

## **West Met 15 Dundas 25-8-18**

The last day of the West Met season proper last Saturday saw a healthy number of Girraween's finest tackling the challenging Upjohn Park on a cool afternoon. It was also pleasing to welcome back some of our athletes who we have not seen much of over the 2018 winter season.

We kicked proceedings off with a quick run over the 800m distance mainly as a warm up for the 2km shortly afterwards. David Perry led the way for Girraween here followed closely by Greg Sargeant. All Girraween athletes appeared to enjoy this brief experience.

The 2km event had a good number of Girraween athletes taking part which was nice to see. Greg Sargeant had a great run leading the way for Girraween followed closely by David Perry. Our younger contingent in Ben O'Donnell, Zach Zammit and Rosemary Zammit all had fine runs, with Rosemary in particular setting a new pb for this course, showing she is in great form. It was also nice to see Wayne Thurlow for his second West Met event of the season as he continues his comeback from illness. Katrina Russell was also spotted making her first appearance at West Met since the end of June and she was welcomed back with much enthusiasm by her friends at Girraween. It was also nice to see Heidi Juhart making her way around the course in fine style last Saturday.

The middle distance event saw Daniel O'Donnell head the Girraween contingent home with a very fine sub twenty minute time, continuing his fine 2018 winter form to the end. David Perry had a very fine run and it would also be remiss of me not to mention the fine efforts of Hayley and Rod Zammit in this event. Both athletes have had a fine 2018 cross-country season. A number of athletes ran in more than one event on Saturday, never an easy task at Upjohn Park and you can see their efforts in the results listed below.

Rob Eager led the Girraween contingent home in the 6km event with another dogged performance, running most consistently, which is how he ran all season. He is another of Girraween's athletes who can be well pleased with their efforts through the winter of 2018.

Thank you so very much too all our athletes who donated monies last Saturday for 'Jennifer's Wish' raising money for Breast Cancer research at Westmead hospital. David Archbold, the convenor was very pleased with the support he had from all at West Met last Saturday. Thank you once again and thanks also to our volunteers who assisted in anyway on Saturday. Results follow:

### **800m**

8th	David Perry	3:03
9th	Greg Sargeant	4:04
10th	Daniel O'Donnell	4:13
11th	Jean Davis	4:31
12th	Stephen O'Donnell	4:38
14th	Ben O'Donnell	5:43

### **2km**

12th	Greg Sargeant	9:34
13th	David Perry	9:57
16th	Mark Milliss	10:42
17th	Heidi Juhart	10:56
18th	Jean Davis	11:07
22nd	Ben O'Donnell	12:10
23rd	Zach Zammit	12:17
24th	Rod Zammit	12:19
25th	Katrina Russell	12:44
26th	Roger Mar	12:57
27th	Rosemary Zammit	13:00
28th	Wayne Thurlow	13:01

### **4km**

12th	Daniel O'Donnell	19:30
14th	David Perry	20:55
21st	Hayley Zammit	23:10
22nd	Rod Zammit	23:13
23rd	Stephen O'Donnell	24:32
24th	Michael Christie	24:33
27th	Mark Milliss	25:26

### **6km**

9th	Rob Eager	34:36
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Michael Christie (GAP)