

July 2026 - We don't compete against others, we compete against yesterday !

As you will see by the list of results published below, Girraween members and friends had another very busy month across the month of July.



Rob & Graham @ NSW Short Course Cross Country

A big shout out to Girraween athletes who took part in the NSW Short Course Cross Country Championships at West Dapto. Graham, Rob and Danny were very competitive in their events. A big congratulations to Lachlan who picked up a well-deserved (third) bronze medal in his event at these championships. Speaking of NSW, congratulations to Graham, Steven W, Greg and Rob on their well-earned silver medal at the NSW Cross Country Relays at The Armory, Newington in July on a beautiful sunny afternoon. A special mention to our helpers who worked on the Girraween BBQ at this event. This was a worthy fund-raising initiative and monies raised go back into the club.



Wayne, George & Heidi working hard at the BBQ @ NSW Cross Country Relays



Greg, Graham, Steve & Rob @ NSW Cross Country Relays

Lachlan finished second in his NSW All Schools Cross Country event at Horsley Park in July. This was a massive achievement by Lachlan, given there were over one hundred finishers in his event, with the best of the best in his age group competing from all over the State. The standard is incredibly high. Lachlan has been having a very fine cross -season and all at Girraween send their congratulations on this fine achievement.



Lachlan with his medal @ NSW All Schools Cross Country Championships

A special mention to Laelia. Recently, Laelia was named as NSW Winter Series Distance Walker of the Year. This is a wonderful achievement by this well-credentialled Girraween athlete, given the very high standard of this competition across many events and is very well deserved. All at Girraween send our congratulations to Laelia. We wish her well as she continues to balance her athletics with her many commitments.



Laelia - NSW Winter Series Distance Walker of the Year

Both Chloe and Hugo participated in the NSW Long Walks Championships on the Central Coast towards the end of the month. A shout out to both these athletes on their efforts. Congratulations to Chloe in picking up a well-earned bronze medal in her event as well.

Parkrun continued along its merry way across July, with many Girraween members and friends continuing to participate on Saturday mornings. Samuel with two and Damon, Lachlan, Steven W, Michael F and Rod with one each, all gained new pb's at parkrun in July. No mean feat. Well done to all concerned. Lachlan and Daniel also picked up first places in July, posting very fast times. Lachlan also ran his 50th parkrun at Parramatta in July. Well done Lachlan on hitting that landmark.

A number of Girraween members and friends participated in various other events in July. There were fine achievements by all concerned. Michael F posted an excellent time in the Sydney Striders 10km at Homebush early July; ten minutes later was lining up at the start line of the Wentworth Common parkrun. Wow! A great effort from Michael. Margaret completed the Half Marathon up at the Gold Coast at the beginning of July and two weeks later completed another Half Marathon at the Run Camden event, where she finished second in her category. Great stuff Margaret. Alison posted an excellent time in the Half Marathon event at the Festival of the Feet at Lake Gillawarna. Given the nature of the course, three laps on a hilly course lay-out, this was a remarkable effort. Well done Alison. Stephen M & Michael C took part in the 7km event at this event. Stephen posted an excellent time coming second in her category. Michael C did finish this event in due course. Both Michael F & Stephen M also ran in the iconic Sutherland to Surf event in July, posting solid times. Geoff and Graham both ran well at the Real Insurance Harbour 10 in Sydney at the end of the month, posting excellent times. It would be remiss not to forget Danny who competed in six events at the Hunter Winter Series at Maitland. Not only competing in two field events, but he ran in events ranging from 60m to 3000m. This was all on the same day. A phenomenal effort by Danny. Inspiring!

The versatility of Girraween's members and friends never cease to amaze and once again this was the case in July 2026 as can be seen by both the report and results listed below. It's another great chapter of the Girraween story. Results follow:

4-7-26 Sydney Striders 10km Homebush

94th	Michael Free	49:37
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4-7-26 Rooty Hill parkrun 5km

1st	Daniel Irving	17:03
4th	Mann Jasani	18:26
8th	Geoff Sheargold	19:30
14th	Rod Zammit	20:11
16th	Brett Langley	20:42
20th	Samuel Jackson	21:00 (new pb)
31st	Wayne Thurlow	22:36
60th	David Perry	24:54
65th	Bettina McMahon	25:07
119th	Geoff Newey	29:20
132nd	Jason Cutajar	30:24

212th	Suresh Raju	37:09
237th	David Otte	40:58
241st	Mischelle Otte	41:30

4-7-26 Wentworth Common parkrun 5km

12th	Damon Byatt	20:59(new pb)
26th	Laelia Byatt	23:06
123rd	Michael Free	30:57

4-7-26 Parramatta parkrun 5km

1st	Lachlan Kidd	16:35 (new pb) 50th pr
364th	Terry Rose	37:42
465th	Michael Christie	1:00:08 (walker)

4-7-26 Whalan Reserve parkrun 5km

9th	Danny Martins	23:00
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4-7-26 Ulladulla parkrun 5km

36th	Vija-Louise Heath	23:34
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4-7-26 Cooks River parkrun 5km

82nd	Steven Williams	27:16 (new pb)
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4-7-26 Warringal Parklands (Vic) parkrun 5km

129th	Carly Eager	27:56
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4-7-26 Henry Kendall Reserve parkrun 5km

23rd	Stephen Parkins	33:31
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4-7-26 The Terrace parkrun 5km

54th	Andrew Free	35:11
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4-7-26 Curl Curl parkrun 5km

346th	Lisa Grant	56:20 (Tail Walker)
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4-7-26 – 5-7-26 Gold Coast Marathon

China Airlines Half Marathon	Gun Time	Finish Time
9857th Margaret Connolly	3:29:00	3:17:50

11-7-26 Rooty Hill parkrun 5km

2nd	Daniel Irving	17:45
3rd	Mann Jasani	18:41
17th	Samuel Jackson	20:52 (new pb)
23rd	Rod Zammit	21:38
31st	Wayne Thurlow	22:16
50th	Damon Byattt	24:38
141st	Suresh Raju	30:02
149th	Geoff Newey	30:31
228th	David Otte	36:42
245th	Mischelle Otte	38:38

11-7-26 Parramatta parkrun 5km

66th	Vija-Louise Heath	23:09
349th	Terry Rose	38:19

381st Mairead Connolly 40:21

421st Michael Christie 50:11 (walker)

11-7-26 Nepean River parkrun 5km

46th David Perry 25:41

97th Jason Cutajar 32:10

11-7-26 Macquarie University parkrun 5km

67th Michael Free 23:34 (new pb)

11-7-26 Curl Curl parkrun 5km

97th Lisa Grant 23:40

11-7-26 Graham Andrews (Qld) parkrun 5km

14th Mick Jenkins 25:05

11-7-26 Wentworth Common parkrun 5km

93rd Stephen Parkins 30:39

11-7-26 The Beaches parkrun 5km

51st Andrew Free 46:49

11-7-26 NSW Short Course Cross Country West Dapto

70-74 Masters Men 4km

4th Graham Sheargold 23:02

5th Rob Eager 25:37

40-44 Masters Men 7.5km

9th Danny Martins 34:28

14's Boys 3km

3rd Lachlan Kidd 9:33

12-7-26 Festival of the Feet Lake Gillawarna Georges Hall

21.1km

53rd Alison Shaw 2:22:06

7km

75th Stephen Mifsud 47:47 (2nd 60-69 cat)

108th Michael Christie 1:00:03

18-7-26 Rooty Hill parkrun 5km

24th Damon Byatt 21:32

26th Samuel Jackson 21:59

34th Michael Free 22:50

127th Geoff Newey 29:31

175th Jason Cutajar 33:46

202nd David Otte 36:22

204th Mischelle Otte 36:54

18-7-26 Wentworth Common parkrun 5km

18th Rod Zammit 22:15 (new pb)

29th Wayne Thurlow 23:05

88th Stephen Parkins 30:48

18-7-26 Parramatta parkrun 5km

306th Terry Rose 36:26

331st Michael Christie 39:09

356th Mairead Connolly 41:26

18-7-26 Cleveland (Qld) parkrun 5km

12th Vija-Louise Heath 22:44

18-7-26 Curl Curl parkrun 5km

106th Lisa Grant 23:39

18-7-26 The Ponds parkrun 5km

74th Adam Etherington 24:08

18-7-26 Blue Gum Hills parkrun 5km

15th Danny Martins 24:46

18-7-26 Lake Mac parkrun 5km

281st Andrew Free 36:24

18-7-26 NSW Cross Country Relay Championships The Armory Newington

70+ Male 4 x 2km 2nd

Graham Sheargold 11:13

Steven Williams 10:46

Greg Sargeant 11:33

Robert Eager 12:11 Total: 45:44

19-7-26 Run Camden Camden

21.1km

535th Margaret Connolly 3:05:30 (2nd 70+ cat)

19-7-26 Tradies Sutherland to Surf 11km

	Official Result	Net Time
1092nd Michael Free	55:26	55:12
4477th Stephen Mifsud	1:18:43	1:18:26

19-7-26 Hunter Winter Series Round 2 Maitland Regional Athletics Facility

Mens' 13+ Discus Open

3rd Danny Martins 14.50m

Mens' 13+ High Jump 1.15m Start Open

5th Danny Martins 1.25m

Mens' 13+ 60m Sprint Open

6th Danny Martins 12.03

Mens' 13+ 150m Sprint Open

3rd Danny Martins 29.09

Mens' 13+ 300m Sprint Open

1st Danny Martins 1:02:21

Mens' 13+ 3000m Run Open

2nd Danny Martins 12:44:36

21-7-26 NSW All Schools Cross Country Championships Horsley Park

14 Year's Boys' 4km

2nd Lachlan Kidd 12:08:6

25-7-26 Rooty Hill parkrun 5km

4th	Daniel Irving	17:20
8th	Mann Jasani	18:33
37th	Damon Byattt	24:04
49th	David Perry	24:58
80th	Bettina McMahon	27:04
81st	Rod Zammit	27:06
121st	Geoff Newey	29:05

25-7-26 Parramatta parkrun 5km

328th	David Otte	34:49
354th	Terry Rose	36:27
381st	Mischelle Otte	37:48
419th	Mairead Connolly	42:45
458th	Michael Christie	49:21 (walker)

25-7-26 Blue Gum Hills parkrun 5km

33rd	Danny Martins	27:39
78 th	Andrew Free	38:35

25-7-26 Cooks River parkrun 5km

32nd	Michael Free	23:24
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25-7-26 Curl Curl parkrun

106th	Lisa Grant	23:36
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25-7-26 Wentworth Common parkrun 5km

88th	Stephen Parkins	29:31
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25-7-26 Pirrama parkrun 5km

264th	Jason Cutajar	33:31
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25-7-26 Yeppoon (Qld) parkrun 5km

126th	Garry Womsley	40:57
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25-7-26 NSW Long Walks Championships, Lions Park Woy Woy**Boys' 3000m RW 13's**

Hugo Siciliano	dnf
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Girls' 3000m RW 13's

3rd	Chloe Farrugia	20:02.0
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26-7-26 Real Insurance Harbour 10 Sydney

Harbour 10	Gun Time	Net Time
697th Geoff Sheargold	44:14	43:15
3360th Graham Sheargold	1:05:33	1:02:26

Michael Christie (GAP)

