

## **West Met 1 Rouse Hill 28-3-15**

On a very balmy autumn afternoon the 2015 West Met cross country season kicked off at Rouse Hill last Saturday week with the course providing a good test for all our athletes, particularly with those couple of hills thrown in not long before the finish line.

There were a healthy number of Girraween athletes competing in the 2km event where Wayne Thurlow, with a very fine time, led our athlete's home closely followed by Nathan Moffitt, a young athlete with great potential. This event also saw the debut for the 2015 season of our younger brigade of athletes with Cristobel Corualan, Daniel O'Donnell, Ben O'Donnell, Tom Etherington, Hayley Zammit, Chloe Grogan, Laura Corualan, Zac Zammit and Amelia Clark all doing an amazing job on this course. All bodes well for these athletes for this cross-country season.

The 4km event once again saw the indefatigable Mr Thurlow leading the Girraween contingent home followed by Nicole Mantarro who ran a very good sub twenty minute time and it is hoped that it is a sign of things to come for Nicole over the 2015 season. It was also great to see the Busic sisters running very determinedly in this event. The redoubtable Keith Mayhew (a bonafide City to Surf legend) was also spotted fighting his way around the course on his long way back from injury and he stuck to his task well. Adam Etherington ran a great time in the middle distance backing up well after his run in the 2km.

The last event of the day, the 8km once again saw Wayne Thurlow finish first amongst the Girraween athletes with very creditable performances by the rest of our representatives in very warm conditions. Rod Zammit and Clive Kidson also ran very strongly. A special mention goes to Wayne Thurlow and Stephen O'Donnell who completed all three events on Saturday.

It had been a solid start for the 2015 cross-country season by all our runners and there were some great signs there. Many thanks also to any of our volunteers who helped out on Saturday, whether it be taking down times, packing up, or in any other task. There will be an ongoing need for our assistance as a club throughout the 2015 season so if we can all pitch in and help, that will be very much appreciated. Thank you. Results follow:

## **2km**

6th	Wayne Thurlow	7:56
7th	Nathan Moffitt	8:13
28th	Cristobel Corualan	9:41
30th	Robyn Smith	9:48
33rd	Tom Etherington	10:13
34th	Terry Rose	10:17
37th	Jean Davis	10:30
40th	Daniel O'Donnell	10:40
46th	Adam Etherington	11:15
47th	Karen Short	11:17
50th	Roger Mar	12:01
51st	Ben O'Donnell	12:16
52nd	Stephen O'Donnell	12:17
54th	Andrew Free	12:29
55th	Hayley Zammit	12:35
59th	Chloe Grogan	13:18
60th	Michael Grogan	13:19
69th	Laura Corualan	14:33
71st	Zac Zammit	14:46
72nd	Rodney Zammit	14:47
73rd	Lynette Clark	14:51
74th	Amelia Clark	15:20

## **4km**

15th	Wayne Thurlow	17:19
31st	Nicole Mantarro	19:36
37th	Adam Etherington	20:25
40th	Michael Grogan	20:51
45th	Carly Eager	22:35
46th	Jill Woodruff	22:56
48th	Stephen O'Donnell	23:36
49th	Adriana Busic	23:42
50th	Michael Christie	23:56

52nd	Heidi Juhart	24:37
53rd	Keith Mayhew	24:49
55th	Renata Basic	25:03
56th	Jean Davis	25:04
57th	Katrina Russell	25:35
58th	Roger Mar	26:11

### **8km**

11th	Wayne Thurlow	38:44
16th	Rod Zammit	41:23
18th	Clive Kidson	42:08
23rd	Michael Free	47:43
24th	Stephen O'Donnell	49:52

Michael Christie            (GAP)