

## **West Met 14 Dundas 17-8-13**

***For the second time during the 2013 West Met Cross Country season, Girraween's runners tackled the challenging Upjohn Park course on a beautiful late winter's afternoon.***

***For the second time during the 2013 West Met Cross Country season, Girraween's runners tackled the challenging Upjohn Park course on a beautiful late winter's afternoon. For a number of our runners, it must have seemed like ground hog day, as it was only two weeks prior to Saturday's event's that they represented Girraween at the NSW Short Course Cross Country Championships on the very same course. Nevertheless they did not shirk their task and attacked the course with enthusiasm.***

***David Perry led Girraween's runners home in the 2.5km event in a very respectable time given the nature of the course followed closely behind by Michael Grogan. Lochlan James ran well on this course and another eye-catching performance was that of Michael Free for his first official West Met run for 2013, backing up well from his run at Rydalmere the previous Saturday. Hayley Zammit and Amelia Clark also did very well to complete this course, which is 500metres further then they normally run on a Saturday. Well done, girls.***

***In the 5km event, Stephen Mifsud was the first Girraween runner across the line followed closely by Stephen Parkins. Both these athletes have performed consistently all season, and have managed to maintain their good form throughout. Carly Eager, off the back of her long distance training in 2013 continued her great form as well in this event.***

***Clive Kidson ran very well to lead the Girraween contingent across the line in the 7.5km event. In the long distance events that Clive has competed in during the 2013 West Met season, Clive has always been in the first three or four Girraween runners home, a tremendous achievement. It was very fitting therefore, that he led the way home in this instance. David Perry again completed three events on the day, on a course that doesn't spare anyone, so this was remarkable to say the least. Many thanks also go out to our volunteers who helped in any way at all last Saturday. Your contribution remains invaluable. Results follow:***

### **2.5km**

<b>15<sup>th</sup></b>	<b>David Perry</b>	<b>10:32</b>
<b>21<sup>st</sup></b>	<b>Michael Grogan</b>	<b>11:06</b>
<b>34<sup>th</sup></b>	<b>Lochlan James</b>	<b>12:38</b>
<b>36<sup>th</sup></b>	<b>Heidi Juhart</b>	<b>12:40</b>
<b>38<sup>th</sup></b>	<b>Karen Short</b>	<b>13:43</b>
<b>39<sup>th</sup></b>	<b>Andrew Free</b>	<b>13:44</b>
<b>44<sup>th</sup></b>	<b>Michael Free</b>	<b>14:15</b>
<b>46<sup>th</sup></b>	<b>Roger Mar</b>	<b>14:34</b>
<b>52<sup>nd</sup></b>	<b>Bernard Hemakumara</b>	<b>17:37</b>
<b>54<sup>th</sup></b>	<b>Hayley Zammit</b>	<b>19:32</b>
<b>55<sup>th</sup></b>	<b>Rod Zammit</b>	<b>19:33</b>
<b>56<sup>th</sup></b>	<b>Nancy Keasbery</b>	<b>19:37</b>
<b>59<sup>th</sup></b>	<b>Amelia Clark</b>	<b>22:27</b>

### **5km**

<b>27<sup>th</sup></b>	<b>Stephen Mifsud</b>	<b>24:13</b>
------------------------	-----------------------	--------------

<b>31<sup>st</sup></b>	<b>Stephen Parkins</b>	<b>24:40</b>
<b>35<sup>th</sup></b>	<b>Rod Zammit</b>	<b>26:33</b>
<b>36<sup>th</sup></b>	<b>Robyn Smith</b>	<b>26:43</b>
<b>37<sup>th</sup></b>	<b>Carly Eager</b>	<b>26:59</b>
<b>38<sup>th</sup></b>	<b>Michael Grogan</b>	<b>27:37</b>
<b>39<sup>th</sup></b>	<b>David Perry</b>	<b>27:40</b>
<b>40<sup>th</sup></b>	<b>Greg Sargeant</b>	<b>27:46</b>
<b>44<sup>th</sup></b>	<b>Roger Mar</b>	<b>29:16</b>
<b>46<sup>th</sup></b>	<b>Gary Micallef</b>	<b>31:06</b>
<b>47<sup>th</sup></b>	<b>Michael Christie</b>	<b>31:30</b>

### **7.5km**

<b>15<sup>th</sup></b>	<b>Clive Kidson</b>	<b>36:09</b>
<b>16<sup>th</sup></b>	<b>David Perry</b>	<b>36:21</b>
<b>17<sup>th</sup></b>	<b>Graham Sheargold</b>	<b>38:44</b>
<b>22<sup>nd</sup></b>	<b>Robert Eager</b>	<b>44:51</b>
<b>24<sup>th</sup></b>	<b>Greg Sargeant</b>	<b>47:57</b>

**Michael Christie** ( GAP)