

## **West Met 5 Emu Plains 29-4-17**

It was a beautiful autumn afternoon for cross-country as the Girraween contingent tackled the challenging Emu Plains course along the banks of the Nepean River last Saturday. A small but enthusiastic group of athletes gave it their best shot across the three distances contested.

Wayne Thurlow as is customary these days led the Girraween contingent home in the 2km event with another solid performance as he works his way back into full fitness. He was followed closely by David Perry and Greg Sargeant who continued their recent good form over the shorter distance. Awoui Lual ran a very good time in this event, continuing her fine early season form over this distance. Ben O'Donnell and Zach Zammit were another of our young athletes who continued their consistent efforts of late with both putting in sound performances.

The 5km event saw David Perry as the first Girraween athlete across the line. David is having a very fine start to the 2017 season, and his run illustrated this. Wayne Thurlow and Stephen Parkins also show strong form over the 5km. It was also nice to see Steve Williams continue his fine early season start.

While there was only a small Girraween contingent in the 10km event, our three runners acquitted themselves well. Lisa Grant led the way home for Girraween with a great sub fifty minute time. Rod Zammit in his third run of the day, kept it together well and showed once again his reputation as the Girraween ironman of 2017 is indeed well earned. While Michael Free, was not far behind Rod with another very determined run.

Saturday at Emu Plains saw a fine effort by all Girraween's athletes. Thank you once again to our volunteers who helped out in anyway on Saturday. This help as always was very much appreciated. Results follow:

### **2km**

26th	Wayne Thurlow	9:28
30th	David Perry	9:48
35th	Greg Sargeant	10:13
42nd	Awoui Lual	10:37
49th	Jean Davis	11:36
50th	Aleu Gabriel	11:48
52nd	Ben O'Donnell	11:52

53rd	Chloe Grogan	11:55
54th	Michael Grogan	11:56
55th	Stephen O'Donnell	11:57
57th	Andrew Free	12:48
58th	Zach Zammit	13:26
59th	Rod Zammit	13:30
66th	Deng Lual	15:38
69th	Ayuen Lual	16:35
70th	Lisa Grant	16:36
71st	Athou Lual	17:46

### **5km**

23rd	David Perry	25:23
29th	Wayne Thurlow	26:30
31st	Stephen Parkins	26:48
32nd	Rod Zammit	26:53
34th	Stephen O'Donnell	27:47
37th	Steve Williams	28:41
38th	Greg Sargeant	29:11
40th	Daniel O'Donnell	30:27
43rd	Katrina Russell	31:25
45th	Michael Christie	32:00
48th	Roger Mar	37:20

### **10km**

11th	Lisa Grant	48:55
12th	Rod Zammit	50:48
13th	Michael Free	51:25

Michael Christie (GAP)