

West Met 7 Bella Vista 23-5-15

Saturday last saw a small group of Girraween athletes tackle the challenging Bella Vista course, which was a little soft in places after the previous day's rain. Thankfully for all concerned it was a nice afternoon for cross-country.

The first event of the day saw business as usual with Wayne Thurlow and Ed Bratovic leading the Girraween contingent across the line after solid efforts. Girraween's junior contingent in Cristobel, Hayley, Chloe and Laura all did a fine job in tackling this difficult course. Terry Rose also continued his consistent form of late.

The middle distance event saw a replica of the shorter distance with Mr Thurlow and Mr Bratovic continuing their fine form of late with strong performances. Adriana Busic continued her excellent run of recent form with another eye-catching performance. Carly Eager and Cristina Sotomayor applied themselves well to the task at hand and this was evident by their fine runs.

Geoff Sheargold was the first of the Girraween runners across the line in the 8km event, backing up well after his fine Half-Marathon run the previous Sunday, a solid five kilometre run in the monthly Hills track event on the Wednesday and a speedy run at the parkrun only hours earlier. Where does the energy come from? He is in fine form currently. Wayne Thurlow once again completed his third event of the afternoon, no mean feat on this course. Rod Zammit also ran most consistently.

Thanks once again to any of our volunteers who assisted on Saturday. Your help is always appreciated. Results follow:

2km

4th	Wayne Thurlow	7:45
12th	Ed Bratovic	8:17
34th	Greg Sargeant	9:32
41st	Terry Rose	9:57
43rd	Cristobel Corualan	10:19
47th	Mark Milliss	10:47
54th	Keith Mayhew	11:42
64th	Hayley Zammit	13:51

65th	Chloe Grogan	14:12
66th	Michael Grogan	14:13
67th	Lynette Clark	14:28
70th	Laura Corualan	15:20
71st	Cristina Sotomayor	15:21
72nd	Claudio Corualan	15:22
74th	Kristy Zammit	16:45

4km

26th	Wayne Thurlow	16:40
45th	Ed Bratovic	18:24
56th	Adriana Busic	19:56
62nd	Graham Sheargold	21:26
64th	Carly Eager	21:47
65th	Michael Grogan	22:19
66th	Cristina Sotomayor	22:23
67th	Steve Williams	23:00
68th	Greg Sargeant	23:26
69th	Michael Christie	24:30
72nd	Renata Busic	24:56

8km

4th	Geoff Sheargold	31:40
15th	Wayne Thurlow	36:42
21st	Rod Zammit	38:52
27th	Sergio Martinez	42:24
29th	Claudio Corualan	43:52

Michael Christie (GAP)