

West Met 2 Haberfield 7-4-18

With the recent warm weather we would think we were in Spring and heading into Summer not supposedly getting ready for Autumn and the cooler weather. The Girraween athletes who competed on the fast flat Haberfield West Met course were greeted with another very mild afternoon and did not let the un-seasonally warm weather deter them.

The 2km saw Greg Sargeant lead the Girraween contingent home followed closely by Rod Zammit and David Perry who have both started the 2018 cross-country season off well. It was nice to see Karen Clark and she showed that she is gradually finding her form with a fine run. Ben O'Donnell, Daniel O'Donnell and Zac Zammit flew the flag well for our younger athletes and continue to show fine early season form.

The middle-distance event saw Rod Zammit lead the way home for Girraween followed closely by David Perry and Steve Clark who showed he still has a fine turn of speed. It was nice to welcome Steve back and we hope he enjoys his cross-country season in 2018 when his work commitments allow. Both Chloe Grogan in her debut at West Met in 2018 and Hayley Zammit both ran very consistently and showed glimpses of form which indicate both athletes will have a fine winter season.

While the 8km event only saw a small Girraween contingent take part, nevertheless David Perry, Rob Eager and Denis Andrew all ran consistently and stuck to their plan. It was also David Perry's third run of the day and even at this early stage of the 2018 winter season, David is building up a real ironman reputation. Well done to David and all our athletes.

Thanks to any of our Girraween athletes who helped out on Saturday and we hope everyone enjoyed their run. Results follow:

2km

| | | |
|------|-------------------|-------|
| 27th | Greg Sargeant | 8:43 |
| 29th | David Perry | 8:53 |
| 34th | Rod Zammit | 9:24 |
| 35th | Jean Davis | 9:28 |
| 42nd | Karen Clark | 10:09 |
| 46th | Ben O'Donnell | 11:01 |
| 47th | Daniel O'Donnell | 11:02 |
| 50th | Stephen O'Donnell | 12:23 |

| | | |
|------|----------------|-------|
| 51st | Zac Zammit | 12:25 |
| 52nd | Michael Grogan | 12:26 |

4km

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|------|-------------------|-------|
| 15th | Rod Zammit | 16:15 |
| 25th | David Perry | 17:07 |
| 27th | Steve Clark | 17:18 |
| 43rd | Stephen O'Donnell | 19:44 |
| 44th | Chloe Grogan | 20:28 |
| 45th | Michael Grogan | 20:35 |
| 47th | Greg Sargeant | 22:11 |
| 49th | Hayley Zammit | 23:22 |

8km

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|------|--------------|-------|
| 13th | David Perry | 43:05 |
| 15th | Rob Eager | 44:09 |
| 16th | Denis Andrew | 45:00 |

Michael Christie (GAP)