

West Met 3 Concord 8-4-17

Last Saturday saw the third West Met event of the 2017 winter season with the largest number of Girraween athletes to date in 2017 attending a West Met event. It was a beautiful afternoon for a run on the slightly challenging Concord course and there were a number of fine performances from Girraween athletes across the three events.

Wayne Thurlow led the Girraween contingent home in the 2km event with a solid performance, closely followed by Greg Sargeant and Awoui Laul. Once again we had a wonderful number of our junior athletes competing over this distance including Awoui Laul, Chloe Grogan, Aleu Gabriel, Ben O'Donnell, Laura Corvalan, Zach Zammit, Ayuen Laul, Deng Laul and Riley Grant. This is great to see and these young athletes are the future of Girraween Athletics. It was also nice to welcome back David Otte, Andrew Free and Mark Milliss for their first West Met appearances of 2017 and we hope that it is the first of many this season.

The middle distance event saw the redoubtable David Perry lead the way home for Girraween followed by the improving Daniel O'Donnell who appears to be gaining pace each week. This young athlete is having a great start to the 2017 cross-country season. There were a number of other fine performances from Hayley Zammit who stuck to her task well, and it would be remiss not to mention the consistent performances of Stephen Parkins, Steve Williams, Michael Grogan and Stephen O'Donnell have made fine starts to their 2017 cross-country campaigns.

Geoff Sheargold had a fine performance in the 8km event, finishing second overall in a great time running sub four minute kilometres throughout. Lisa Grant also put in a fine performance in this event continuing her fine early season form. Rod Zammit amazingly completed three events in the one afternoon yet again with his effort in the 8km. It appears he will be Girraween's ironman for 2017 at this rate. It was also nice to see one of Girraween's favourite son's in Denis Andrew making a welcome return to Girraween colours after working interstate for a number of years. We hope Denis has an enjoyable season in 2017 when he is available to run.

Many thanks once again to our volunteers who assisted on Saturday. Your assistance is also most valued. GAP was also told of the fine sportsmanship shown by one of our members early in the 2km event, who stopped and rendered assistance to one of the younger athletes in the race who had a fall and made sure this runner was going to be ok.

This person would not want any fuss made, as that's the type of person she is. But when GAP was told by a friend about this GAC member's actions, we both thought that she deserved a special mention. There was no fuss, no drama, just lending a helping hand when required. This was a lovely gesture, Mischelle Otte, and you all make us proud to be your friend as well as a member of Girraween Athletics Club. Results follow:

2km

27th	Wayne Thurlow	9:09
35th	Greg Sargeant	9:43
48th	Awoui Laul	10:43
54th	Terry Rose	11:02
55th	Jean Davis	11:11
56th	Chloe Grogan	11:24
57th	Michael Grogan	11:27
58th	Aleu Gabriel	11:30
62nd	Mischelle Otte	11:46
64th	Ben O'Donnell	12:13
66th	Laura Corvalan	12:43
67th	Claudio Corvalan	12:44
69th	Andrew Free	12:46
70th	David Perry	12:47
71st	Stephen O'Donnell	12:48
73rd	David Otte	12:56
74th	Zach Zammit	13:25
75th	Rod Zammit	13:27
80th	Mark Milliss	14:17
81st	Ayuen Laul	14:21
83rd	Deng Laul	14:33
87th	Riley Grant	16:06
88th	Lisa Grant	16:11

4km

27th	David Perry	19:30
34th	Daniel O'Donnell	20:06
44th	Stephen Parkins	21:17
46th	Steve Williams	21:55

49th	Michael Grogan	22:29
52nd	Stephen O'Donnell	23:22
53rd	Jill Woodruff	23:36
55th	Michael Christie	24:16
56th	Cristina Sotomayor	25:34
57th	Claudio Corvalan	25:35
58th	Hayley Zammit	25:52
59th	Rod Zammit	25:53
60th	Jean Davis	26:04
65th	Roger Mar	30:09

8km

2nd	Geoff Sheargold	31:13
8th	Lisa Grant	37:52
10th	Rod Zammit	39:38
14th	Michael Free	42:52
16th	Graham Sheargold	45:16
18th	Robert Eager	48:31
19th	Denis Andrew	49:22

Michael Christie (GAP)