

West Met 9 North Ryde 10-6-17

After what had been a wet week, at least the rain stayed away for the ninth West Met event of 2017 on the always challenging North Ryde common course. It was pretty wet and soggy in places, yet this did not discourage the small and brave Girraween contingent from giving of their best. Interestingly, this was the smallest Girraween contingent at an official West Met event in the last eight years, taking over from Bella Vista last month. It was also the first occasion in the last eight years at an official West Met event where there were no Girraween Athletics Club women present for any of the three events. Naturally this was an anomaly, with a number of factors at play which are self-evident. It's safe to say that this was a one off, but in saying that, we all hope that our Girraween women are back on board next week, as you were all missed.

The Girraween contingent was led home by Wayne Thurlow in the 2km event and he continued his consistent form of late. He was followed closely by Greg Sargeant who is enjoying a fine 2017 cross-country season. Mark Milliss, David Perry and Michael Grogan also ran very solidly in this event continuing their fine form of late.

David Perry ran a great sub twenty minute-time in heading home the Girraween pack in the middle distance event, continuing his fine recent form. He was followed home by Wayne Thurlow and Steve Williams who continue their excellent performances of late. Michael Grogan and Greg Sargeant also flew the Girraween flag well on the difficult North Ryde course.

Michael Free was the sole Girraween representative in the 8km event and it was very lonely for him out there. Nevertheless he stuck it out well with a dogged performance. Michael was also backing up after his efforts as a tail runner at the Willoughby parkrun that very morning in horrible conditions, so it was a very gutsy performance in the circumstances.

Thank you to our volunteers who helped out at North Ryde. It continues to be important that we assist David where we can each Saturday at West Met. Thank you. Results follow:

2km

25th	Wayne Thurlow	9:21
34th	Greg Sargeant	9:59

41st	Mark Milliss	11:46
44th	David Perry	12:30
45th	Michael Grogan	12:31

4km

20th	David Perry	18:58
30th	Wayne Thurlow	22:08
31st	Steve Williams	22:10
33rd	Michael Grogan	22:26
35th	Greg Sargeant	23:21
37th	Michael Christie	25:38

8km

15th	Michael Free	41:47
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Michael Christie	(GAP)
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