

West Met 7 Winston Hills 2-6-18

Girraween's athletes tackled a new cross-county course last Saturday, straddling Toongabbie Creek amongst Third Settlement Reserve at Winston Hills. A site rich in history as part of the area was within the bounds of the convict farm established in the 1790's. It was a cool cloudy and at times rainy afternoon as Girraween's athletes tackled this at times narrow course to the best of their ability. The convenor of West Met David, did very well to eke out a course either side of the creek given the limitations he faced with space and also construction works on the southern side of the creek which limited possibilities. Nevertheless, it was great to run on a different course and most athletes appeared to cope very well with the mix of bush track, grass, path that made up the course.

Greg Sargeant continued his recent good form leading the way home for Girraween in the 2km event with a fine time. Ben O'Donnell and Stephen O'Donnell also ran well with both running under the ten minute mark, no easy job on this course. It was also nice to see both Heidi Juhart and Katrina Russell having a solid run, given their limited preparation time beforehand. They both enjoyed the experience running at a venue that was in their neighbourhood so to speak. Rosemary Zammit also put in another fine effort which was very exciting.

The 4km event saw David Perry run a superb sub eighteen minute time and he was followed by Daniel O'Donnell who was also under the eighteen minute mark with another fine run. Stephen Parkins, Chloe Grogan and Michael Grogan also ran under twenty minutes, no mean feat on this technical little course. They are all running well at the moment. A number of Girraween's runners in David Perry, Michael Grogan, Stephen O'Donnell, Katrina Russell, Greg Sargeant and Mark Milliss also backed up in this event after going around in the 2km event minutes earlier, a very fine effort under the circumstances with the weather starting to turn a little inclement.

Lisa Grant made a rare appearance at West Met and ran superbly over the 8km course on Saturday afternoon. Running at a tick over the 4:30 per km mark throughout it was a very fine effort by Lisa in the circumstances. Michael Free also ran very well, finishing under the forty minute mark, again showing everyone that he is running consistently of late. The three remaining experienced Girraween runners in Graham Sheargold, Rob Eager and Stephen Parkins stuck to their task well over the four laps of the course. Stephen Parkins was also backing up after his effort in the 4km event, no mean feat given the challenging conditions

and he had to be pleased with his efforts over the afternoon.

All in all it had been an interesting afternoon and all runners should be pleased with their efforts. Thank you also to West Met convenor, David Archbold, for discovering a new West Met course and for going to the trouble of measuring it and marking it out. Given the lack of space he had to work with, he did a fine job in putting this together. All at Girraween appreciate his efforts on our behalf. Thank you also to any of our volunteers who assisted on Saturday. Your efforts were appreciated. Results follow:

2km

29th	Greg Sargeant	9:15
37th	Ben O'Donnell	9:51
38th	Stephen O'Donnell	9:52
40th	Jean Davis	10:04
42nd	Mark Milliss	10:15
43rd	Heidi Juhart	10:27
46th	Katrina Russell	11:04
47th	Michael Grogan	11:05
50th	David Perry	11:50
57th	Rosemary Zammit	15:13
58th	Rod Zammit	15:14

4km

35th	David Perry	17:27
38th	Daniel O'Donnell	17:52
46th	Stephen Parkins	19:08
47th	Chloe Grogan	19:18
49th	Michael Grogan	19:39
54th	Stephen O'Donnell	22:02
55th	Katrina Russell	23:06
56th	Greg Sargeant	23:21
60th	Michael Christie	24:09
61st	Mark Milliss	24:22

8km

11th	Lisa Grant	36:20
16th	Michael Free	38:51

17th	Graham Sheargold	40:13
19th	Rob Eager	42:22
20th	Stephen Parkins	42:55

Michael Christie	(GAP)
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