

## **West Met 12 Greystanes 28-7-18**

A beautiful winter's afternoon saw a small but enthusiastic group of Girraween runners tackle the Gipps Rd course at Greystanes last Saturday. Conditions were almost perfect for running with the mid afternoon sun beaming down on everyone amongst the wide blue sky.

The 2km saw Nathan Moffitt lead the way home for Girraween's runners with a very slick time. It was great to see Nathan make a rare West Met appearance in 2018 showing that he has not lost any speed over the shorter distance. Greg Sargeant was another who continued his fine run of form with a solid sub ten minute performance. Lynette Clark also graced us with her presence and it was nice to see her again in amidst her many commitments. Both Zac and Rosemary Zammit continued their great cross country seasons with another fine effort on the weekend.

The ubiquitous Rod Zammit was the first Girraween runner home in the middle distance event with another fast time. David Perry was another who continued his fine form of late. Both Chloe Grogan and Hayley Zammit ran well once again and have continued their wonderful 2018 cross country seasons. A special mention to Greg Sargeant, Michael Grogan, David Perry and Rod Zammit who all backed up again and all ran well into the bargain.

Whilst the Girraween contingent in the long distance event was small, there was no doubting their enthusiasm. Lisa Grant had another superb run, with an excellent sub forty minute effort. Both Rob Eager and Denis Andrew hung in well as conditions warmed up slightly and had to be pleased with their efforts.

All in all it had been another great afternoon of cross country and all athletes had done well. Thanks once again to any of our members and friends who helped David out on the day. Results follow:

### **2km**

7th	Nathan Moffitt	7:37
22nd	Greg Sargeant	9:20
31st	Michael Grogan	11:06
32nd	David Perry	11:09
33rd	Rod Zammit	11:12
35th	Roger Mar	12:39
40th	Lynette Clark	13:49
41st	Rosemary Zammit	15:15
42nd	Rod Zammit	15:17

**4km**

10th	Rod Zammit	17:22
14th	David Perry	19:11
17th	Chloe Grogan	20:10
20th	Michael Grogan	20:44
22nd	Hayley Zammit	21:01
25th	Greg Sargeant	22:36
26th	Michael Christie	23:14

**8km**

6th	Lisa Grant	36:26
13th	Rob Eager	44:59
14th	Denis Andrew	46:03

Michael Christie (GAP)