

West Met 16 Dundas 27-8-16

The last West Met event for 2016 saw the healthiest number of Girraween athletes tackling a short distance run since Bella Vista in June. It was great to see such enthusiasm, as the Upjohn Park course is tough, yet the efforts of all our athletes could not be denied.

Interestingly, there were no Girraween athletes in the long distance event on Saturday, the first time this had occurred at a West Met event since May 2012.

The 2.5km event saw a number of fine performances. Cristobel Corvalan led the way for Girraween with another fine performance. His performances across the 2016 cross-country season indicate that he has a great potential in the sport. Cristobel was closely followed by Greg Sargeant and David Perry who illustrated why they have both had fine cross-country seasons, with two fine times respectively. Our junior contingent in Daniel O'Donnell, Chloe Grogan, Hayley Zammit, Ben O'Donnell and Zachary Zammit all put a cap on their great 2016 cross-country seasons with a number of determined efforts on this tough course.

Congratulations to them all and the shape of Girraween distance running is looking good into the future with these young athletes coming through the ranks.

The middle distance event saw the remarkable David Perry lead the way for Girraween, followed closely by Michael Grogan and Claudio Corvalan who both ran well. Katrina Russell had a fine run and it was also great to see Roger Mar make an appearance at another West Met event as we have not seen him as often in 2016. Nevertheless, Roger stuck to his guns well.

It had been a great note to finish up on and I would like to thank all our members who also donated money for "Jennifer's Wish" Lastly, but by no means least, a big thank you to George and Judy Milosevic for their work in putting on the BBQ which also raised money for "Jennifer's Wish" Both George and Judy did another incredible job with this and we thank you both again. We at Girraween are most fortunate to have George and Judy who do so much work behind the scenes. Also thanks to any of our volunteers who helped out on the day. Results follow:

2.5km

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| 18th | Cristobel Corvalan | 12:15 |
| 20th | Greg Sargeant | 12:28 |
| 22nd | David Perry | 12:41 |
| 25th | Daniel O'Donnell | 13:11 |

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| 26th | Stephen O'Donnell | 13:29 |
| 28th | Terry Rose | 13:38 |
| 29th | Heidi Juhart | 13:54 |
| 30th | Mischelle Otte | 13:56 |
| 35th | Mark Milliss | 15:10 |
| 36th | Chloe Grogan | 15:55 |
| 37th | Michael Grogan | 15:56 |
| 38th | Hayley Zammit | 15:58 |
| 39th | Ben O'Donnell | 16:17 |
| 40th | Jean Davis | 16:18 |
| 41st | Zachary Zammit | 16:28 |
| 42nd | Rod Zammit | 16:31 |
| 44th | Roger Mar | 16:54 |
| 47th | Lynette Clark | 19:58 |

5km

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| 15th | David Perry | 24:53 |
| 18th | Michael Grogan | 26:08 |
| 22nd | Claudio Corvalan | 29:03 |
| 25th | Katrina Russell | 30:38 |
| 29th | Roger Mar | 34:25 |
| 31st | Michael Christie | 37:48 |

Michael Christie (GAP)