

West Met 7 Bella Vista 21-5-16

Last Saturday saw a small but enthusiastic Girraween contingent attacking the very challenging Bella Vista course. With the modifications that were required to be made to the course, due to the new fence out at the back portion of the course, it meant that the hill was steeper and it sure proved a challenge particularly for those runners who were tackling the middle and long distance events.

Wayne Thurlow led Girraween's runner's home in the 2km event followed by Adam Etherington and Greg Sargeant who ran most consistently. Mischelle Otte's run was very meritorious given that she had run parkrun in the morning and was backing up from an injury picked up in the early stages of the Sydney Morning Herald Half-Marathon held less than a week ago. This was a very gutsy effort by Mischelle. Our younger runners in Daniel, Ben, Hayley and Chloe also collectively ran very well and handled the tougher course in their stride. They are having a great cross-country season.

The 4km event once again saw the redoubtable Wayne Thurlow lead the small but determined Girraween contingent across the line, followed by the ever consistent Michael Grogan who ran very strongly as he continues his solid 2016 West Met season. Katrina Russell is also continuing her resurgence and this showed on Saturday with a fine effort.

Lisa Grant was the first Girraween athlete across the line in the 8km event with another fine performance. Whilst the Girraween contingent in this race was small, there was certainly no lack of effort by them. Rod Zammit ran a great sub forty minute time, no mean feat on this course. Both Michael Free and Robert Eager kept plugging away and are both to be commended for their fine effort.

It had been a tough afternoon of cross-country with the modified tougher course as well as the smoke and haze wafting across the area from the hazard reduction in the region. Nevertheless, Girraween can be very proud of the efforts from all their representatives. We would also like to thank any of our athletes who volunteered on Saturday. Due to the small numbers of volunteers at times, it remains important that we as a club can help out when possible. Thank you. Results follow:

2km

8th	Wayne Thurlow	7:36
38th	Adam Etherington	9:24
42nd	Greg Sargeant	9:38
47th	Stephen O'Donnell	10:42
48th	Daniel O'Donnell	10:54
53rd	Heidi Juhart	11:13
57th	Mark Milliss	11:48
59th	Katrina Russell	11:51
61st	Ben O'Donnell	12:10
62nd	David Otte	12:10
63rd	Rod Zammit	12:11
64th	Hayley Zammit	12:12
65th	Mischelle Otte	12:12
66th	Jean Davis	12:14
69th	Chloe Grogan	12:52
70th	Michael Grogan	12:53
75th	Lynette Clark	14:54

4km

25th	Wayne Thurlow	18:16
40th	Michael Grogan	20:22
49th	Greg Sargeant	22:54
52nd	Katrina Russell	24:28
57th	Michael Christie	26:38
59th	Andrew Free	27:53
60th	Mark Milliss	27:54

8km

7th	Lisa Grant	37:59
9th	Rod Zammit	38:45
18th	Michael Free	46:56
19th	Robert Eager	49:12

Michael Christie (GAP)