

## **West Met 4 Rydalmere 28-4-18**

A small but enthusiastic Girraween contingent tackled the fast Rydalmere layout at the most recent West Met meet last Saturday on a coolish autumn afternoon, a pleasant change from recent West Met events.

The 2km saw the redoubtable Greg Sargeant head the Girraween contingent home with a great sub ten minute time, closely followed by Steve Williams who is continuing to run well. It was also nice to welcome Heidi Juhart for her 2018 West debut and as is normal, Heidi made a positive impact. Katrina Russell was another 2018 first-timer at West Met and we hope to see her at many more West Met events in 2018. We also give a very special and warm welcome to Rosemary Zammit, who made her cross-country debut on Saturday. Rosemary is our youngest competitor and it was great to see her out on the course encouraged by her Dad Rod. We hope she enjoyed the experience and that she will be back for many more runs over the coming months. To prove it was a real family affair in the 2km, Zach Zammit also had another solid run and encouraged by Michael Grogan, continues to run most consistently.

Rod Zammit ran a slick sub seventeen minute-time to be the first Girraween member across the line in the middle distance event. Both David Perry and Stephen Parkins continue to show great early season form with fine efforts on Saturday. We also send a shout out to both Chloe Grogan and Hayley Zammit who are continuing their fine form of late with another excellent effort over the 4km distance. Katrina Russell and Mark Millis both stuck it out well after backing up from their exertions in the 2km event.

The 8km event saw Lisa Grant in her West Met debut for 2018 lead the way home for Girraween with another fine time. Michael Free ran a great sub-forty minute time on the weekend, winding back the clock with a superb effort and he had to be pleased with that performance. Graham Sheargold, Rob Eager and Denis Andrew made up the remainder of the Girraween contingent over the longer distance on the weekend and all put in a dogged effort throughout.

Wayne Thurlow popped out to Rydalmere on Saturday to support his running colleagues who were happy to see him and we all wish him a speedy recovery as he recovers from a recent illness. His encouragement and loquaciousness to all Girraween runners when out on

the course is certainly missed by all his running colleagues and we all hope to see him up and about soon. Thank you also to any of our members who helped out on Saturday in any way shape or form. Results follow:

### **2km**

36th	Greg Sargeant	9:25
38th	Steve Williams	9:43
46th	Heidi Juhart	11:02
48th	Mark Milliss	11:04
52nd	Katrina Russell	12:22
58th	Zach Zammit	13:42
59th	Michael Grogan	13:43
66th	Rosemary Zammit	17:22
67th	Rod Zammit	17:23

### **4km**

29th	Rod Zammit	16:39
35th	David Perry	17:39
49th	Stephen Parkins	19:33
54th	Chloe Grogan	20:46
55th	Michael Grogan	20:57
58th	Greg Sargeant	22:38
60th	Hayley Zammit	23:37
61st	Katrina Russell	24:01
68th	Mark Milliss	26:45

### **8km**

11th	Lisa Grant	36:57
18th	Michael Free	39:24
21st	Graham Sheargold	43:35
23rd	Rob Eager	45:15
24th	Denis Andrew	46:07

Michael Christie (GAP)