

May 2026 Do not let what you cannot do interfere with what you can do!



Ashleigh @ NSW Team Walks



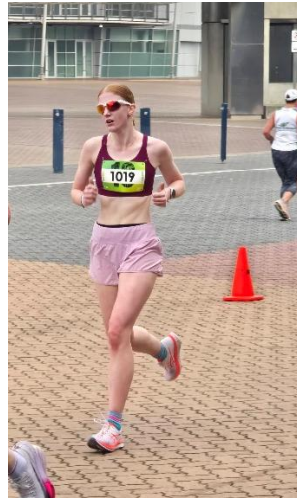
Rose @ NSW Team Walks

In amongst the wet weather that hit Sydney and surrounds at various times across May, there were once again numerous wonderful performances by Girraween members and friends across the month. As you can see by the title it is most apt when talking about the achievements of all the athletes in the newsletter this month.

A massive shout out to Girraween walkers, Laelia, Laura, Chloe, Rose and Hugo who competed in the NSW Short Course Championships at The Armory in early May with Laelia and Laura picking up well-deserved medals and to Ashleigh, Chloe, Rose and Hugo who competed in the NSW Team Walks at The Armory at the end of May, with Ashleigh and Hugo picking up well-deserved medals. For the walking fraternity, these State Championships are a very important part of their calendar, so to see Girraween represented so well at both these events is most gratifying. All at Girraween send their congratulations to these athletes on their fine performances.



Graham & Geoff @ The Sydney 10



Laelia @ The Sydney 10



Graham @ The Sydney 10

A small contingent of Girraween members and friends tackled the roads around Sydney Olympic Park in the Sydney 10 and associated events in the middle of the month. A big shout out to all athletes who ran so well on the day. In particular a special mention to Daniel who posted an excellent sub forty-minute time and to Geoff, Damon, Thomas and Laelia who ran fine sub fifty-minute times. Lachlan posted a superb time in the 5km State Championships. Well done, Lachlan. Both Mairead and Stephen M also gained places in the top three in their respective age categories in their events at Sydney Olympic Park. Well done to all concerned.

There was a small number of Girraween members and friends tackling the last events of the 2025-2026 SMC Road Race Series at Smithfield towards the end of May. Rod posted a very fine time in the 10km event at Smithfield, dipping well under the fifty-minute mark. Bettina, Mick and Graham also posted fine times in this event. Alison also had another fine run in the 5km at Smithfield, finishing comfortably under the thirty-minute mark. Alison has had a fine 2025-2026 series and continued her excellent form to the last.

The parkrun series continued far and wide through May. There were a series of highlights. Daniel and Mann both finished first at Rooty Hill parkrun on different Saturdays. Both athletes have continued to run well and post most excellent times at Rooty Hill parkrun over a long period. There were also new pb's gained by Vija-Louise (two) and Suresh and Wayne (one each) at parkrun across May. As our readers can see with a careful reading of the results, many of Girraween's members and friends continue to post excellent times far and wide at parkrun consistently. They continue to set a high standard. Well done to all concerned.



Stephen M @ The Hoka Runaway Sydney Half



Lachlan on the podium @ Lindfield Fun Runs

Girraween members and friends also participated in other events across May. There were on occasion outstanding results. Lachlan won the 5km event at the Lindfield Fun Runs. Finishing first out of 748 finishers is a remarkable achievement. Congratulations Lachlan on your continuing level of excellence. Congratulations to both Bettina and Stephen M on their respective efforts at the Hoka Runaway Sydney Half Marathon. Bettina posted a most excellent time on what is at times a most challenging time. Well done, Bettina. Stephen M completed his race and stuck to his guns well. Stephen M is one of only eight legends who have completed the race every year it has been run since its inception in 1992. This is a remarkable achievement. One can only look at this in awe. Well done Stephen M. Terry finished first in his category in the 5km event at the Mother's Day Classic in Parramatta Park, no mean feat. Mairead also conquered the UTA11 as part of the UTA100 events in the Blue Mountains in May. Excellent effort Mairead. Graham continued his consistent for at the Western Districts Joggers and Harriers events at Lake Gillawarna in May too.

All in all, it has been another remarkable month of achievement in May. We congratulate everyone on their achievements. We also thank our friends who have contributed photos to this newsletter which is also very much appreciated. Thank you. Results follow:

2-5-26 Rooty Hill parkrun 5km

15th	Taj Strachan	21:06
17th	Rod Zammit	21:08
54th	Damon Byatt	24:13
65th	Wayne Thurlow	24:58
142nd	Suresh Raju	30:03 (new pb)
148th	Geneva McDermott	30:15
152nd	Bettina McMahon	30:29
188th	Geoff Newey	32:05
285th	Mischelle Otte	41:42
290th	David Otte	43:11

2-5-26 Parramatta parkrun 5km

346th	Terry Rose	36:00
455th	Michael Christie	50:16 (walker)

2-5-26 Pirrama parkrun 5km

35th	Michael Free	23:00
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2-5-26 Curl Curl parkrun 5km

117th	Lisa Grant	23:33
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2-5-26 Auburn Botanic Gardens parkrun 5km

18th	Brett Langley	23:45
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2-5-26 Blue Gum Hills parkrun 5km

21st	Danny Martins	25:17
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2-5-26 Cooks River parkrun 5km

160th	Steven Williams	33:51
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2-5-26 The Terrace parkrun 5km

46th	Andrew Free	35:10
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2-5-26 Western Districts Joggers & Harriers Lake Gillawarna

10km Handicap

21st	Graham Sheargold	1:01:19
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3-5-26 Hoka Runaway Sydney Half Marathon

Half Marathon	Net Time	Gun Time
10473rd Bettina McMahon	2:02:56	2:45:33
21636th Stephen Mifsud	2:42:49	2:42:54

3-5-26 NSW Short Walks The Armory Newington Sydney Olympic Park

Women 15,000m RW Open

1st	Laelia Byatt	1:33:06.0
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Women 10,000m RW U20

2nd	Laura Corvalan-Sotomayor	1:06:33.0
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Girls 3000m RW 14's

4th	Chloe Farrugia	20:44.0
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5th Rose Goska 22:19.0

Boys 2000m RW 13's

Hugo Siciliano DQ

9-5-26 Rooty Hill parkrun 5km

1st Daniel Irving 16:56

17th Taj Strachan 20:53

36th Laelia Byatt 23:10

44th Rod Zammit 23:48

119th David Perry 28:02

166th Geoff Newey 30:58

179th Jason Cutajar 31:29

315th Mairead Connolly 47:20

9-5-26 Cooks River parkrun 5km

37th Wayne Thurlow 23:50 (new pb)

203rd Steven Williams 38:04

9-5-26 Parramatta parkrun 5km

421st Terry Rose 35:46

468th Michael Christie 38:55

9-5-26 Yackandandah Rail Trail (Vic) parkrun 5km

43rd Mischelle Otte 43:12

62nd David Otte 1:04:09 (walker)

9-5-26 Rhodes parkrun 5km

55th Damon Byatt 21:03

9-5-26 Whalan Reserve parkrun 5km

5th Vija-Louise Heath 22:08 (new pb)

9-5-26 Lakeview parkrun 5km

24th Danny Martins 22:53

9-5-26 Kamay parkrun 5km

15th Michael Free 23:45

9-5-26 Reddall Reserve parkrun 5km

42nd Lisa Grant 24:01

9-5-26 Newy parkrun 5km

377th Andrew Free 35:18

9-5-26 Macquarie University parkrun 5km

580th Glenn Dalziel 39:45

9-5-26 Western Districts Joggers & Harriers Lake Gillawarna

3.5km Handicap

20th Graham Sheargold 18:14

10-5-26 Mother's Day Classic Parramatta Park

5km

122nd Terry Rose 34:40 (1st 70+ cat)

14-5-26 – 17-5-26 UTA100 Blue Mountains

UTA 11 (11.5km)

864th Mairead Connolly 3:20:46

16-5-26 Rooty Hill parkrun 5km

6th Mann Jasani 18:34

64th Wayne Thurlow 25:33

65th Damon Byatt 25:36

80th Bettina McMahon 26:21

92nd David Perry 26:52

146th Jason Cutajar 29:42

196th Laelia Byatt 32:19

252nd David Otte 37:55

259th Mischelle Otte 38:23

16-5-26 Parramatta parkrun 5km

58th Vija-Louise Heath 24:05

361st Terry Rose 36:06

386th Mairead Connolly 38:40

427th Michael Christie 43:51

16-5-26 Cooks River parkrun 5km

30th Michael Free 23:30

158th Steven Williams 37:54

16-5-26 Canning River (WA) parkrun 5km

1st Nikil Redipali 17:02

16-5-26 Fingal Bay parkrun 5km

13th Danny Martins 22:04

16-5-26 Curl Curl parkrun 5km

104th Lisa Grant 23:56

16-5-26 The Ponds parkrun 5km

71st Brett Langley 24:34

16-5-26 The Terrace parkrun 5km

39th Andrew Free 34:24

17-5-26 Sydney 10 (Incorporating NSW Road Championships) Sydney Olympic Park

10km Net Time

222nd Daniel Irving 35:59

514th Geoff Sheargold 40:09

686th Damon Byatt 43:55

777th Thomas List 45:46

810th Laelia Byatt 46:35

1124th Graham Sheargold 55:52

1339th Mairead Connolly 1:15:33 (2nd 70-74 cat)

5km Fun Run

182nd Stephen Mifsud 32:01 (2nd 65-69 cat)

5km State Championships

15th Lachlan Kidd 16:00

23-5-26 Rooty Hill parkrun 5km

1st Mann Jasani 18:52

2nd Geoff Sheargold 19:46

21st Brett Langley 22:17

53rd Wayne Thurlow 25:12

54th Rod Zammit 25:39

70th David Perry 26:20

79th Bettina McMahon 27:06

147th Geoff Newey 27:06

158th Jason Cutajar 32:02

232nd Mischelle Otte 38:58

240th David Otte 40:31

23-5-26 The Terrace parkrun 5km

13th Danny Martins 23:44

54th Andrew Free 34:05

23-5-26 Parramatta parkrun 5km

394th Mairead Connolly 40:16

446th Michael Christie 53:16 (walker)

23-5-26 Macquarie University parkrun 5km

60th Vija-Louise Heath 22:55 (new pb)

23-5-26 GreenWay parkrun 5km

69th Michael Free 23:10

23-5-26 Curl Curl parkrun 5km

103rd Lisa Grant 23:35

23-5-26 Kershaw Gardens (Qld) parkrun 5km

32nd Garry Womsley 26:09

23-5-26 Cooks River parkrun 5km

129th Steven Williams 29:54

23-5-26 Studley (Vic) parkrun 5km

179th Carly Eager 30:39

24-5-26 Lindfield Fun Runs

5km

1st Lachlan Kidd 17:39.38

24-5-26 SMC Road Race Series Smithfield

10km

16th Rod Zammit 46:36.0

34th Bettina McMahon 54:27.9

39th Mick Jenkins 56:37.2

44th Graham Sheargold 57:38.5

62nd Stephen O'Donnell 1:10:50.7
66th Mairead Connolly 1:16:24.1

5km

25th Alison Shaw 28:57.2
34th Terry Rose 35:13.1
42nd Michael Christie 43:26.2

30-5-26 Rooty Hill parkrun 5km

2nd Daniel Irving 17:25
6th Mann Jasani 18:22
39th Damon Byatt 23:15
42nd Vija-Louise Heath 23:25
45th Laelia Byatt 23:40
70th Wayne Thurlow 25:41
74th Rod Zammit 25:51
151st Bettina McMahon 29:41
165th Geoff Newey 30:43
183rd Jason Cutajar 31:54

30-5-26 Wagga parkrun 5km

19th Lisa Grant 23:33
113th David Otte 38:54
116th Mischelle Otte 40:46

30-5-26 Parramatta parkrun 5km

457th Terry Rose 36:28
608th Michael Christie 58:07 (walker)

30-5-26 Homestead (WA) parkrun 5km

3rd Nilkil Redipali 17:48

30-5-26 The Ponds parkrun 5km

99th Adam Etherington 24:34

30-5-26 Kamay parkrun 5km

30th Michael Free 25:04

30-5-26 Blue Gum Hills parkrun 5km

17th Danny Martins 25:10

30-5-26 Cooks River parkrun 5km

187th Steven Williams 29:29

30-5-26 Grahamstown Aquatic Centre parkrun, Medowie 5km

30th Andrew Free 34:03

31-5-26 NSW Team Walks Championships, The Armory Newington

Women 5000m RW 16's

1st Ashleigh Farrugia 33:10.0

Girls 2000m RW 13's

5th Chloe Farrugia 12:39.0

6th Rose Goska 14:30.0

Boys 2000m RW 13's

3rd Hugo Siciliano 11:24.0

Michael Christie (GAP)