

West Met 10 Bella Vista 18-6-16

Last Saturday saw the return of West Met to the challenging Bella Vista course for the second time in 2016, something everyone who was running on Saturday was thrilled about. Thankfully, the early rain of Saturday morning had cleared away and it was a fine winter's afternoon for cross country and the course was in a relatively good condition.

The 2km event saw a healthy number of Girraween athletes in attendance. Wayne Thurlow led the way home for Girraween followed closely by Ed Bratovic, who continue their great form. Girraween's third placed runner was Daniel O'Donnell who continues to impress and his time on Saturday was over a minute faster than his run on the same course in May. He continues going from strength to strength. There were a number of other fine performances in the short distance event, including those by Greg Sargeant, Mischelle and David Otte, Mark Milliss and Meredith Webb to name a few.

The 4km event saw a number of fine efforts, with Wayne Thurlow, David Perry and Ed Bratovic leading the way for Girraween. Cristina Sotomayor and Katrina Russell continued their fine 2016 cross-country season with another solid performance on the tough Bella Vista course.

Whilst the 8km event only had a small Girraween contingent, the runs of all three Girraween competitors were full of merit. Geoff Sheargold has a rare West Met outing for 2016 and put in another wonderful run with a powerful effort. The amazing Lisa Grant ran very well again and showed everyone the reservoirs of her amazing talent. The redoubtable Rob Eager hung in strongly and whilst lonely out on the course managed to complete his race well.

All Girraween's runners are to be commended for Saturday's efforts. Thank you to our volunteers who helped out in any way on Saturday. Your efforts are always noted. We also need to remember to give our Athletics NSW registration numbers to the organisers at the results table if we have not already done so, as this is important for insurance purposes. If we have not registered as yet, we can still run up to two West Met events, but it is important that we fill out a trialling form at the results table to ensure our runners are covered as well when competing in these races. Thanks for your co-operation with this. Results follow:

2km

11th	Wayne Thurlow	8:03
14th	Ed Bratovic	8:15
38th	Daniel O'Donnell	9:44
40th	Greg Sargeant	9:54
44th	David Perry	10:17
48th	Steve O'Donnell	10:26
54th	Mischelle Otte	11:21
57th	Heidi Juhart	11:33
59th	Katrina Russell	11:38
60th	Mark Milliss	11:39
61st	David Otte	12:10
62nd	Meredith Webb	12:14
64th	Ben O'Donnell	12:40
65th	Hayley Zammit	12:41
66th	Jean Davis	12:42
68th	Chloe Grogan	12:51
69th	Michael Grogan	12:53
70th	Natalie Webb	13:15
72nd	Laura Corvalan	13:59
73rd	Claudio Corvalan	14:00
76th	Zachary Zammit	15:02
77th	Lynette Clark	15:06
79th	Kristy Zammit	16:32

4km

11th	Wayne Thurlow	17:11
16th	David Perry	18:27
17th	Ed Bratovic	18:28
24th	Michael Grogan	20:02
32nd	Claudio Corvalan	23:14
33rd	Greg Sargeant	23:54
34th	Cristina Sotomayor	23:58
35th	Katrina Russell	24:39

39th	Mark Milliss	27:06
41st	Michael Free	27:15
43rd	Michael Christie	28:07
44th	Andrew Free	28:41

8km

3rd	Geoff Sheargold	32:08
10th	Lisa Grant	37:37
17th	Robert Eager	51:55

Michael Christie (GAP)