

West Met 5 Dundas 12-5-18

On a very chilly autumn afternoon and with a cold wind blowing and showers scudding across the hilly Upjohn Park terrain, a small brave band of Girraween enthusiasts took to the hills and dales of South Dundas last Saturday in a brave attempt to conquer the challenging course before them. There were changes to the course compared to previous years and this drew a mixed response from all present, but nevertheless it was still a challenging cross-country course.

The 2km event saw Greg Sargeant lead the Girraween contingent home once again in what was a fine effort from this stellar runner. David Perry, Michael Grogan and Mark Milliss also ran solidly, while Zach Zammit stuck to his task well in what was another good run by him.

Rod Zammit ran a great time in the 4km event, starting off quickly and keeping his form together throughout. There were also fine runs from David Perry and Stephen Parkins who continued their consistent form of recent weeks. Both Chloe Grogan and Hayley Zammit also ran well over the challenging terrain and had to be pleased with their efforts in the cool conditions.

The 8km event saw a small but brave Girraween contingent tackle the four laps of the new course and despite the challenges that awaited them, showed they had lost none of their enthusiasm for the task at hand. Michael Free, who ran superbly to lead the Girraween representatives home, Graham Sheargold, Rob Eager and Denis Andrew were valiant in the extreme and have to be complimented for their efforts on Saturday.

All in all it had been a most challenging afternoon, but all Girraween representatives gave of their best and that's all that could be asked. Thank you to those members who also assisted with volunteering duties on Saturday in the tough conditions. This was once again appreciated. Results follow:

2km

31st	Greg Sargeant	9:42
38th	David Perry	10:52
39th	Michael Grogan	10:53
40th	Mark Milliss	10:59
41st	Zach Zammit	11:54

43rd	Rod Zammit	11:58
47th	Lynette Clark	13:12
48th	Roger Mar	13:29

4km

26th	Rod Zammit	17:17
34th	David Perry	18:13
44th	Stephen Parkins	20:35
46th	Chloe Grogan	21:41
47th	Michael Grogan	21:47
50th	Greg Sargeant	23:20
51st	Hayley Zammit	24:25
52nd	Michael Christie	24:36

8km

20th	Michael Free	41:30
22nd	Graham Sheargold	44:43
23rd	Robert Eager	45:53
24th	Denis Andrew	48:21

Michael Christie (GAP)