

West Met 13 Dundas 23-7-16

Last Saturday saw an intrepid group of Girraween athletes tackle the challenging Upjohn Park course at Dundas in very cold windy conditions. Nevertheless, despite this, there were a number of fine performances across the three distances.

The 2.5km saw Wayne Thurlow, fresh from his overseas trip lead the way home for Girraween closely followed by Greg Sargeant and David Perry who ran well. Adam Etherington was another who put in a strong performance. Our younger athletes in Daniel O'Donnell, Chloe Grogan, Meredith Webb, Hayley Zammit and Zachary Zammit also stuck to their guns well around what is a tough course over a distance a little longer than they are used to. It was also great to see Roger Mar going around again after a two month absence.

The middle distance event saw a small Girraween contingent on this occasion led home by David Perry who has had a great 2016 West Met season. He was followed closely by Michael Grogan continuing his resurgence and Stephen Mifsud, who ran at his first West Met event in 2016 and showed us all he had not lost any of his speed with a fine effort. Katrina Russell also continued her fine 2016 cross-country season with another excellent run.

The 7.5km event saw our largest representation in the long event since May. Girraween legend, Lisa Grant, led the way home with another gutsy performance closely followed by Rod Zammit who is having a stellar 2016. Rob Eager ran strongly and Stephen Parkins once again backed well up after the middle distance event, something that he has been doing with great aplomb over recent West Met events.

It had been a tough afternoon for cross-country, yet all Girraween's athletes stuck to their tasks well. Thank you to our volunteers who helped out in any way last Saturday. Your ongoing assistance is very much appreciated. Results follow:

2.5km

12th	Wayne Thurlow	10:55
22nd	Greg Sargeant	12:40
25th	David Perry	12:53
26th	Daniel O'Donnell	12:57

30th	Adam Etherington	13:25
34th	Stephen O'Donnell	13:57
36th	Heidi Juhart	14:03
40th	Roger Mar	16:19
42nd	Chloe Grogan	16:47
43rd	Michael Grogan	16:48
45th	Meredith Webb	17:24
48th	Natalie Webb	17:24
49th	Hayley Zammit	17:30
50th	Zachary Zammit	17:41
51st	Rod Zammit	17:44

5km

8th	David Perry	23:28
16th	Michael Grogan	25:11
19th	Stephen Mifsud	25:30
21st	Stephen Parkins	26:36
22nd	Adam Etherington	26:48
30th	Katrina Russell	31:08
33rd	Michael Christie	33:51

7.5km

8th	Lisa Grant	35:25
10th	Rod Zammit	35:52
12th	Robert Eager	44:25
13th	Stephen Parkins	45:23

Michael Christie (GAP)