

West Met 10 Dundas 24-6-17

An enthusiastic band of Girraween athletes tackled the hills and dales of Upjohn Park on a pleasant winter's afternoon. It was good preparation for those athletes who were tackling the ANSW Short Course Championships at the same venue the following week.

Wayne Thurlow as is customary these days led the Girraween contingent home in the 2.5km event on Saturday followed by Greg Sargeant and Chloe Grogan who both ran well. The Zammit men in Zach and Rod also ran well and Zach continues to have a great 2017 cross-country season as he gets stronger each week. Ben O'Donnell was another one of the Girraween younger brigade who ran well.

David Perry was the first of the Girraween contingent home in the middle distance event with a very sound performance. David was followed by Stephen Parkins who ran consistently and Daniel O'Donnell who is having a great season interspersed with his golfing commitments. There is no doubt that Daniel is a fine all-round sportsman and his talent that he shows in cross-country is one of many strings to his bow. Hayley Zammit also stuck to her guns well and she is also having a great season.

The 7.5km event saw Geoff Sheargold lead the way for Girraween with a great sub thirty minute time. It was also nice to see both Rob Eager and Denis Andrew have a run after a few weeks absence and their presence was welcomed by their team-mates. Rod Zammit once again showed he is the current Girraween ironman by once again completing all three races across the afternoon, a remarkable effort given the challenges that this course brings to all and sundry. This was also one of the bigger Girraween contingents to compete in the longer distance event over the current cross-country season, which was welcoming indeed.

It had been a nice afternoon for a run and once again; thank you to our volunteers who helped out on Saturday. Results follow:

2.5km

26th	Wayne Thurlow	11:45
38th	Greg Sargeant	12:51
43rd	Chloe Grogan	14:40
44th	Ben O'Donnell	14:41
45th	Michael Grogan	14:53
46th	David Perry	14:55
47th	Stephen O'Donnell	14:56

48th	Terry Rose	15:06
49th	Jean Davis	15:57
50th	Zach Zammit	16:50
51st	Rod Zammit	16:52
52nd	Lynette Clark	17:58

5km

21st	David Perry	23:59
28th	Stephen Parkins	26:46
37th	Daniel O'Donnell	29:18
38th	Stephen O'Donnell	31:06
39th	Greg Sargeant	31:27
40th	Katrina Russell	32:02
43rd	Michael Christie	33:43
44th	Michael Grogan	34:32
46th	Hayley Zammit	36:07
47th	Rod Zammit	36:08
48th	Roger Mar	37:43

7.5km

3rd	Geoff Sheargold	29:22
14th	Rod Zammit	36:50
18th	Michael Free	40:34
19th	Graham Sheargold	42:31
21st	Rob Eager	43:51
22nd	Stephen Parkins	44:55
23rd	Denis Andrew	46:03

Michael Christie (GAP)