

## **West Met 10 Dundas 30-6-18**

For the second time in the 2018 West Met Cross Country season we visited that iconic cross-country venue, Upjohn Park Dundas. For this return visit however, the convenor, David Archbold changed things up and reversed the course. So all the athletes ran in the opposite direction to what they were used to. It basically meant re-visiting part of the old course from many years ago with bridge crossings, stairs and the odd extra hill thrown in for good measure. It was certainly a little tougher than the course from May and the general consensus was that David had done a fine job in changing things up.

The 2km event saw the incomparable Greg Sargeant lead the way home for Girraween with another solid run. Greg continues to run well. He was followed closely behind by Michael Grogan, David Perry and Jean Davis who all continued their fine form of late. Our younger runners in Ben O'Donnell, Zac Zammit and Rosemary Zammit all hung in well on this course and are to be congratulated for their efforts.

Rod Zammit was the first Girraween athlete home in the middle distance event with a very fine sub five minute a km time. Both David Perry and Daniel O' Donnell were not far behind Rod and also broke the twenty minute time on the new version of this course. Our other younger runners in Chloe Grogan and Hayley Zammit also had a fine race which was exciting to see. A special mention to Rod Zammit, David Perry, Michael Grogan, Stephen O'Donnell and Mark Milliss who all backed up after their 2km run to compete in this event, no easy task and all completed the course in fine fettle.

For the first time during the 2018 West Met Cross-Country season it appeared there would be no Girraween runner in the longer race, when up popped Maisie Stone to run in the 6km. This young athlete had a very strong run in what was her West Met debut and we all congratulate her on her effort. Given that this course is one of the more difficult West Met courses on the calendar it was a fine performance by Maisie. We hope she is able to make a few more West Met runs if commitments allow before the season is out.

It had been a nice afternoon for cross-country and we thank any of our volunteers who assisted last Saturday at Dundas. Your help continues to be appreciated by one and all. Results follow:

**2km**

36th	Greg Sargeant	10:33
43rd	Michael Grogan	11:26
44th	David Perry	11:28
45th	Jean Davis	11:33
46th	Stephen O'Donnell	11:36
48th	Mark Milliss	11:43
51st	Ben O'Donnell	12:38
52nd	Zac Zammit	12:39
59th	Roger Mar	14:13
62nd	Rosemary Zammit	17:19
63rd	Rod Zammit	17:20

**4km**

24th	Rod Zammit	19:07
28th	David Perry	19:47
29th	Daniel O'Donnell	19:48
37th	Stephen Parkins	21:36
38th	Chloe Grogan	21:49
39th	Michael Grogan	21:50
42nd	Hayley Zammit	22:37
43rd	Stephen O'Donnell	22:38
49th	Katrina Russell	27:18
50th	Michael Christie	27:19
53rd	Mark Milliss	27:40

**6km**

2nd	Maisie Stone	33:33
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Michael Christie (GAP)