

March 2026 – A marvellous magical month of athletic achievement!

March 2026 proved to be a very busy month for Girraween members and friends as can be seen by the results listed below. It was an amazing month.

We begin this month's newsletter by congratulating all Girraween athletes who competed at the recently concluded NSW Junior Athletics Championships. To compete in these championships is an achievement in itself. Many of the events saw very deep fields with a high standard set. A special mention to Hugo, Lachlan, Ashleigh, Laura and Elliana who won well-deserved medals - no mean feat. All athletes should be proud of their achievements at these championships.



Chloe, Elliana, Ashleigh & Rose @ NSW Junior Athletics Championships



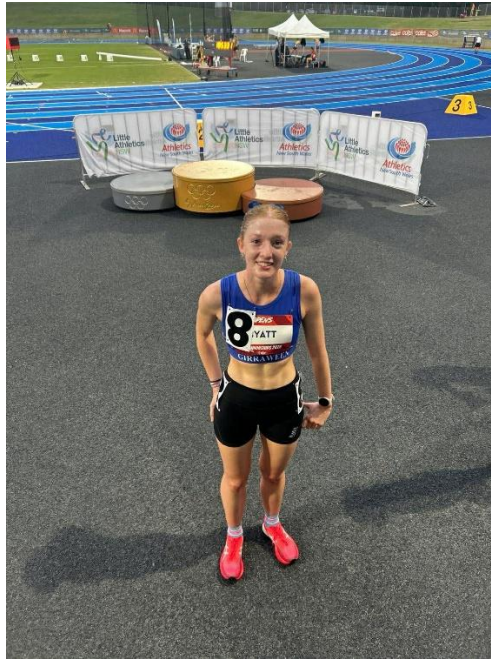
Elliana, Taj, Chloe, Ashleigh, Rose & Hugo @ NSW Junior Athletics Championships



Elliana & Ashleigh @ NSW Junior Athletics Championships

A big shout out to Dominic and Graham who represented NSW at the Australian Masters Athletics Championships held in Canberra at the beginning of March. Both athletes competed in very competitive fields in their respective age groups. Dominic picked up three medals and Graham was just outside the medals in his events. Overall, it was a fine achievement by both athletes over the four days of these championships.

Laelia was the sole Girraween Athletics Club athlete competing at this year's NSW Open Athletics Championships at SOPAC. Laelia was competing in an ultra-competitive field in the walk, and given her limited preparation, her fifth-place finish was filled with merit. Well done Laelia.



Laelia @ NSW Open Athletics Championships

Parkrun continued on its merry way in March with a number of standout efforts by Girraween members and friends. Daniel finished first twice at Rooty Hill parkrun, posting excellent times in the process. Vija-Louise, Taj and Mischelle all obtained new pb's at parkrun in March. Congratulations to these three runners. Michael F completed his 400th parkrun at the end of March. Well done Michael on hitting this fine milestone.

The SMC Road Race series was held once again at Smithfield in March. Whilst the Girraween member and friends contingent was not large, there were still fine performances. Thomas posted a very fine sub fifty-minute time in the 10km event. Congratulations Thomas. Nicholas posted a very fine time in the 5km race. His time around the low twenties mark demonstrated once again that Nick has kept his form at a high level. Excellent work Nick.

There were other highlights across March. Danny and Peter completed the iconic Six Foot Track in the Blue Mountains. A monumental by both runners. Excellent effort guys. A shout out to Lachlan and Kavin who competed in NSW Milers series and High Velocity meet respectively in March against deep fields. It's always nice to see Girraween's top junior athletes competing at these meets. Graham continued his consistent form at the Western District Joggers and Harriers Handicap series at Lake Gillawarna across March. While at the end of the month there were fine performances by both Danny in the Hill to Harbour event in Newcastle and Nicholas in the 5km event in the Parramatta Race Series held along the Parramatta River between Ermington and Parramatta.

Girraween Athletics Club is not hosting Run 4 Jess now. Our friend Steve C has taken that on board at West Pennant Hills and this event was held towards the end of March at George Thornton Reserve West Pennant Hills on a lovely Sunday morning. It was nice to see Wayne, Steven W and Michael C from Girraween Athletics Club at this event, and we are positive that Steve C was happy with the outcome as it was well-supported by all who attended.



SteveC & MichaelC @ Run for Jess

In conclusion we would just like to mention three former Girraween athletes who have now gone on to University over recent years for further studies and who represented their respective universities at the recent NSW Open Championships. Avilash and Cristobel representing Sydney University in throws and Joel representing UNSW in walks were spotted at these Championships, where coincidentally Joel won his walk event. It's great to see all three athletes continuing in athletics and taking up the opportunity to compete for their respective university clubs at a high level. We wish them continued success with their studies and athletics.



StephenO, Graham, Greg & Jean @ the first West Met XC Event of the season

As you can see by the results, it certainly was a great month of athletic achievement by all Girraweens' members and friends and we wish everyone all the best with their athletics heading into the winter season. Results follow:

6-3-26- 9-3-26 Australian Masters Athletics Championships Canberra

6-3-26

M70 10,000m

4th Graham Sheargold 1:00:33.18

7-3-26

M70 1500m

4th Graham Sheargold 6:57.48

M55 Long Jump

3rd Dominic Carr 4.86m

8-3-26

M70 5000m

5th Graham Sheargold 26:28.61

M55 400m

6th Dominic Carr 1:01.76

M55 Triple Jump

2nd Dominic Carr 10.09m

9-3-26

M70 6km Cross Country

6th Graham Sheargold 33:31

M55 400m Hurdles

5th Dominic Carr 1:15.54

M55 Outdoor Pentathlon

2nd Dominic Carr 1976 pts

7-3-26 Rooty Hill parkrun 5km

3rd Mann Jasani 18:56

5th Geoff Sheargold 19:39

41st Rod Zammit 23:50

60th David Perry 25:37

189th Suresh Raju 32:40

257th Jason Cutajar 37:02

336th Mischelle Otte 49:56(walker)

7-3-26 Parramatta parkrun 5km

87th Vija-Louise Heath 24:27

390th Terry Rose 37:45

410th Michael Christie 39:35

7-3-26 Chipping Norton parkrun 5km

5th Damon Byatt 22:28

7-3-26 The Ponds parkrun 5km

70th Brett Langley 24:06

7-3-26 Curl Curl parkrun 5km

148th Lisa Grant 24:17

7-3-26 Centennial parkrun 5km

162nd Michael Free 24:21

7-3-26 Cooks River parkrun 5km

121st Steven Williams 31:10

7-3-26 Newy parkrun 5km

437th Andrew Free 36:04

7-3-26 NSW Milers Series Kensington**Men's 1500m Open**

41st Lachlan Kidd 4:24.28

8-3-26 High Velocity Meet Campbelltown**Men Javelin Open 700g**

5th Kavin Tharmanesan 44.05m

12-3-26 – 15-3-26 NSW Junior Championships SOPAC**12-3-26****Men 400m Hurdles U16's 84cm**

10th Sai Sravan Shailesh 1:07.32

Girl's Hammer 13's 3kg

10th Sai Sraddha Shailesh 15.69m

Boy's 3000m RW 13's

3rd Hugo Siciliano 16:46.97

Boy's 2000m Steeplechase 14's 76.2cm

3rd Lachlan Kidd 6:40.47

Women 5000m RW 16's

2nd Ashleigh Farrugia 28:28.25

Women 5000m RW U20

2nd Laura Corvalan-Sotomayor 31:36.71

Boy's Pole Vault 14's

7th Maayon Sudarshan 2.00m

Boy's Hammer 14's 4kg

6th Caleb Williams 26.04m

13-3-26**Boy's 100mH 14's 76.2cm Prelims**

9th Avaneesh Uruthiran 16.44q

Boy's 100mH 14's 76.2cm Final

Avaneesh Uruthiran dq

Boy's 400m 14's Prelims

16th Avaneesh Uruthiran 59.28

Men Discus 16's

18th Adrian Siciliano 27.00m

Men's Javelin 15's

17th Nirvan Srestha 29.24m

Men 3000m 14's

Lachlan Kidd dnf

14-3-26**Women Long Jump 17's**

19th Elliana Henderson 4.10m

Women Javelin 16's

13th Ashleigh Farrugia 25.65m

Girl's Javelin 14's

19th Keshika Tharmanesan 24.70m

Girl's 300mH 14's 76.2cm

23rd Akshara Kumaran 1:05.52

Boy's 300mH 14's 76.2cm

4th Avaneesh Urithiran 43.37

Boy's High Jump 14's

21st Patrick Hokin 1.45m

Men Javelin 16's

5th Kavin Tharmanesan 44.53m

15-3-26**Girl's 1500m RW 13's**

12th Chloe Farrugia 8:58.05

13th Rose Goska 9:14.42

Girl's 1500m RW 15's

5th Madeline Kot 8:50.07

Boy's 1500m RW 13's

4th	Hugo Siciliano	7:41.66
9th	Taj Strachan	8:50.85

Boy's 1500m RW 14's

11th	Joseph Curmi	9:05.84
12th	Lachlan Pearce	9:24.03

Women Triple Jump 17's

9th	Elliana Henderson	9.65m
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Men Shot Put 15's

11th	Nirvan Srestha	11.52m
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Women 1500m RW 16's

2nd	Ashleigh Farrugia	8:25.34
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Women 1500m RW 17's

2nd	Elliana Henderson	9:54.26
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Women Shot Put 17's

22nd	Elliana Henderson	7.16m
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Men Shot Put 16's

5th	Kavin Tharmanesan	12.45m
18th	Adrian Siciliano	8.56m

14-3-26 Rooty Hill parkrun 5km

1st	Daniel Irving	16:41
4th	Mann Jasani	18:41
5th	Geoff Sheargold	19:44
40th	Samuel Jackson	23:35
46th	Wayne Thurlow	23:52
49th	Damon Byatt	23:57
50th	Brett Langley	23:59
54th	Rod Zammit	24:14
58th	Laelia Byatt	24:29
102nd	Bettina McMahon	24:14
126th	Greg Sargeant	29:01
303rd	Mischelle Otte	46:52
312th	David Otte	48:22
353rd	Michael Christie	58:30 (walker)

14-3-26 Inverell parkrun 5km

23rd	David Perry	25:58
37th	Jason Cutajar	31:29

14-3-26 Parramatta parkrun 5km

428th	Terry Rose	36:23
465th	Michael Christie	38:58

14-3-26 Dolls Point parkrun 5km

39th	Michael Free	22:26
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14-3-26 Woy Woy parkrun 5km

33rd Vija-Louise Heath 23:18 (new pb)

14-3-26 The Ponds parkrun 5km

80th Adam Etherington 24:00

14-3-26 Noosa (Qld) parkrun 5km

46th Garry Womsley 27:09

14-3-26 Cook's River parkrun 5km

120th Steven Williams 29:22

14-3-26 Newy parkrun 5km

468th Andrew Free 34:58

14-3-26 Macquarie University parkrun 5km

503rd Glenn Dalziel 40:43

14-3-26 Curl Curl parkrun 5km

587th Lisa Grant 1:01.23 (tail walker)

14-3-26 Western Districts Joggers & Harriers- Lake Gillawarna

3.5km Handicap

17th Graham Sheargold 17:57

14-3-26 Six Foot Track Marathon Katoomba – Binda Cabins 45km

568th Danny Martins 6:02.09

904th Peter Kimpton 6:56.11

19-3-26 – 22-3-26 NSW Open Track & Field Championships SOPAC

19-3-26

Women 5000m Race Walk Open

5th Laelia Byatt 27:16.84

21-3-26 Rooty Hill parkrun 5km

2nd Daniel Irving 16:40

14th Taj Strachan 20:53 (new pb)

23rd Michael Free 21:51

30th Brett Langley 22:44

35th Laelia Byatt 22:56

64th David Perry 25:08

70th Rod Zammit 25:49

130th Greg Sargeant 29:34

205th Geoff Newey 34:53

228th Jason Cutajar 36:54

278th David Otte 43:58

280th Mischelle Otte 44:11

21-3-26 Stockton parkrun 5km

172nd Andrew Free 33:54

255th Sharon Free 44:47

21-3-26 Parramatta parkrun 5km

405th Terry Rose 37:46

449th Michael Christie 41:27

21-3-26 Wentworth Common parkrun 5km

32nd Vija-Louise Heath 23:00

21-3-26 Wildflower parkrun 5km

17th Damon Byatt 23:39

21-3-26 The Ponds parkrun 5km

78th Wayne Thurlow 23:55

21-3-26 Blue Gum Hills parkrun 5km

13th Danny Martins 24:03

21-3-26 Curl Curl parkrun 5km

134th Lisa Grant 24:15

21-3-26 Casula Parklands parkrun 5km

29th Garry Womsley 26:23

21-3-26 Nepean River parkrun 5km

148th Robert Eager 30:56

21-3-26 Cooks River parkrun 5km

243rd Steven Williams 39:19

21-3-26 Western Districts Joggers & Harriers Lake Gillawarna**5@The Lake**

23rd Graham Sheargold 27:58

22-3-26 SMC Road Race Series Smithfield**10km**

20th Thomas List 47:38.3

53rd Graham Sheargold 59:26.1

78th Mairead Connolly 1:23.08.9

5km

6th Nicholas Hanna 21:26.3

37th Alison Shaw 29:52.2

39th Greg Sargeant 30:57.5

40th Suresh Raju 31:58.1

42nd Stephen Mifsud 32:36.9

46th Terry Rose 36:10.5

47th Michael Christie 36:11.8

28-3-26 Rooty Hill parkrun 5km

1st Daniel Irving 16:37

2nd Mann Jasani 19:10

30th Wayne Thurlow 23:40

38th Brett Langley 24:36

42nd Mick Jenkins 24:58

89th Greg Sargeant 29:25

132nd Jason Cutajar 31:56

28-3-26 Parramatta parkrun 5km

331st Rod Zammit 32:25

396th Terry Rose 36:42
484th Mairead Connolly 47:04 (walker)
493rd Michael Christie 48:43 (walker)

28-3-26 Willoughby parkrun 5km

24th Damon Byattt 21:19

28-3-26 Werrington Lake Reserves parkrun 5km

3rd Vija-Louise Heath 23:28

28-3-26 Newy parkrun 5km

71st Danny Martins 23:38

28-3-36 Sandon Point parkrun 5km

57th Lisa Grant 24:47

28-3-26 Cowpasture Reserve parkrun, Camden 5km

36th Abbie Stone 25:20

28-3-26 Dalby parkrun (Qld) parkrun 5km

32nd Garry Womsley 26:00

28-3-26 Australian Botanic Garden Mount Annan parkrun 5km

8th Michael Free 28:10 (400th pr)

28-3-26 Cooks River parkrun 5km

100th Steven Williams 29:03

28-3-26 The Terrace parkrun

100th Andrew Free 34:09

28-3-26 Macquarie University parkrun 5km

497th Mischelle Otte 43:09 (new pb)

29-3-26 Hill to Harbour Newcastle

Hill to Harbour 12km

156th Danny Martins 51:48

**29-3-26 Parramatta Race Series 1 George Kendall Riverside Park Ermington
5km**

9th Nicholas Hanna 22:21

Michael Christie (GAP)

