

West Met 11 Winston Hills 6-7-13

On a sunny yet still cool winter's afternoon a hardy band of Girraween athletes took to the challenging bike paths around Winston Hills.

Interestingly, we had a smaller number of athletes in the 2km then the 4km run, an unusual occurrence to say the least. There were some fine performances. David Perry who continues to run strongly led our runners home in the 2km event in a very reasonable time. Lochlan James ran very speedily and the tough course did not seem to effect him at all.

The 4km event saw Steve Clark as the first Girraween runner to cross the line in another very good time, continually running well. One of the highlights of the afternoon was the time of Rowena Milliss in the 4km, a wonderful run. Given that she is one of the youngest runners' in the U14 category, it was an enormous effort on Rowena's part. More's the pity that due to her ongoing netball commitments of a Saturday afternoon, she is not available to run cross-country more often, as she is a very fine runner in the making. We hope to see Rowena again before the season concludes. It would also be remiss of me not to mention the effort of Stephen Mifsud in running in both the 2km and 4km event so well after backing up from doing a very speedy 10km around Homebush in the Sydney Striders run that very morning, showing his reserves of endurance.

The 8km event once again saw David Perry as the first Girraween athlete across the line in a solid sub forty minute run. Once again David also completed all three runs in the same afternoon, on a challenging little course. This was another great achievement on David's part. Young Katrina Russell who initially was only going to complete 4km of the long run as a training exercise, found herself receiving a great deal of encouragement from Girraween's supporters to keep going at the halfway mark. To everyone's astonishment, Katrina did keep going and managed to complete this event, which at the time was well outside her comfort zone. We all hope you've recovered well from these exertions Katrina and undoubtedly this will stand you in good stead for the rest of the cross-country season. Clive Kidson was another one of our runners in this event who showed by his run on Saturday that he has been able to maintain a consistently high standard throughout the cross-country season. Brad Boyle made a welcome return to the West Met scene after time away and his sub forty-minute time on this course was a meritorious one.

Anyway, it was another fine afternoon for running and all our runners gave it their best shot. Thanks to any of our volunteers who helped out with recording or any other duties over the course of the afternoon. This help is appreciated. Results follow:

2km

16th	David Perry	8:15
20th	Michael Grogan	8:33
22nd	Lochlan James	8:49
27th	Heidi Juhart	9:32
31st	Karen Short	10:17
33rd	Andrew Free	10:39
34th	Stephen Mifsud	10:40
43rd	Lynette Clark	13:35
47th	Hayley Zammit	15:11
48th	Rod Zammit	15:12
51st	Lynette Clark	18:29

4km

26th	Steve Clark	17:24
29th	Rowena Milliss	17:32
32nd	David Perry	17:47
40th	Rod Zammit	18:53
43rd	Stephen Mifsud	19:20
44th	Stephen Parkins	19:21
45th	Michael Grogan	19:32
47th	Greg Sargeant	19:49
48th	Carly Eager	19:52
51st	Robyn Smith	21:10
55th	Michael Christie	22:18
58th	Katrina Russell	22:55
59th	Jean Davis	23:27
66th	Joe Butler	27:28

8km

17th	David Perry	37:21
19th	Clive Kidson	37:58
20th	Brad Boyle	38:30
23rd	Stephen O'Donnell	41:41
24th	Greg Sargeant	43:57
26th	Robert Eager	49:10
27th	Katrina Russell	55:07

Michael Christie **(GAP)**