

West Met 7 Bella Vista 20-5-17

Last Saturday afternoon was a fine afternoon for a run, despite the overnight rain on the challenging yet picturesque Bella Vista course. Interestingly, in eight years of compiling Girraween's West Met results, we had the smallest number of Girraween athletes attending an official West Met event during this period on Saturday last. Nevertheless, there were a number of fine performances from the boys and girls in royal blue and white.

Wayne Thurlow, led the small but enthusiastic Girraween contingent home in the 2km event, with another solid performance. He was closely followed by Greg Sargeant and Chloe Grogan who is continuing to run well. It was also nice to see Amelia Clark and she ran strongly on the challenging course. Lynette Clark also stuck to her guns well around Bella Vista Park.

The Girraween athletes were led by Steve Parkins in the 4km event and Steve continues to run strongly every week. Katrina Russell was the second Girraween athlete across the line and is running consistently at the moment. Despite both suffering injuries, Steve Williams and Michael Grogan did not let these difficulties overcome them and they are both recommended for their determination to finish the race which they duly did. Mark Milliss backed up well from the 2km event and found this good preparation for the upcoming ANSW cross-country relays.

Whilst there were only two Girraween competitors in the 8km event, they both ran their hearts out. Lisa Grant is having a great season of cross-country and it showed on Saturday with another strong performance. Michael Free, backing up after his parkrun effort at Mt Penang on that very morning also hung in well. It was very lonely out on the course for both Lisa and Michael, but they both ran evenly and are to be commended for their efforts.

Thanks once again for our small band of volunteers who assisted on Saturday. Results follow:

2km

27th	Wayne Thurlow	9:18
35th	Greg Sargeant	10:07
43rd	Chloe Grogan	11:38

44th	Michael Grogan	11:41
45th	Terry Rose	11:59
46th	Mark Milliss	12:01
49th	Amelia Clark	13:40
56th	Lynette Clark	15:08

4km

32nd	Steve Parkins	21:26
39th	Katrina Russell	25:20
40th	Steve Williams	25:25
41st	Michael Grogan	26:05
44th	Michael Christie	27:05
46th	Mark Milliss	28:59

8km

11th	Lisa Grant	39:05
14th	Michael Free	48:39

Michael Christie (GAP)