

West Met 8 Ermington 3-6-17

Well winter finally arrived for West Met 2017 with a very cool and windy afternoon for these events along the Parramatta River near Ermington. Despite the weather there were a reasonable number of Girraween athletes present to attack this course with great gusto.

Wayne Thurlow led the Girraween contingent home in the 2km event, followed closely behind by Greg Sargeant and Aleu Gabriel who also ran very well. Terry Rose was another who ran solidly in this event. Amongst our younger contingent Chloe Grogan, Ben O'Donnell, Laura Corvalan, Zach Zammit and Deng Laul all ran strongly and it was great to see their enthusiasm on such a cold afternoon.

Lisa Grant dropped down distances on this occasion, yet showed she still has plenty of speed and this was evident when she was the first Girraween runner across the line in the 4km event. Both Steve Williams and Wayne Thurlow ran consistently in this race and would have been well pleased with their efforts. It was also nice to see both Cristina Sotomayor and Katrina Russell running strongly over this distance. Roger Mar was also spotted hanging in well to complete his race and he has been having a very consistent season.

While there were only three Girraween competitors in the 8km event, no one could doubt their enthusiasm. Geoff Sheargold ran superbly to average well under the four minute a km mark over the entire distance and was well rewarded with a top three finish. Rod Zammit yet again showed his great stamina completing his third event of the afternoon in a fine time. Graham Sheargold also ran strongly and most consistently continuing his fine 2017 cross-country season.

Thank you very much to our volunteers who helped out on Saturday. All our runners deserve great credit for giving of their best on a cold winter's day. Results follow:

2km

25th	Wayne Thurlow	8:41
36th	Greg Sargeant	9:43
40th	Aleu Gabriel	10:51
41st	Terry Rose	10:55
47th	Chloe Grogan	11:21

48th	Michael Grogan	11:24
49th	Ben O'Donnell	11:45
50th	Jean Davis	11:46
52nd	Katrina Russell	12:01
55th	Claudio Corvalan	12:39
56th	Zach Zammit	12:40
57th	Rod Zammit	12:42
63rd	Deng Laul	15:48

4km

18th	Lisa Grant	18:03
31st	Steve Williams	20:37
32nd	Wayne Thurlow	20:38
36th	Michael Grogan	21:19
37th	Cristina Sotomayor	21:39
38th	Greg Sargeant	22:08
39th	Claudio Corvalan	22:23
40th	Katrina Russell	22:35
41st	Michael Christie	22:37
43rd	Hayley Zammit	24:23
44th	Rod Zammit	24:25
49th	Roger Mar	27:13

8km

3rd	Geoff Sheargold	30:18
12th	Rod Zammit	37:32
14th	Graham Sheargold	43:33

Michael Christie (GAP)