

West Met 8 Emu Plains 9-6-18

Last Saturday saw a small but brave Girraween contingent tackled the undulating Emu Plains course parallel to the Nepean River on a cold afternoon. Our runners found the course very damp underfoot, particularly over the first section of the course and in places it was a little dangerous. Nevertheless, they all gave it their best shot and lived to tell the tale.

The 2km event saw Michael Grogan lead the way home for Girraween followed by David Perry where both runners were sensibly having a gallop before their next event. It was also nice to see a couple of our younger runners in Rosemary and Zach Zammit have a run and they both did a fine job in the circumstances. Mark Milliss was also spotted out on the track as well, finishing the event in due course.

The middle distance event saw Rod Zammit the first Girraween runner across the line followed by David Perry. Both athletes ran superb sub five minute km's, an excellent effort in the circumstances. The ever reliable Stephen Parkins and the continuously improving Chloe Grogan were not far behind and had great run's Michael Grogan also ran most solidly. Michael, Rod, David and Mark also backed up from the 2km event to tackle this longer 5km one and are to be commended for their efforts.

The last event of the afternoon, the 10km race, saw a gallant Girraween contingent brave enough to tackle the two laps of this course. Geoff Sheargold had a superb run in the circumstances, running a great sub forty minute time. Lisa Grant was the other Girraween runner to break the fifty minute mark in another very consistent performance. Graham Sheargold was his normal consistent self while both Stephen Parkins and Rob Eager are to be commended for digging deep as the afternoon turned colder. Steve also backed up after the 5km event, a mighty effort in the circumstances.

It had been a tough afternoon at the office, but all our athletes have to be commended for their efforts. Thanks also to any of our athletes who helped out by volunteering. We need to continually assist where possible, especially with the smaller numbers in 2018. Thank you. Results follow:

2km

34th	Michael Grogan	10:54
38th	David Perry	11:29

42nd	Zach Zammit	12:24
48th	Rosemary Zammit	17:21
49th	Rod Zammit	17:22
51st	Mark Milliss	19:31 (late starter)

5km

20th	Rod Zammit	23:03
25th	David Perry	24:36
31st	Stephen Parkins	26:01
33rd	Chloe Grogan	26:21
35th	Michael Grogan	27:24
38th	Michael Christie	33:10
43rd	Mark Milliss	37:26

10km

4th	Geoff Sheargold	38:47
14th	Lisa Grant	47:26
22nd	Graham Sheargold	56:36
24th	Stephen Parkins	1:01:26
25th	Rob Eager	1:01:36

Michael Christie (GAP)