

West Met 4 Rydalmere 15-4-17

Easter Saturday saw a healthy number of Girraween athletes attack the fast Rydalmere course with one slight modification this year, the little hill at the finish line that was a little different than previous years and proved a challenge at the end of the run. It was a beautiful afternoon for running along the Parramatta River.

Wayne Thurlow led the way home in the 2km event for Girraween closely followed by Greg Sargeant and David Perry who continue to run well. Cristobel Corvalan was first home of our junior athletes and Aleu Gabriel was not far behind, putting in another fine performance. Both Lynette Clark and Mark Milliss both ran consistently and stuck to their task well in mild conditions and are running into form.

The middle distance event saw David Perry first across the line for our Girraween athletes followed closely by Stephen Parkins. Both these athletes ran fine sub twenty minute times. Claudio Corvalan and Cristina Sotomayor ran very well in this 4km race and it's apparent that from their fine early season performances, both look like they will have a great 2017 cross-country season. It was also great to see Roger Mar plugging along and he has made a consistent start to the 2017 winter season.

The indomitable Geoff Sheargold was first in the 8km event, running a superb sub thirty minute time. He was by himself for the majority of the run, which made his effort very meritorious indeed. Rod Zammit cracked the forty minute mark, a fine achievement, considering he had already run in the 2km and 4km event earlier in the afternoon. It was also nice to see both Rob Eager and Denis Andrew continuing their excellent early season form.

Thank you to our volunteers who assisted in any way on Saturday. Your assistance is always most valued. It was a nice afternoon and we also hope all our members and friends had a nice break over Easter. Results follow:

2km

27th	Wayne Thurlow	8:44
34th	Greg Sargeant	9:16
47th	David Perry	9:58
52nd	Cristobel Corvalan	10:07

54th	Sophia Nott	10:20
55th	Jean Davis	10:22
56th	Aleu Gabriel	10:23
59th	Terry Rose	11:02
60th	Eva Nott	11:07
62nd	Mischelle Otte	11:08
63rd	Mark Milliss	11:09
64th	David Otte	11:19
67th	Andrew Free	11:43
70th	Laura Corvalan	12:16
71st	Claudio Corvalan	12:17
72nd	Zach Zammit	12:56
73rd	Rod Zammit	12:58
78th	Lynette Clark	13:22
79th	Ben O'Donnell	13:39
80th	Stephen O'Donnell	13:41
82nd	Via DiProspero	14:55
85th	Ayuen Laul	16:04
87th	Athou Laul	16:45

4km

39th	David Perry	18:29
46th	Stephen Parkins	19:11
53rd	Steve Williams	20:25
56th	Daniel O'Donnell	20:56
57th	Michael Grogan	21:00
61st	Stephen O'Donnell	21:48
63rd	Greg Sargeant	21:52
64th	Claudio Corvalan	22:02
65th	Cristina Sotomayor	22:10
66th	Michael Christie	22:41
67th	Jean Davis	23:28
68th	Hayley Zammit	23:43

69th	Rod Zammit	23:44
74th	Roger Mar	26:41

8km

1st	Geoff Sheargold	29:35
12th	Rod Zammit	39:02
13th	Michael Free	47:06
18th	Stephen Parkins	45:43
19th	Robert Eager	46:02
20th	Denis Andrew	46:28

Michael Christie (GAP)