

West Met 13 (Waratah Running Festival) Dundas 4-8-18

Last Saturday saw the Waratah Running Festival also doubling as West Met 13, held on the challenging Upjohn Park course on a beautiful winter's afternoon. There were a healthy number of Girraween athletes present, many backing up from the Girraween day at Rooty Hill parkrun in the morning.

The 2km event saw some fine times by Girraween athletes with Greg Sargeant leading the way home closely followed by the incomparable Jean Davis with another fine performance. The efforts of our younger runners were excellent and Rosemary Zammit, Hayley Zammit, Zac Zammit and Ben O'Donnell all should be proud of their efforts. It was also great to see Roger Mar out and about having a run as well in this event.

Rod Zammit had another superb run in the 4km event leading the way for Girraween. There were some fine efforts also by David Perry, Stephen Parkins, Graham Sheargold, Michael Grogan and Stephen O'Donnell, all running most consistently. Our younger athletes in Chloe Grogan and Daniel O'Donnell also had fine runs continuing on their great form of late.

Whilst the 6km event saw a small Girraween contingent there was no doubting their endeavour. Lisa Grant had a great sub thirty minute run on the undulating course, while Robert Eager, Mark Milliss and Roger Mar all hung in well as the conditions warmed up. Roger had also remarkably backed up from the 2km event earlier in the afternoon, a fine achievement by this Girraween veteran.

Girraween Athletics Club also ran the canteen last Saturday A big thank you to both George and Judy Milosevic for supplying the BBQ and many of the supplies. The world famous Girraween BBQ continues its fine tradition of attracting great praise. Also thanks to our members and friends who helped out on Saturday, whether it was assisting to set up or pack up, or serving at the canteen at any time during the day. Also thanks to our members who assisted David walking around and packing up the course after the last event concluded. It was wonderful to see our members and friends help out on Saturday and it drew favourable attention from many quarters. Thank you.

The results you see below were sourced from the ANSW website. At time of writing the results had not been adjusted for the West Met website. So we just need to keep an eye on that, to ensure all our athletes are credited for their efforts last Saturday. Results follow:

2km Female

16th	Jean Davis	11:11
22nd	Rosemary Zammit	15:11
23rd	Hayley Zammit	15:12

2km Male

20th	Greg Sargeant	9:45
22nd	Ben O'Donnell	12:08
23rd	Zach Zammit	12:26
24th	Roger Mar	13:02

4km Female

13th	Chloe Grogan	22:13
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4km Male

8th	Rod Zammit	18:09
15th	David Perry	20:02
20th	Stephen Parkins	21:31
21st	Graham Sheargold	21:36
22nd	Michael Grogan	22:14
23rd	Daniel O'Donnell	22:22
24th	Stephen O'Donnell	22:25
31st	Michael Christie	26:29

6km Female

19th	Lisa Grant	28:47
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6km Male

42nd	Rob Eager	34:52
43rd	Mark Milliss	39:00
45th	Roger Mar	46:15

Michael Christie (GAP)