

West Met 14 Prospect 6-8-16

After an absence of three years, West Met returned to the Prospect Reservoir course last Saturday, where Girraween's athletes attacked the course with great gusto.

The 2km event saw the redoubtable Wayne Thurlow lead the way home for Girraween's athletes followed by Cristobel Corvalan and Greg Sargeant who both continued their fine recent form. There were also eye-catching performances from Daniel O'Donnell and Ben O'Donnell who both ran very consistently. It was also great to see Kristy Zammit out and about, fighting through to the finish.

Wayne Thurlow, once again was the first Girraween athlete across the finish line in the middle distance event on Saturday, followed by the ever improving Michael Grogan, with Stephen Parkins putting in another strong performance. Both Cristina Sotomayor and Katrina Russell both ran strongly, continuing their fine 2016 cross-country season.

While the Girraween contingent in the 8km was a small one, there was no doubting their effort. Rod Zammit, in the middle of a big training programme for an up-coming marathon was in fine form leading our runner's home. Stephen Parkins, followed up his fine effort in the middle distance event with another dogged performance. Robert Eager was his ever reliable self, while it was nice to see Michael Free in one of his rare West Met appearances in 2016.

It had been a nice afternoon for a run and all Girraween's athletes acquitted themselves well. Thank you to our volunteers who helped out on Saturday. Results follow:

2km

8th	Wayne Thurlow	7:34
27th	Cristobel Corvalan	8:42
32nd	Greg Sargeant	9:07
35th	Daniel O'Donnell	9:16
41st	Stephen O'Donnell	9:49
43rd	Heidi Juhart	10:29
46th	Mark Milliss	10:41
50th	Chloe Grogan	12:18
51st	Michael Grogan	12:19
53rd	Ben O'Donnell	12:54

54th	Jean Davis	12:55
55th	Laura Corvalan	13:01
56th	Claudio Corvalan	13:02
57th	Lynette Clark	13:06
58th	Zachary Zammit	14:05
62nd	Kristy Zammit	20:06

4km

12th	Wayne Thurlow	16:58
23rd	Michael Grogan	18:17
24th	Stephen Parkins	18:47
30th	Claudio Corvalan	20:35
32nd	Greg Sargeant	21:05
33rd	Cristina Sotomayor	21:06
36th	Katrina Russell	22:35
39th	Michael Christie	24:02
40th	Mark Milliss	24:19

8km

9th	Rod Zammit	35:34
13th	Stephen Parkins	41:27
14th	Rob Eager	46:37
15th	Michael Free	47:28

Michael Christie (GAP)