

## **West Met 6 Smithfield 13-5-17**

Last Saturday saw a small number of Girraween athletes tackle the deceptively looking Smithfield course at the latest instalment of West Met for 2017. It was a beautiful autumn afternoon for a run and the Girraween athletes present gave it their best shot across the three distances on offer.

Wayne Thurlow was the first Girraween athlete across the line in the 2km event closely followed by Greg Sargeant and David Perry who continued their consistent form of late. There were a number of solid performances by Girraween notables such as Mark Milliss and Andrew Free who are both starting to run into fine form. Our junior athletes in Chloe Groagn, Ben O'Donnell, Laura Corvalan and Zach Zammit all stuck to their tasks well and as a result were rewarded with some fine times. Heidi Juhart also made a rare appearance on Saturday and was welcomed by everyone most warmly. This course was slightly different than last year and thankfully had only recently been mowed in sections due to the good offices of the West Met organiser David Archbold who had chased up the local council to have this task completed in time for Saturday's event. All our athletes were very grateful for David's efforts on our behalf.

The middle distance event saw the indomitable David Perry lead the way home for Girraween followed by Steve Parkins and Michael Grogan. These three athletes are having a most consistent cross-country season and 2017 and their fine form is on display for all to see, each Saturday at West Met. Our sole junior athlete in the middle distance event, Hayley Zammit ran most strongly and had to be pleased with her efforts on this course. Claudio Corvalan and Greg Sargeant also ran strongly, continuing a stellar winter season.

Geoff Sheargold, ran a superb sub thirty minute time in the 8km event on Saturday to finish second overall in a very fine performance. Lisa Grant ran most strongly and was first woman home overall in this run. Rod Zammit, yet again completed his third run of the afternoon in this run and into the bargain ran well under the forty minute mark. It was also nice to see both Graham Sheargold and Denis Andrew hang in well and they both showed dogged determination to finish their respective races off.

It had been an enjoyable afternoon of cross-country and all athletes should be pleased with their efforts. A big thanks to our volunteers who also assisted on Saturday. Results follow:

## **2km**

25th	Wayne Thurlow	8:35
30th	Greg Sargeant	8:56
40th	David Perry	9:28
46th	Terry Rose	10:29
47th	Chloe Grogan	10:37
48th	Michael Grogan	10:39
52nd	Ben O'Donnell	10:55
53rd	Jean Davis	10:56
54th	Mark Milliss	10:57
55th	Heidi Juhart	11:05
57th	Andrew Free	11:17
58th	Laura Corvalan	11:41
59th	Claudio Corvalan	11:42
63rd	Zach Zammit	12:31
64th	Rod Zammit	12:35
68th	Lynette Clark	13:32

## **4km**

25th	David Perry	17:50
35th	Steve Parkins	19:38
43rd	Michael Grogan	21:09
48th	Claudio Corvalan	21:53
50th	Katrina Russell	22:18
51st	Hayley Zammit	22:30
52nd	Rod Zammit	22:31
54th	Greg Sargeant	23:02
55th	Michael Christie	23:57
58th	Roger Mar	26:22

## **8km**

2nd	Geoff Sheargold	29:49
13th	Lisa Grant	35:59
15th	Rod Zammit	37:53

22nd	Graham Sheargold	44:09
23rd	Denis Andrew	46:10

Michael Christie	(GAP)
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