

West Met 3 Concord 14-4-18

Well after a very hot week for April, Girraween's athletes were confronted with another very warm afternoon as they tackled the tricky little Concord West Met course, but looking at these results, the hot conditions did not deter them as there were a number of fine performances.

The 2km event saw Geoff Sheargold speed away from the start line and he finished third outright with a superb run in the conditions. Greg Sargeant, Ben O'Donnell and Jean Davis were other standout efforts in the shorter event. It was also great to see Mark Milliss have his first run of the 2018 West Met season and we hope he is able to return for future events throughout the winter.

The 4km once again saw Geoff Sheargold at his explosive best with a fine second place overall and a great sub fifteen minute run into the bargain. Given the conditions, the great sub twenty minute times from Rod Zammit, David Perry, Steve Clark and Daniel O'Donnell were outstanding and all athletes should have been pleased with their efforts.

The long distance event saw David Perry and Michael Free as Girraween's representatives and they stuck to their tasks well. It was David Perry's third run of the afternoon and from all accounts it was an amazing performance from David to stick it out. Please also note that there are no places noted for David and Michael in our results due to the discrepancy that appears with their places in the official results section on the West Met website. Other than that all appears well.

We congratulate all athletes on Saturday's performances and it is to be hoped that conditions improve a little as the season evolves. Thanks also to any Girraween members and friends who assisted with volunteering at Concord. Results follow:

2km

3rd	Geoff Sheargold	7:09
29th	Greg Sargeant	9:47
35th	Ben O'Donnell	10:41
36th	Jean Davis	10:42
45th	Michael Grogan	11:21
46th	Stephen O'Donnell	11:29

47th	Rod Zammit	11:29
48th	David Perry	11:32
51st	Mark Milliss	12:14
52nd	Karen Clark	12:19

4km

2nd	Geoff Sheargold	14:51
24th	Rod Zammit	17:55
30th	David Perry	18:43
31st	Steve Clark	18:47
39th	Daniel O'Donnell	19:29
56th	Chloe Grogan	22:08
57th	Stephen O'Donnell	22:20
58th	Michael Grogan	22:21

8km

	David Perry	43:09
	Michael Free	43:10

(Nb: No places for David & Michael. Discrepancy with place results on West Met website)

Michael Christie (GAP)