

West Met 1 Rouse Hill 25-3-17

The 2017 West Met season began last Saturday in steamy conditions on the challenging little course out at Rouse Hill and there was a healthy contingent of Girraween athletes, given it was the first hit out of the 2017 cross-country season.

The redoubtable Ed Bratovic led the way home for Girraween in the 2km event followed by his son, Jamie. They both showed great early season form. There were some eye-catching performances by our younger brigade with Chloe Grogan, Daniel O'Donnell, Laura Corvalan and Ben O'Donnell to the fore, showing once again that they are going to have a great season. Girraween Athletics Club also welcomes the Laul family to our ranks and we trust they have an enjoyable season of cross-country,

Nicole Mantarro was most impressive been the first Girraween athlete home in the middle distance event followed by three Girraween mainstays in Stephen Parkins, Michael Grogan and Greg Sargeant who all showed enough to suggest that 2017 will be a rewarding season for them. Girraween welcomed back Steve Williams back on Saturday and we trust he stays injury free for 2017 as he ran very well in this event. It was nice to see Hayley Zammit step up to the 4km distance on Saturday. Hayley is one of our younger athletes and to move up in distance for 2017 is a new challenge for her and we hope she has an enjoyable season.

Only two weeks after his wonderful performance in the Six Foot track event between Katoomba and Jenolan Caves, Geoff Sheargold finished the 8km event with a fine third place in a very good time. He showed he still had remarkable speed given he is still in the recovery phase. It was a great effort on Geoff's part. Our other athletes in Lisa Grant, Rod Zammit, Michael Free and Graham Sheargold did a fine job in this event running most solidly and are to be congratulated. Running up those hills at the end of the 2km lap four times is never easy and they stuck to their task well.

Saturday was an encouraging start by all Girraween's athletes for the 2017 cross-country season and we wish all our athletes well. Thank you to our volunteers who assisted on Saturday. It's going to be important that we help out when we can throughout the West Met series this year so any assistance will always be appreciated. Thank you. Results follow:

2km

18th	Ed Bratovic	8:42
25th	Jamie Bratovic	9:30

30th	Wayne Thurlow	9:55
35th	Cristobel Corvalan	10:23
37th	Awovi Laul	10:28
40th	Chloe Grogan	10:55
41st	Michael Grogan	10:56
43rd	Daniel O'Donnell	11:08
44th	Jean Davis	11:11
47th	Mischelle Otte	11:53
49th	Laura Corvalan	12:59
50th	Claudio Corvalan	13:00
51st	Stephen O'Donnell	13:30
52nd	Ben O'Donnell	13:40
54th	Lynette Clark	14:34
56th	Athou Laul	16:55
57th	Ayuen Laul	17:20

4km

18th	Nicole Mantarro	20:14
20th	Stephen Parkins	20:47
25th	Michael Grogan	21:47
28th	Greg Sargeant	21:58
32nd	Daniel O'Donnell	23:01
33rd	Stephen O'Donnell	23:14
34th	Steve Williams	23:46
36th	Claudio Corvalan	24:15
37th	Cristina Sotomayor	24:28
38th	Katrina Russell	24:54
39th	Michael Christie	25:31
40th	Jean Davis	26:09
43rd	Roger Mar	28:17
44th	Hayley Zammit	28:43
45th	Rod Zammit	28:44
46th	Aleu Gabriel	30:05

8km

3rd	Geoff Sheargold	31:59
11th	Lisa Grant	38:11
14th	Rod Zammit	42:05
15th	Michael Free	43:26
18th	Graham Sheargold	47:11

Michael Christie (GAP)