

West Met 6 Ermington 19-5-18

An enthusiastic group of Girraween's cross-country athletes tackled the Ermington course last Saturday for the sixth edition of West Met in 2018. Whilst it was the second visit to the Ermington venue in 2018, it was the first time Girraween's runners had tackled this course, as David the West Met convenor had made some modifications from week one earlier in the season. This was a good thing as with the limitation of venues in 2018, changing things up will keep things interesting for all our athletes.

As is his wont in recent weeks, Greg Sargeant led the way home for Girraween in the 2km event with another fine performance running a great sub ten minute time. Jean Davis and Ben O'Donnell were not far behind continuing their fine form of late. It was also nice to see Rosemary Zammit having another run whilst Zach Zammit also put in another solid effort. Two of our veteran athletes in Lynette Clark and Roger Mar continued their consistent form in this event and had to be happy with their efforts. Amelia Clark also had her first run of the 2018 West Met season and ran very well into the bargain.

The 4km event saw Rod Zammit cross the line first for Girraween running very strongly, backing up well after the shorter event. Daniel O'Donnell, who is developing into a fine cross-country runner, was not far behind Rod with an excellent performance, his fastest over this distance to date in 2018. Stephen Parkins continued his consistent form of late, followed closely behind by the excellent Chloe Grogan. Both Stephen O'Donnell and Mark Milliss backed up well after their exertions in the 2km event, never an easy task given the short time lag between the two events. Greg Sargeant also fell into this category, with another evocative performance and before we forget so did Michael Grogan whose fine form continues.

Whilst there were only two Girraween athletes in the 8km event, both Michael Free and Robert Eager stuck to their task well over the course and one has to admire their determined efforts over the duration of the event. Well done to both athletes.

Thank you to any of our runners who helped out on Saturday. Given the smaller number of runners at West Met to-date in 2018, the volunteering role at West Met has become more important than ever, and as Girraween is one of the larger clubs in terms of numbers who attend West Met, it's important that we assist where we can. Thank you. Results follow:

2km

33rd	Greg Sargeant	9:24
39th	Jean Davis	10:14
42nd	Ben O'Donnell	10:52
43rd	Stephen O'Donnell	11:03
46th	Heidi Juhart	11:14
47th	Mark Milliss	11:18
49th	Zach Zammit	12:34
50th	Michael Grogan	12:35
51st	Amelia Clark	12:54
55th	Lynette Clark	13:40
56th	Roger Mar	13:51
59th	Rosemary Zammit	15:16
60th	Rod Zammit	15:17

4km

26th	Rod Zammit	17:57
28th	Daniel O'Donnell	18:17
42nd	Stephen Parkins	20:10
43rd	Chloe Grogan	20:14
46th	Michael Grogan	20:44
51st	Stephen O'Donnell	22:21
53rd	Hayley Zammit	23:02
54th	Greg Sargeant	23:20
56th	Katrina Russell	24:48
61st	Mark Milliss	26:52

8km

21st	Michael Free	41:34
22nd	Robert Eager	46:26

Michael Christie (GAP)