

West Met 11 Greystanes 2-7-16

A nice winter's afternoon for running saw one of the smallest Girraween contingents over the last seven years of West Met record keeping attack the bike paths and grass around Greystanes. A combination of interstate events, school holidays and illness effected Girraween numbers. In saying that, the athletes who represented Girraween last Saturday did a fine job.

The leader of the Girraween contingent across the line in the 2km event was the ever reliable Greg Sargeant followed closely by the consistent Heidi Juhart who ran strongly. Our junior contingent was well represented by Chloe Grogan who continued her fine 2016 West Met season. Mischelle Otte was another one of Girraween's athletes who continued her fine form of late in this event.

Michael Grogan ran strongly in the middle distance event on Saturday to be the first Girraween runner home, followed by Stephen Parkins who also put in a fine performance. Claudio Corvalan and Katrina Russell continued their excellent form of late with solid efforts and showed why they are both having a fine winter season.

Whilst the 8km event only had the two Girraween athletes, both stuck to their tasks well. Stephen Parkins who backed up well after his 4km effort again ran solidly. Rob Eager was his normal dogged self with another great performance. Rob always has an incredibly positive attitude and this showed once again on Saturday. Both athletes are to be congratulated on their races.

A big thank you those members who helped out in any way with volunteer duties last Saturday. The organisers are always most appreciative of the help our members give. Thank you. Results follow:

2km

35th	Greg Sargeant	9:02
44th	Heidi Juhart	9:43
48th	Mischelle Otte	10:06
50th	Katrina Russell	10:25
51st	Mark Milliss	10:26
52nd	Chloe Grogan	11:46

53rd	Michael Grogan	11:47
58th	Lynette Clark	13:11

4km

28th	Michael Grogan	18:16
30th	Stephen Parkins	18:46
36th	Claudio Corvalan	20:41
38th	Katrina Russell	21:49
39th	Greg Sargeant	22:01
44th	Michael Christie	23:50
46th	Mark Milliss	24:56

8km

12th	Stephen Parkins	44:02
13th	Robert Eager	46:23

Michael Christie	(GAP)
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