

## **West Met 11 Bella Vista 8-7-17**

For the second time in the 2017 West Met season, Girraween's athletes tackled the tough Bella Vista course on an afternoon that saw a chilly breeze blowing across the exposed slopes and testing all our athletes into the bargain. Nevertheless, all Girraween's athletes stuck to their task well in tricky conditions.

The 2km event once again saw Wayne Thurlow lead the way home for Girraween. Wayne is still maintaining great consistency over the short distance in 2017. Greg Sargeant and David Perry were not far behind Wayne and kept him honest. It was also nice to see Heidi Juhart make a very rare appearance at cross-country in 2017 in this event. Her sunny smiling countenance has been missed by all her team-mates and we hope to see her again before the season concludes. Lynette Clark also ran consistently, her last West Met event for some time as she is off travelling and we wish her well on her trip. Mark Milliss, also had a sound run in this event and has been having a consistent 2017 season which he is pleased with.

The middle distance saw the redoubtable David Perry lead the way home for Girraween, followed by the consistent Steve Williams. Cristina Sotomayor had a great run and was very pleased with her fine effort. Greg Sargeant was not far behind with another solid performance. Terry Rose backed up his effort in the 2km with another dogged run in this event, coming on top of his parkrun in the morning; it had been a very busy day for him.

The long-distance event saw Geoff Sheargold as the first Girraween runner across the line and it was an excellent performance by Geoff. The rest of the Girraween contingent in this 8km event in Rod Zammit, Michael Free, Graham Sheargold and Denis Andrew all deserve great accolades for their perseverance and persistence in tackling this course so well. Conditions had deteriorated by this time of the afternoon, but all these athletes never shirked their task and hung in well. It was also Rod's third event of the afternoon, goodness knows where the energy comes from, but he is having a remarkable season in 2017.

Thank you to anyone that assisted the organisers last Saturday in what we're trying conditions. Congratulations to all our athletes who keep representing Girraween each Saturday. Your regular appearances are greatly appreciated by the West Met organisers. Thank you. Results follow:

**2km**

28th	Wayne Thurlow	9:50
31st	Greg Sargeant	10:03
34th	David Perry	10:11
42nd	Chloe Grogan	11:43
43rd	Terry Rose	11:45
44th	Michael Grogan	11:50
45th	Heidi Juhart	11:53
46th	Mark Milliss	12:11
47th	Katrina Russell	12:12
48th	Zach Zammit	12:48
49th	Rod Zammit	12:51
53rd	Lynette Clark	14:21

**4km**

20th	David Perry	18:55
38th	Steve Williams	23:05
39th	Cristina Sotomayor	23:06
40th	Greg Sargeant	23:16
41st	Claudio Corvalan	24:23
42nd	Michael Grogan	24:25
43rd	Katrina Russell	25:01
44th	Terry Rose	25:23
45th	Hayley Zammit	26:24
46th	Rod Zammit	26:28
49th	Michael Christie	26:55

**8km**

5th	Geoff Sheargold	33:30
10th	Rod Zammit	39:41
14th	Michael Free	45:41
16th	Graham Sheargold	48:17
17th	Denis Andrew	50:27

Michael Christie (GAP)