

## **West Met 11 Prospect 14-7-18**

After a bitterly cold early morning, last Saturday saw pleasant conditions in the afternoon for the eleventh edition of West Met this season out at Prospect Reservoir. A small but enthusiastic team of Girraween athletes tackled the three courses on offer.

To prove her historic achievement last month at North Ryde was no flash in the pan, Jean Davis once again led the Girraween contingent home in the 2km event with another fine performance. Jean is having a stellar 2018 cross country season and her performances continue to be a great example of what is possible to all her team-mates at Girraween. The young contingent were also to the fore in this event on Saturday and Ben O'Donnell, Zach Zammit and Rosemary Zammit all had fine runs and continue to run well.

Rod Zammit with another fine performance was the first Girraween athlete across the line in the 4km event on Saturday. Rod is another of our athletes who is having a fine season. There were also eye-catching performances from both Daniel O'Donnell and Chloe Grogan in this event and their consistency week in week out is remarkable. Hayley Zammit is another one of our younger athletes who also continues to run well. Daniel, Chloe and Hayley are having excellent cross-country seasons. A special mention to Rod Zammit, Michael Grogan, Stephen O'Donnell and Mark Milliss who all backed up in this event after their 2km duties, never an easy task at the best of times, but they all had a fine run.

Whilst the contingent was small in the 8km event, Girraween's athletes nevertheless kept the flag flying well. Lisa Grant had another fine performance with a great sub forty minute effort. Lisa finished in the top five overall. Both Graham Sheargold and Denis Andrew hung in well on the challenging little course and had to be pleased with their efforts.

All in all it had been a nice winter's afternoon for a run and all Girraween's athletes acquitted themselves well. Thank you to any of our volunteers who also assisted in any way on Saturday. With numbers across West Met down across the board in 2018, it has become increasingly important that we help out where and when we can. Thanks again. Results follow:

**2km**

27th	Jean Davis	10:05
29th	Michael Grogan	10:27
30th	Ben O'Donnell	11:00
31st	Zach Zammit	11:11
32nd	Heidi Juhart	11:12
33rd	Stephen O'Donnell	11:16
35th	Mark Milliss	12:21 (late starter)
40th	Rosemary Zammit	14:50
41st	Rod Zammit	14:51

**4km**

20th	Rod Zammit	17:30
25th	Daniel O'Donnell	19:49
31st	Chloe Grogan	20:36
32nd	Michael Grogan	20:56
39th	Hayley Zammit	22:10
41st	Stephen O'Donnell	22:47
45th	Michael Christie	24:51
47th	Mark Milliss	26:47

**8km**

4th	Lisa Grant	37:20
11th	Graham Sheargold	43:19
14th	Denis Andrew	48:13

Michael Christie

(GAP)