduled from January due to local flooding. This first event saw conditions akin to running in a sauna, they were that tough. There were many dnf's across the 10km and Half Marathon events. Nevertheless, there were fine performances. A special mention to Damon in the Half, Geoff in the 10km and Nicholas in the 5km who all posted fine times in the conditions. A shout out to Thomas who turned up for a run in the 10km event, and he is still running well. All athletes did remarkably well. Two weeks later, the second SMC event of the month was held and thankfully, conditions were much more amenable for distance running. Damon in the 30km, Geoff in the 10km and Addison in the 5km all posted excellent times. All in all, it was a nice morning for a run and all Girraween members and friends ran well.

Parkrun continued across February. Daniel finished first on two occasions and notched up his 150th parkrun as well. Congratulations Daniel. Sharon and Michael C also obtained a new pb in one of their events in February. Well done to both athletes. As our readers can see by the results listed, Girraween members and friends travelled far and wide to participate in parkrun. Many of them continue to run to a high standard, posting excellent times consistently on very different courses. This is no mean feat.

Graham was spotted out at Lake Gillawarna at the Western Districts Joggers and Harriers event at Lake Gillawarna, posting another excellent time. Excellent work Graham.

February was another excellent month of athletic endeavour by all Girraween members and friends where they all managed to keep their own personal athletic dream alive. They continue to inspire. Results follow:

1-2-26 SMC Road Race Series Smithfield

Half Marathon

16th Damon Byatt 1:42:36.1

10km

21st Geoff Sheargold 47:12.4

31st Thomas List 51:21.7

44th Bettina McMahon 56:08.9

48th Rod Zammit 56:57.7

60th Graham Sheargold 1:01:32.5

5km

17th Nicholas Hanna 23:18.8

41st Alison Shaw 30:42.7

50th Terry Rose 38:40.9

51st Michael Christie 39:27.1

7-2-26 Rooty Hill parkrun 5km

2nd Daniel Irving 17:30

4th Mann Jasani 18:28

5th Geoff Sheargold 19:22

28th Michael Free 22:33

71st Wayne Thurlow 25:42

82nd Bettina McMahon 26:14

111th Jill Woodruff 27:58

171st Geoff Newey 31:12

344th David Otte 50:03 (walker)

364th David Perry 53:30 (walker)

7-2-26 Grahamstown Aquatic Centre, Medowie parkrun 5km

50th Andrew Free 34:40

65th Sharon Free 42:59 (new pb)

7-2-26 Parramatta parkrun 5km

454th Terry Rose 38:04

543rd Michael Christie 45:49

7-2-26 Casula Parklands parkrun 5km

10th Damon Byatt 22:12

7-2-26 Auburn Botanic Gardens parkrun 5km

7th Brett Langley 22:55

7-2-26 Curl Curl parkrun 5km

114th Lisa Grant 23:41

7-2-26 Rhodes parkrun 5km

110th Rod Zammit 24:09

7-2-26 Two Rivers Wines parkrun 5km

1st Vija-Louise Heath 24:51

7-2-26 The Entrance parkrun 5km

145th Jason Cutajar 31:20

7-2-26 Braidwood Showground parkrun 5km

13th Stephen Parkins 31:25

7-2-26 Maitland parkrun 5km

248th Danny Martins 43:02

7-2-26 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

38th Graham Sheargold 1:06:35

14-2-26 Rooty Hill parkrun 5km

1st Daniel Irving 17:09

11th Damon Byatt 21:19

57th Bettina McMahon 25:31

59th Wayne Thurlow 25:37

61st Rod Zammit 25:38

149th Geoff Newey 31:08

153rd David Perry 31:20

173rd Jason Cutajar 32:17

293rd David Otte 44:54

313th Mischelle Otte 53:38 (walker)

14-2-26 Centennial parkrun 5km

107th Michael Free 22:51

14-2-26 Parramatta parkrun 5km

96th Vija-Louise Heath 23:46

14-2-26 Cameron Park parkrun, Wellington 5km

15th Lisa Grant 24:32

14-2-26 Wentworth Common parkrun 5km

87th Stephen Parkins 30:05

14-2-26 Blackbutt parkrun 5km

145th Andrew Free 37:43

14-2-26 Auburn Botanic Gardens parkrun 5km

87th Michael Christie 41:06

14-2-26 NSW 5000m Championships & Supporting Events SOPAC

Women's 5000m Race Walk Open

8th Laura Corvalan-Sotomayor 31:54.56

Mixed 5000m Community B Race

9th Geoff Sheargold 19:00.43

17th Graham Sheargold 26:35.60

Men's 5000m G Race

11th Danny Martins 19:45.43

15-2-26 SMC Road Race Series Smithfield

30km

4th Damon Byatt 2:26:19.5

10km

21st Geoff Sheargold 44:25.1

39th Mick Jenkins 52:07.3

41st Rod Zammit 52:26.6

49th Bettina McMahon 54:30.9

84th Mairead Connolly 1:19:04.8

5km

24th Addison Jenkins 24:31.2

46th Suresh Raju 31:30.4

48th Jean Davies 33:41.2

50th Terry Rose 35:44.8

53rd Michael Christie 36:40.8

20-2-26 – 22-2-26 NSW Masters Athletics Championships Leumeah

20-2-26

Men's 5000m 70-74

2nd Graham Sheargold 27:11.01

Men's 5000m 35-39

3rd Nicholas Hanna 21:09.05

21-2-26

Men's 1500m 70-74

3rd Graham Sheargold 7:04.08

Men's Long Jump 55-59

1st Dominic Carr 4.98m

Men's 100m 60-64

dnf Ofa Okusitino

Men's 400m 55-59

2nd Dominic Carr 1:01.25

22-2-26

Men's 400m Hurdles 84.0cm 55-59

2nd Dominic Carr 1:11.42

Men's Triple Jump 55-59

1st Dominic Carr 10.34m

Men's 800m 70-74

3rd Graham Sheargold 3:25.99

Men's High Jump 55-59

2nd Dominic Carr 1.40m

21-2-26 Rooty Hill parkrun 5km

2nd Mann Jasani 18:42

6th Geoff Sheargold 19:11

13th	Daniel Irving	19:44
21st	Damon Byattt	20:59
62nd	Samuel Jackson	24:25
104th	David Perry	26:41
112th	Bettina McMahon	26:52
113th	Rod Zammit	26:52
122nd	Wayne Thurlow	27:49
204th	Jason Cutajar	32:57
223rd	Suresh Raju	34:37
343rd	Mischelle Otte	50:01 (walker)

21-2-26 Parramatta parkrun 5km

453rd	Terry Rose	39:19
488th	Mairead Connolly	43:05

21-2-26 Blue Gum Hills parkrun 5km

12th	Danny Martins	23:23
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21-2-26 Chaffey Park parkrun 5km

2nd	Michael Free	24:00
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21-2-26 Campbelltown parkrun 5km

19th	Lisa Grant	24:17
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21-2-26 Cooks River parkrun 5km

133rd	Steven Williams	29:49
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21-2-26 Nepean River parkrun 5km

146th	Rober Eager	30:44
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21-2-26 Newy parkrun 5km

426th	Andrew Free	34:59
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21-2-26 Auburn Botanic Gardens parkrun 5km

90th	Michael Christie	38:48 (new pb)
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28-2-26 Rooty Hill parkrun 5km

1st	Daniel Irving	16:55
3rd	Mann Jasani	18:55
43rd	Wayne Thurlow	25:08
51st	David Perry	26:06
79th	Bettina McMahon	27:36
94th	Brett Langley	28:31
107th	Jason Cutajar	29:27
283rd	Mischelle Otte	53:04 (walker)
284th	David Otte	53:05 (walker)

28-2-26 Parramatta parkrun 5km

53rd	Damon Byatt	22:49
56th	Vija-Louise Heath	22:55
64th	Rod Zammit	23:24
403rd	Terry Rose	37:44

425th Mairead Connolly 40:07

464th Michael Christie 43:02

28-2-26 Curl Curl parkrun 5km

129th Lisa Grant 24:10

28-2-26 Chaffey Park parkrun 5km

2nd Michael Free 25:27

28-2-26 Tannum Sands (Qld) parkrun 5km

17th Garry Womsley 25:37

28-2-26 Blackbutt parkrun 5km

138th Andrew Free 37:31

28-2-26 Maitland parkrun 5km

271st Danny Martins 39:50

Michael Christie (GAP)