

January 2026 – Whether you believe you can, or you believe you can't, you're right.

The headline this month is very applicable, no matter what discipline you do in your athletics. All our members and friends listed in this month's newsletter are filled with self-belief as is illustrated by their achievements - and they always inspire.



Joel @ Supernova Walks, Canberra

We start off our report by sending a great shout-out to Joel and Laura on their achievements at the Supernova Australian Championships World Athletics Race Walk in Canberra over the Australia Day long weekend. In their respective events they were competing against the best in the country and they did not disappoint. Both athletes obtained pb's in their events. Joel's was the first time he cracked the twenty-two minute mark, a remarkable effort on a very warm morning. This was no mean feat, particularly given the quality of the field. We send our congratulations to Joel and Laura and wish them all the best for their future in the sport.

The NSW Combined Event Championships were held at SOPAC. These championships saw Dominic competing in the Pentathlon event in his age group, whilst Maayon was competing in the Heptathlon in his age group. Dominic picked up a well-deserved bronze medal in his event by a narrow margin. Maayon competed valiantly in the Heptathlon in what was a deep field and was most consistent across all his events. Congratulations to both Dominic and Maayon on their efforts over the weekend. Ofa and Mann were also spotted out at SOPAC. They were competing in the sprints and steeplechase support events and posted excellent times given the warm conditions. It was a fine effort by all athletes.

January was a huge month for parkrun, given there were six held in total across the five Saturdays and New Year's Day, a most unlikely occurrence. Daniel finished first on three occasions at Rooty Hill parkrun, a very fine achievement. There were new pb's to Samuel at The Entrance, Jason at Auburn Botanic Gardens and Vija-Louise at Rouse Hill parkruns. These

were all most excellent efforts. Our friend, Terry completed his 600th parkrun at Parramatta parkrun in January on a very wet Saturday morning. Congratulations to Terry on ticking off this extraordinary milestone. Vija-Louise also completed her 250th parkrun at Rooty Hill parkrun at the end of January. Congratulations Vija-Louise on reaching this very significant milestone. We also send a shout out to our members and friends who complete parkrun on a regular basis, with many of them posting excellent times on a regular basis, as can be seen by the results we post in each month's newsletter.



Graham & Daniel talking tactics at Girraween Allcomers

At the last Girraween All Comers meet of the month at C V Kelly Park, Graham posted his fifth ground record of the season for his age group in events ranging from 400m-5000m. This is a very fine achievement by Graham, and we pass on our congratulations to him. He has had a most consistent season to date. He has also continued running well at the Western Districts Joggers and Harriers handicap series at Lake Gillawarna. Stephen M tackled the Sun Run on Sydney's northern beaches on the last day of the month, competing in the 10km event. It was a most brutal morning, with high levels of humidity. Stephen stuck to his guns well as he continues his comeback and we wish him well. The SMC Road Race series event scheduled for January was postponed due to flooding on the course at Smithfield. There will be two SMC Road Race events scheduled for February.

January was another remarkable month in terms of athletic achievement by all Girraween members and friends, given the at times extreme weather conditions. Yet everyone persisted. Well done to all concerned. Results follow:

1-1-26 Rooty Hill parkrun 5km

1st	Daniel Irving	17:11
34th	Damon Byatt	21:50
61st	Vija-Louise Heath	23:53
86th	Samuel Jackson	25:39

97th	David Perry	26:22
111th	Graham Sheargold	26:55
152nd	Wayne Thurlow	29:00
251st	Rod Zammit	34:21
328th	Mischelle Otte	49:50 (walker)
329th	David Otte	49:51 (walker)

1-1-26 Parramatta parkrun 5km

88th	Bettina McMahon	25:23
175th	Alison Shaw	29:42
295th	Terry Rose	38:29
373rd	Michael Christie	59:32 (Tail Walker)

1-1-26 Rhodes parkrun 5km

80th	Michael Free	23:14
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1-1-26 Galston parkrun 5km

36th	Danny Martins	25:26
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1-1-26 Bushy (UK) parkrun 5km

1080th	Andrew Free	41:10
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1-1-26 Rockhampton (QLD) parkrun 5km

166th	Garry Womsley	1:03:56 (Tail Walker)
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1-1-26 Curl Curl parkrun 5km

278th	Lisa Grant	1:07:19 (Tail Walker)
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3-1-26 Rooty Hill parkrun 5km

1st	Daniel Irving	17:28
4th	Mann Jasani	19:01
13th	Geoff Sheargold	20:57
76th	David Perry	26:04
94th	Bettina McMahon	27:07
96th	Mick Jenkins	27:12
130th	Addison Jenkins	28:35
159th	Geoff Newey	30:20
163rd	Suresh Raju	30:34
167th	Geneva McDermott	30:55
199th	Rod Zammit	32:47
296th	Brett Langley	42:28

3-1-26 Galston parkrun 5km

11th	Damon Byatt	21:44
62nd	Vija-Louise Heath	27:31

3-1-26 Parramatta parkrun 5km

417th	Terry Rose	36:11
507th	Danny Martins	41:39

3-1-26 Australian Botanic Garden Mount Annan parkrun 5km

47th	David Otte	49:07 (walker)
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49th Mischelle Otte 51:49 (walker)

3-1-26 The Entrance parkrun 5km

45th Samuel Jackson 23:30 (new pb)

3-1-26 Albury Wodonga parkrun 5km

55th Michael Free 23:34

3-1-26 The Ponds parkrun 5km

93rd Adam Etherington 24:44

3-1-26 Curl Curl parkrun 5km

189th Lisa Grant 24:45

3-1-26 Sandton Point parkrun 5km

335th Jason Cutajar 35:58

3-1-26 Tetbury Goods Shed (UK) parkrun 5km

189th Andrew Free 38:18

3-1-26 Huskisson parkrun 5km

429th Michael Christie 40:41

10-1-26 Rooty Hill parkrun 5km

2nd Daniel Irving 17:12

10th Mann Jasani 19:45

11th Geoff Sheargold 20:24

20th Danny Martins 21:39

22nd Damon Byatt 21:57

71st David Perry 27:31

81st Wayne Thurlow 29:10

87th Rod Zammit 30:08

147th Jason Cutajar 37:17

213th Mischelle Otte 1:01:04 (walker)

10-1-26 Parramatta parkrun 5km

312th Terry Rose 44:50

339th Michael Christie 47:51 (walker)

10-1-26 Kamay parkrun 5km

40th Michael Free 24:49

10-1-26 Curl Curl parkrun 5km

164th Lisa Grant 24:54

10-1-26 Elara Riparian Parklands parkrun 5km

12th Brett Langley 26:12

10-1-26 Nepean River parkrun 5km

102nd Robert Eager 31:43

10-1-26 Cooks River parkrun 5km

106th Steven Williams 32:34

10-1-26 The Beaches parkrun 5km

116th Andrew Free 42:48

10-1-26 Rockhampton (QLD) parkrun 5km

364th Garry Womsley 1:10:31 (Tail Walker)

10-1-26 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

18th Graham Sheargold 18:11

17-1-26 Rooty Hill parkrun 5km

1st Daniel Irving 17:07

7th Mann Jasani 20:25

10th Damon Byatt 22:02

38th Brett Langley 25:17

43rd Bettina McMahon 25:50

48th David Perry 26:09

78th Wayne Thurlow 28:11

107th Graham Sheargold 30:18

116th Rod Zammit 31:03

137th Jason Cutajar 33:02

182nd Mischelle Otte 44:45

183rd David Otte 44:46

17-1-26 Parramatta parkrun 5km

217th Terry Rose 39:49 (600th pr)

244th Michael Christie 50:48 (walker)

17-1-26 The Ponds parkrun 5km

5th Lachlan Kidd 17:59

17-1-26 Cooks River parkrun 5km

36th Michael Free 24:22

17-1-26 Auburn Botanic Gardens parkrun 5km

8th Lisa Grant 25:42

17-1-26 Nepean River parkrun 5km

81st Robert Eager 30:46

17-1-26 Ingrebourne Hill (UK) parkrun 5km

59th Carly Eager 32:37

17-1-26 Grahamstown Aquatic Centre parkrun, Medowie 5km

40th Andrew Free 34:39

17-1-26 Blue Gum Hills parkrun 5km

85th Danny Martins 45:38

24-1-26 Rooty Hill parkrun 5km

6th Lachlan Kidd 18:22

14th Geoff Sheargold 20:30

42nd Brett Langley 23:07

74th Wayne Thurlow 26:01

111th Rod Zammit 28:09

151st Matthew Briggs 30:04

24-1-26 Parramatta parkrun 5km

420th Terry Rose 38:17
512th Michael Christie 46:49
528th Mairead Connolly 49:19 (walker)

24-1-26 Auburn Botanic Gardens parkrun 5km

30th David Perry 26:35
72nd Jason Cutajar 32:40 (new pb)

24-1-26 Nukalba parkrun 5km

5th Danny Martins 21:46

24-1-26 Dolls Point parkrun 5km

41st Michael Free 22:47

24-1-26 Curl Curl parkrun 5km

135th Lisa Grant 23:47

24-1-26 Rouse Hill parkrun 5km

18th Vija-Louise Heath 24:25 (new pb)

24-1-26 Grahamstown Aquatic Centre parkrun, Medowie 5km

55th Andrew Free 34:12

24-1-26 Huskisson parkrun 5km

306th Michelle Otte 42:21

**24-1-26 – 25-1-26 NSW Combined Championships SOPAC & NSW All Comers
(Combined Event Championships)****24-1-26****Men's Pent Long Jump Masters 55-59**

1st Dominic Carr 4.81m

Men's Hept 100mH 14's

6th Maayon Sudarshah 20.96

Men's Hept Shot Put 14's

6th Maayon Sudarshah 8.25m

Men's Pent Javelin Throw Masters 55-59

4th Dominic Carr 23.28m

Men's Pent 200m Masters 55-59

1st Dominic Carr 27.65

Men's 100m Open

55th Ofa Okusitino 14.29

Men's Pent Discus Throw Masters 55-59

4th Dominic Carr 20.86m

Men's 200m Open

44th Ofa Okusitino 32.14

Men's Hept High Jump 14's

7th Maayon Sudarshah 1.20m

Men's Pent 1500m Masters 55-59

2nd Dominic Carr 5:51.02

Men's Hept 200m 14's

7th Maayon Sudarshah 30:09

Men's Pent Masters Pointscore 55-59

3rd Dominic Carr 2564 pts

25-1-26**Men's Hept Long Jump 14's**

6th Maayon Sudarshah 4.31m

Men's 2000m SC Open 76.2cm

6th Mann Jasani 7:22.24

Men's Hept Javelin Throw 14's

4th Maayon Sudarshah 28.06m

Men's Hept 1500m 14's

5th Maayon Sudarshah 5:46.81

Men's Hept Pointscore 14's

6th Maayon Sudarshah 1941

25-1-26 – 26-1-26 Supernova Australian Championships World Athletics Race**Walking Tour Silver Canberra****25-1-26****5000m Race Walk Final Men's U20**

6th Joel Byatt 21:48.10 (pb)

26-1-26**5000m Race Walk Final Women's U20**

16th Laura Corvalan Sotomayor 31:07.09 (pb)

31-1-26 Rooty Hill parkrun 5km

2nd Mann Jasani 18:36

3rd Geoff Sheargold 19:32

44th Vija-Louise Heath 24:32 (250th pr)

69th Wayne Thurlow 26:32

97th Bettina McMahon 27:50

101st Rod Zammit 27:59

170th Geoff Newey 31:31

371st Mischelle Otte 56:49 (walker)

372nd David Otte 56:49 (walker)

31-1-26 Parramatta parkrun 5km

423rd Mairead Connolly 38:25

439th Terry Rose 39:56

505th Michael Christie 45:41

31-1-26 Centennial parkrun 5km

96th Michael Free 23:57

31-1-26 Australian Botanic Gardens Mount Annan parkrun 5km

2nd Damon Byatt 24:40

31-1-26 Macquarie University parkrun 5km

129th Glenn Dalziel 26:08

31-1-26 Wentworth Common parkrun 5km

124th Stephen Parkins 31:29

31-1-26 Harrow Lodge (UK) parkrun 5km

67th Carly Eager 32:17

31-1-26 Lithgow parkrun 5km

19th Jason Cutajar 38:54

31-1-26 The Terrace parkrun 5km

132nd Danny Martins 42:35

31-1-26 Cooks River parkrun 5km

275th Steven Williams 43:11

31-1-26 Newy parkrun 5km

679th Andrew Free 1:00:46(walker)

31-1-26 Elara Riparian Parklands parkrun 5km

123rd Lisa Grant 1:02:32 (walker)

31-1-26 Rockhampton (QLD) parkrun 5km

352nd Garry Womsley 1:03:57 (Tail Walker)

31-1-26 Sun Run Dee Why – Manly

10km

5773rd Stephen Mifsud 1:09:19

Michael Christie

(GAP)