

West Met 2 Haberfield 1-4-17

Last Saturday saw a beautiful afternoon for cross-country on the fast Haberfield course, albeit a little boggy after the previous week's heavy rain. The main concern for our athletes was the inordinately long time it took to travel Haberfield, with many of our athletes taking a fair while to arrive, the traffic was very heavy, no matter what route people travelled. Nevertheless, everyone persevered and ran some fine times in the circumstances.

Wayne Thurlow had a very solid run in the 2km event, leading Girraween home, followed closely by Chloe Grogan who has made a fine start to 2017 cross-country season with two great performances to begin with. Other good runs came from Terry Rose and Greg Sargeant who both showed promise of great things to come.

The middle distance event saw David Perry fly around the course on his 2017 West Met debut. It appears he is in for another great winter season in this year. It was also nice to see Jill Woodruff make a welcome return after an injury lay off, and we hope that Jill is able to compete where possible over the 2017 winter season. Steve Williams, Stephen O'Donnell and Daniel O'Donnell also ran well in the 4km event. One of our newcomers in Awoui Laul also put in a very promising performance and we all hope that Awoui has an enjoyable season of cross-country with Girraween in 2017.

A small select band of Girraween athletes tackled the 8km event and all ran most solidly, with the highlight been Lisa Grant's quick time which ensured she was the first Girraween athlete across the line in this event. There were also strong performances from both Rod Zammit and Michael Free; incidentally this was Rod's third event of the afternoon, after doing parkrun in the morning. Wow! Graham Sheargold also showed us all his ironman potential, backing up after tackling the Striders 10km at Lane Cove in the morning. This is never easy and Graham handled it with great aplomb. It was also nice to see Rob Eager out and about for his first West Met event of 2017, and he stuck to his task well.

It had been a nice afternoon for running and a big thank you for our volunteers who helped out in any way on Saturday to. Your efforts are appreciated. Thank you. Results follow:

2km

27th	Wayne Thurlow	8:26
42nd	Chloe Grogan	9:54
43rd	Michael Grogan	9:55
44th	Terry Rose	9:57
48th	Greg Sargeant	10:25
49th	David Perry	10:26
53rd	Zac Zammit	11:42
54th	Rod Zammit	11:43
56th	Lynette Clark	12:33
61st	Ayuen Laul	15:02
64th	Athou Laul	17:02

4km

28th	David Perry	17:39
34th	Wayne Thurlow	18:42
36 th	Greg Sargeant	19:14
38th	Michael Grogan	19:31
39th	Steve Williams	19:40
41st	Stephen O'Donnell	20:08
44th	Awoui Laul	20:42
45th	Jill Woodriff	20:55
46th	Daniel O'Donnell	21:16
49th	Katrina Russell	21:47
50th	Hayley Zammit	21:54
51st	Rod Zammit	21:55
52nd	Michael Christie	22:11
58th	Roger Mat	25:35

8km

9th	Lisa Grant	33:20
10th	Rod Zammit	35:06
13th	Michael Free	37:05

8km (contd)

18th	Graham Sheargold	43:23
19th	Robert Eager	44:20

Michael Christie (GAP)