

June 2026 - The real competition is against the little voice inside you that wants to quit.

No matter what level of athletics you participate in, it's fair to say that an occasion has arisen when you may want to take the foot off the pedal so to speak. But this is certainly not the case in June 2026, if you look through the results from our members and friends that are published below. June was not only one of the driest June's on record, it was also the warmest June on record in Sydney since official records were first recorded in 1858.

Last month, Joan Wheeler received her Life Membership badge from Girraween Athletics Club. Joan's Life Membership was voted on unanimously at the May 2026 Girraween Athletics Club AGM. It was a very emotional moment when the announcement was made as Jim and Wayne spoke most movingly to the motion. As Joan lives in Perth now, we posted her the badge in early June. She was very happy to receive it.



Joan with her Life Membership badge

A big shout out to Laelia, Laura, Hugo and Chloe on their efforts at the big LBG Walks Carnival held in the ACT over the June long weekend. This is one of the biggest Walks meets on the Australian athletics calendar; as a consequence the fields are always of high quality. All four athletes were most competitive in their events. Well done to all concerned.

Lachlan competed in the NSW Cross Country Championships at Willandra via Nowra in June. He ran a very competitive fifth in his event, one that had thirty-eight finishers, illustrating the depth of competition in this event. It was a fine run on a tough course.

Parkrun once again saw highlights from Girraween members and friends in June. Daniel finished first on two separate occasions at Rooty Hill parkrun, posting two excellent times in the process. Lachlan finished with two new pb's at Parramatta parkrun in June, both under the sub seventeen-mark, no mean feat given at this time he is running in the U14's age group. Carly and Brett also posted new pb's in June, both running excellent times. A big

shout out to Jason who reached his 300th parkrun at Rooty Hill in June. Congratulations to Jason on reaching this milestone. In June, Damon who also did something a little unusual at parkrun these days; he ran two parkrun's at Campbelltown and Australian Botanic Garden Mt Annan parkrun within an hour of each other. Remarkably, he also posted most excellent times at both these events. Just thinking about it makes one exhausted. Congrats Damon on this achievement.



Daniel working hard @ GAC Stocktake



Rod & Gary discussing "what's next" @ GAC Stocktake

A small contingent of Girraween members and friends ran the inaugural Parramatta Half Marathon through the streets of Parramatta and surrounds in late June. A big congratulations to Nicholas, Jason, Suresh and Stephen M on your efforts and on creating a little bit of personal history by running in this inaugural event. By all accounts it was a chilly start to the event, but the sun's appearance enabled the participants to warm up a little. This event was a sell-out.

There were other highlights from Girraween members and friends far and wide across the month of June. Danny and David were spotted at the challenging Backyard Ultra in the country behind Coffs Harbour. Danny improved on last year's effort by running a little over sixty-seven km in ten hours. He was most pleased with this. David also put in a mighty effort running well outside his comfort zone. Congrats to both runners. Alison ran the Half Marathon on the very tough Western Parklands Course at the (Sydney Equestrian Centre). Well done, Alison. On the same morning, Brett, Damon and Vija-Louise all posted most excellent times in the Half Marathon event at the Bay to Bay Running Festival on the Central Coast. Congratulations to all three runners on their achievement. They are all running well this year.



*Jean recording results @ West Met
Winston Hills*



*Mark, Ben & Greg having a well-earned rest
after their West Met run @ Winston Hills*



*Stephen powering to the finish line @
West Met Winston Hills*

It had been another remarkable month of athletic endeavour. We have also included some photos from West Met in this newsletter for your interest. We wish all our members and friends all the best with their athletics over the remainder of the 2026 winter season, as there are some big events on over coming months. Results follow:

6-6-26 Rooty Hill parkrun 5km

1st	Daniel Irving	16:53
12th	Geoff Sheargold	18:57
127th	Bettina McMahon	27:42
132nd	Wayne Thurlow	27:55
133rd	Rod Zammit	27:56
200th	Geneva McDermott	31:57

6-6-26 Parramatta parkrun 5km

2nd	Lachlan Kidd	16:46 (new pb)
377th	Terry Rose	37:19
419th	Mairead Connolly	41:20
486th	Michael Christie	59:34 (walker)

6-6-26 Newy parkrun 5km

60th	Brett Langley	22:01
440th	Andrew Free	35:29

6-6-26 Ulladulla parkrun 5km

157th	David Otte	41:47
165th	Mischelle Otte	43:24

6-6-26 Auburn Botanic Gardens parkrun 5km

6th	Vija-Louise Heath	22:40
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6-6-26 Pirrama parkrun 5km

49th	Michael Free	22:51
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6-6-26 Curl Curl parkrun 5km

129th	Lisa Grant	23:14
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6-6-26 Cooks River parkrun 5km

124th	Steven Williams	28:14
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6-6-26 North Wollongong parkrun 5km

150th Jason Cutajar 31:16

6-6-26 Coffs Backyard Ultra

145th Danny Martins 10 laps 67.05km (NB: Each lap is a 'yard' 6.705km in this event's terminology)

358th David Perry 4 laps 26.82km

6-6-26 – 7-6-26 LBG Walking Carnival Stromlo Forest Park Canberra

7-6-26

Open Women's Half Marathon

4th Laelia Byatt 2:01:57

Women's U20 10km

4th Laura Corvalan Sotomayor 1:06:57

Boy's U14 2km

6th Hugo Siciliano 11:34

Women's U16 3km

9th Chloe Farrugia 19:50

13-6-26 Rooty Hill parkrun 5km

1st Daniel Irving 16:55

4th Mann Jasani 19:07

30th Rod Zammit 22:42

43rd Damon Byatt 24:15

75th Brett Langley 26:03

104th David Perry 27:06

147th Bettina McMahon 30:00

172nd Laelia Byatt 31:47

212th Jason Cutajar 34:58

261st David Otte 46:10

262nd Mischelle Otte 46:24

285th Geoff Newey 52:44 (walker)

13-6-26 Parramatta parkrun 5km

319th Stephen Parkins 32:11

431st Terry Rose 37:15

462nd Mairead Connolly 39:46

492nd Michael Christie 44:00

13-6-26 Cooks River parkrun 5km

46th Wayne Thurlow 24:32

105th Steven Williams 28:17

13-6-26 Curl Curl parkrun 5km

79th Lisa Grant 22:49

13-6-26 Dolls Point parkrun 5km

46th Michael Free 23:09

13-6-26 Elara Riparian Parklands parkrun 5km

25th Vija-Louise Heath 24:58

13-6-26 Blue Gum Hills parkrun 5km

9th Danny Martins 25:30

13-6-26 Cruickshank Park (VIC) parkrun 5km

99th Andrew Free 36:03

14-6-26 Parklands Running Festival Western Sydney Parklands

Half Marathon

110th Alison Shaw 2:21:21

14-6-26 Bay to Bay Central Coast

Travelling Fit Half Marathon Net Time Gun Time

234th Brett Langley 1:41:24 1:41:39

249th Damon Byatt 1:42:25 1:42:33

333rd Vija-Louise Heath 1:46:04 1:46:28

20-6-26 Rooty Hill parkrun 5km

3rd Daniel Irving 17:55

4th Mann Jasani 19:04

10th Geoff Sheargold 19:34

38th Rod Zammit 22:26

41st Laelia Byatt 22:45

63rd Bettina McMahon 25:38

100th Wayne Thurlow 28:18

183rd Suresh Raju 33:09

186th Jason Cutajar 33:30 (300th parkrun)

235th David Otte 37:24

242nd Mischelle Otte 38:04

20-6-26 Studley (VIC) parkrun 5km

84th Carly Eager 30:22 (new pb)

147th Robert Eager 38:51

20-6-26 Parramatta parkrun 5km

400th Terry Rose 36:20

454th Michael Christie 41:50

20-6-26 Campbelltown parkrun 5km

12th Damon Byatt 21:23

20-6-26 Maitland parkrun 5km

25th Danny Martins 23:19

20-6-26 Whalan Reserve parkrun 5km

3rd Brett Langley 23:21

20-6-26 Curl Curl parkrun 5km

79th Lisa Grant 23:23

20-6-26 The Ponds parkrun 5km

83rd Adam Etherington 24:16

20-6-26 Auburn Botanic Gardens parkrun 5km

21st Michael Free 24:24

20-6-26 Australian Botanic Garden Mount Annan parkrun 5km

3rd Damon Byatt 25:47

20-6-26 Cooks River parkrun 5km

211th Steven Williams 38:27

20-6-26 Newy parkrun 5km

478th Andrew Free 53:17 (walker)

20-6-26 NSW Cross Country Championships Willandra Nowra**14 Years Boys 4km**

5th Lachlan Kidd 13:44

21-6-26 Parramatta Half Marathon

1541st Nicholas Hanna 1:44:26

6704th Jason Cutajar 2:33:14

6711th Suresh Raju 2:33:21

7282nd Stephen Mifsud 2:48:03

27-6-26 Rooty Hill parkrun 5km

4th Mann Jasani 18:52

17th Rod Zammit 20:37

31st Damon Byatt 21:46

44th Wayne Thurlow 23:42

48th Mick Jenkins 24:11

69th David Perry 25:54

79th Laelia Byatt 26:27

95th Bettina McMahon 27:18

155th Geoff Newey 29:42

173rd Jason Cutajar 31:15

27-6-26 Parramatta parkrun 5km

3rd Lachlan Kidd 16:41 (new pb)

65th Vija-Louise Heath 22:24

376th Mairead Connolly 37:26

425th Terry Rose 48:29 (walker)

447th Michael Christie 55:09 (walker)

27-6-26 Penrith Lakes parkrun 5km

10th Brett Langley 20:49 (new pb)

27-6-26 Pirrama parkrun 5km

60th Michael Free 23:13

27-6-26 The Ponds parkrun 5km

83rd Adam Etherington 24:16

27-6-26 Curl Curl parkrun 5km

145th Lisa Grant 24:30

27-6-26 Cooks River parkrun 5km

92nd Steven Williams 28:42

27-6-26 Lakeview parkrun 5km

134th	Andrew Free	37:41
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Michael Christie	(GAP)
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