

West Met 5 Emu Plains 30-4-16

It's hard to believe that last Saturday saw the fifth West Met series of events for the 2016 cross-country season, almost a third of the way through it. It was a warm and surprisingly humid afternoon at Emu Plains as runners took to the challenging course along the banks of the Nepean River. Numbers were down on previous weeks, which is understandable given the location of last Saturday's events. Nevertheless, Girraween athletes stuck to their guns well across all three events.

The 2km event once again saw Wayne Thurlow and Ed Bratovic led Girraween runner's home with two very fine times given the nature of the course. Daniel O'Donnell also continued his fine early season form with another strong performance. He is going from strength to strength. The remainder of the junior contingent also ran most consistently and were pleased with their efforts.

Geoff Sheargold dropped down in distance to compete over the 5km course and he put in a very strong performance finishing second overall in a superb sub nineteen minute run. Wayne Thurlow and Ed Bratovic also ran well finishing not very far apart while the remainder of the Girraween contingent competed admirably on one of the tougher West Met courses that they will see in 2016. It was most heartening to see Andrew Free continue making a return from injury, whilst City to Surf legend Keith Mayhew also competed well all thing's considered.

While there was only a small Girraween contingent in the 10km, the three runners in Wayne, Rod and Rob all ran gamely. It was Wayne's third event of the afternoon, following on from his appearance at parkrun in the morning. He is showing amazing endurance of late. Rod also ran very strongly whilst Rob, even though a little lonely at times out on the course, nevertheless never gave up and competed admirably. It had been another fine afternoon of cross-country. Many thanks go to any of our volunteers who helped out on Saturday. Your efforts are always most appreciated and we can always do with more assistance when required. Thank you. Results follow:

2km

5th	Wayne Thurlow	7:44
15th	Ed Bratovic	8:19
33rd	Greg Sargeant	9:38
34th	Daniel O'Donnell	9:40

38th	Stephen O'Donnell	9:56
52nd	Jean Davis	11:07
53rd	Mischelle Otte	11:11
58th	Adam Etherington	11:50
59th	Katrina Russell	11:57
60th	Ben O'Donnell	12:20
61st	David Otte	12:24
63rd	Zachary Zammit	12:37
64th	Chloe Grogan	12:47
65th	Michael Grogan	12:48
67th	Hayley Zammit	13:09
72nd	Kristy Zammit	16:06

5km

2nd	Geoff Sheargold	18:26
20th	Wayne Thurlow	22:10
22nd	Ed Bratovic	22:34
43rd	Claudio Corvalan	26:17
44th	Adam Etherington	26:45
46th	Michael Grogan	28:13
48th	Greg Sargeant	28:35
49th	Cristina Sotomayor	28:42
52nd	Katrina Russell	30:52
53rd	Michael Christie	31:26
58th	Andrew Free	34:33
59th	Keith Mayhew	36:25

10km

6th	Wayne Thurlow	48:17
8th	Rod Zammit	49:44
12th	Rob Eager	62:41

Michael Christie (GAP)