

West Met 1 Ermington 31-3-18

The 2018 West Met season began at Ermington on a very mild autumn afternoon and saw a healthy number of Girraween athletes tackle the paths and ovals adjacent to the Parramatta River with its copious numbers of mangroves and associated wildlife.

It was business as usual in the 2km event with Wayne Thurlow continuing on his fine form from 2017 in this event leading the Girraween contingent home. Following closely behind were Greg Sargeant, Steve Williams and David Perry who all made promising starts to the 2018 winter season. The Corvalan clan were also spotted in this event and they all ran most strongly. Zac Zammit was another of our younger competitors who hung in well.

David Perry ran a great sub nineteen minute time in the 4km event closely followed by the redoubtable Wayne Thurlow. Daniel O'Donnell and Steve Parkins also had a great run. It was also nice to see Hayley Zammit out on the course and we hope she has a great cross-country season. All Girraween members gave a warm welcome to Carly Eager who whilst out visiting family from her current home in the UK popped along for a run and showed she has not lost any of her form. It was nice to see Carly and we all hope she had a great time back in Australia catching up with family and friends.

While there was a small contingent from Girraween in the 8km event, all competitors stuck to their task with great enthusiasm. We make a special mention to both Wayne Thurlow and David Perry who completed all three events on the day, never an easy accomplishment. Congratulations to both athletes. Graham Sheargold, Rob Eager and Denis Andrew were the remaining Girraween athletes in this event and they never faulted in their endeavours.

All in all it was a promising start to the 2018 West Met season from a Girraween perspective and all athletes are to be congratulated for their fine efforts. Thank you also to our members who helped out on the day with any tasks. Volunteering is part of ensuring the success of West Met each Saturday and if we can assist in any way that is always appreciated. Thank you. Results follow:

2km

14th	Wayne Thurlow	8:18
28th	Greg Sargeant	9:30
38th	Steve Williams	10:07

39th	David Perry	10:09
41st	Jean Davis	10:17
42nd	Rod Zammit	10:21
44th	Cristobel Corvalan	10:33
45th	Stephen O'Donnell	10:34
47th	Claudio Corvalan	10:50
50th	Ben O'Donnell	10:58
51st	Cristina Sotomayor	10:59
53rd	Laura Corvalan	11:32
58th	Roger Mar	13:48
61st	Zac Zammit	14:21
62nd	Michael Grogan	14:23

4km

24th	David Perry	18:17
34th	Wayne Thurlow	19:07
39th	Daniel O'Donnell	20:50
40th	Stephen Parkins	20:55
41st	Michael Grogan	21:09
46th	Carly Eager	22:32
47th	Stephen O'Donnell	22:34
50th	Steve Williams	23:31
53rd	Hayley Zammit	23:55
54th	Rod Zammit	23:56
55th	Claudio Corvalan	24:11
57th	Greg Sargeant	24:42
59th	Michael Christie	25:18

8km

11th	Wayne Thurlow	38:43
19th	David Perry	43:40
21st	Graham Sheargold	46:01
22nd	Robert Eager	47:27
23rd	Denis Andrew	48:20

Michael Christie (GAP)