

West Met 12 Winston Hills 22-7-17

After the excitement of last Saturday's Road Relays on the Central Coast, the 2017 West Met Cross Country season resumed on the challenging Winston Hills course on Saturday. A small but enthusiastic band of Girraween athletes tackled the three distances on a cool and clear afternoon.

The 2km saw Wayne Thurlow lead the Girraween contingent home followed closely by Greg Sargeant. Chloe Grogan continued her great 2017 cross-country season with another fine performance followed in quick succession by Stephen O'Donnell, Michael Grogan and David Perry who were on each other's heels as they crossed the finish line. Two of our up and coming junior runners in Zach Zammit and Ben O'Donnell also took part in the 2km event and continued their consistent form of late.

The middle distance event saw David Perry lead the way home for Girraween with a superb sub twenty minute time, and almost cracking the eighteen minute mark into the bargain with a very strong performance. Daniel O'Donnell had another great run and is showing his enormous potential each time he runs. He is another of Girraween's fine contingent of junior long distance runners who have been showing their form across the 2017 winter season. Hayley Zammit ran consistently and Michael Grogan got the job done, despite his ongoing health issues. Michael has been showing tremendous fortitude this winter season.

While the Girraween contingent was small for the 8km event each of runner acquitted themselves well. Rod Zammit, Girraween's resident ironman, completed his third run of the afternoon smashing the forty minute mark in a strong display. Both Graham Sheargold and Denis Andrew albeit been very lonely out on the course, nevertheless stuck to their task mightily and are to be commended for their efforts.

While the Girraween contingent was small in numbers on Saturday, the Girraween athletes stuck to their task admirably and are to be congratulated for their efforts. Thank you to Girraween's small band of volunteers, who also assisted in any way on Saturday. Results follow:

2km

14th	Wayne Thurlow	8:45
20th	Greg Sargeant	9:25
31st	Chloe Grogan	10:55
32nd	Stephen O'Donnell	10:56
33rd	Michael Grogan	10:57
34th	David Perry	10:58
35th	Mark Milliss	11:14
36th	Heidi Juhart	11:35
37th	Zach Zammit	12:19
38th	Rod Zammit	12:21
40th	Ben O'Donnell	13:11
41st	Jean Davis	13:12

4km

7th	David Perry	18:01
14th	Daniel O'Donnell	21:14
16th	Stephen O'Donnell	22:37
17th	Michael Grogan	23:27
20th	Hayley Zammit	25:19
21st	Rod Zammit	25:25
22nd	Michael Christie	25:26

8km

7th	Rod Zammit	37:50
10th	Graham Sheargold	44:16
12th	Denis Andrew	48:02

Michael Christie (GAP)