

West Met 9 North Ryde 11-6-16

After the cold wet previous Saturday, Girraween's athletes were very happy to see the sun shining as they took to the tough North Ryde course last Saturday. The course, whilst a little muddy and wet in places wasn't in to bad a condition considering the rain of the previous weekend. As a consequence, numbers were up and a healthy number of runners competed across the three events, particularly the 2km.

Speaking of which, it was business as usual with Wayne Thurlow leading the Girraween contingent home, closely followed by Ed Bratovic and David Perry who also put in strong performances. A number of our junior athletes returned to the fold and there were a number of eye-catching performances from this contingent with Cristobal Corvalan and Daniel O'Donnell running very strongly in this event and continuing their great 2016 season.

The middle-distance event saw another fine performance from the "Gang of Three", with Wayne, Ed and David running very well, to head the Girraween contingent across the line. These three runners are having a stellar 2016 cross-country season and their times are a reflection of this fact. It was also great to see the return of Stephen Parkins and Katrina Russell in this event, after their respective trips to warmer parts of Australia for a break, and they certainly showed they had lost none of their enthusiasm with fine efforts in this race.

Whilst the Girraween contingent in the 8km was a small one, both Wayne Thurlow and Michael Free ran well with Wayne completing all three events once again, another remarkable effort given the nature of this course. Michael Free stuck to his guns well to complete what was a very tough run.

It had been another great afternoon of running by all Girraween's representatives. Many thanks, to any of our volunteers who assisted in anyway on Saturday. It's always important that we as a club continue to help out when possible, as this event would not be as successful as it is, without the assistance of volunteers each Saturday from the various West Met clubs. Thank you. Results follow:

2km

9th	Wayne Thurlow	7:39
20th	Ed Bratovic	8:05
38th	David Perry	8:40
55th	Greg Sargeant	9:38
56th	Cristobal Corvalan	9:39
57th	Daniel O'Donnell	9:43
65th	Stephen O'Donnell	10:17
73rd	Cristina Sotomayor	10:47
77th	Mark Milliss	11:33
79th	Katrina Russell	11:56
81st	Chloe Grogan	12:54
82nd	Michael Grogan	12:55
83rd	Ben O'Donnell	13:01
84th	Jean Davis	13:02
87th	Laura Corvalan	13:44
88th	Claudio Corvalan	13:45
91st	Lynette Clark	14:46

4km

23rd	Wayne Thurlow	16:52
27th	Ed Bratovic	17:24
32nd	David Perry	18:07
49th	Michael Grogan	19:26
57th	Stephen Parkins	21:21
59th	Claudio Corvalan	22:20
61st	Katrina Russell	23:44
63rd	Robert Eager	24:22
68th	Michael Christie	27:09
69th	Mark Milliss	27:16
71st	Andrew Free	28:27

8km

13th	Wayne Thurlow	36:39
19th	Michael Free	49:34

Michael Christie (GAP)

