

West Met 3 Concord 11-4-15

Girraween's athletes were grateful for the much finer weather at last Saturday's West Met events at Concord. A healthy number of Girraween athletes turned up to contest the three events and there were a number of fine performances across the board.

Wayne Thurlow once again led Girraween's athletes home in the 2km event closely followed by Nathan Moffitt who continues to go from strength to strength early in the season. Mark Milliss made his West Met debut for 2015 and it was great to see him put in a very solid performance. Katrina Russell was another who was sighted for the first time and ran solidly. Our younger brigade in Cristobel Corualan, Renata Busic, Chloe Grogan, Hailey Zammit, Laura Corualan and Zac Zammit also put in sterling performances on this testing little course.

The 4km event once again saw Mr Thurlow lead the boys and girls in royal blue and white across the finish line with a slick time. However two of the eye-catching performances came from Adriana Busic who ran a great sub twenty minute time and Cristina Sotomayor who also ran very well on her Girraween debut after backing up after the 2km. These two ladies are promising a great 2015 cross-country season if their early season form is any guide. Stephen Parkins was also spotted for the first time in 2015 and showed he has not lost any of his pace running a very fine time as well.

Wayne Thurlow ran again in the 8km event and not surprisingly was the first Girraween runner across the line followed by Lisa Grant who ran very strongly. That also was Wayne's third event of the afternoon and his season is going from strength to strength, as to-date he has been the first Girraween runner home in all nine West Met events held so far, no mean feat. Rod Zammit ran very well as did Claudio Corualan, making his West Met debut for 2015 and showing his amazing versatility after his speedy efforts on the track during the recently completed summer season.

All in all it had been a great afternoon for running, illustrated by many fine performances by Girraween's athletes. Thanks to our members who helped out in any way last Saturday. Results follow:

2km

9th	Wayne Thurlow	7:31
34th	Nathan Moffitt	8:46
45th	Cristobel Corualan	9:20
46th	Greg Sargeant	9:21
49th	Robyn Smith	9:29
54th	Terry Rose	9:50
62nd	Mark Milliss	10:27
67th	Renata Busic	11:01
74th	Katrina Russell	12:25
75th	Roger Mar	12:49
76th	Chloe Grogan	12:50
78th	Michael Grogan	13:21
79th	Hailey Zammit	13:40
82nd	Lynette Clark	14:14
84th	Laura Corualan	14:57
85th	Cristina Sotomayor	15:29
86th	Zac Zammit	15:38

4km

28th	Wayne Thurlow	16:28
68th	Adriana Busic	19:21
71st	Stephen Parkins	19:41
73rd	Michael Grogan	20:13
77th	Cristina Sotomayor	21:25
78th	Jill Woodruff	21:50
79th	Carly Eager	22:32
80th	Greg Sargeant	22:44
86th	Keith Mayhew	24:03
87th	Katrina Russell	24:10
89th	Roger Mar	25:42

8km

13th	Wayne Thurlow	35:26
16th	Lisa Grant	36:38
24th	Rod Zammit	39:31
25th	Sergio Martinez	40:25
27th	Claudio Corualan	42:36
28th	Stephen Parkins	43:01
29th	Michael Free	45:11
30th	Rob Eager	1:01:52

Michael Christie (GAP)