

West Met 9 North Ryde 16-6-18

Last Saturday's West Met series of events saw a small Girraween contingent tackle the three races that were held on the challenging North Ryde course in windy cold conditions. Whilst there were a few damp patches, the course was in relatively fine fettle. This may have been due to some of the curatorial work that David Archbold, the West Met convenor had carried out beforehand. Nevertheless, it certainly did help.

Jean Davis created history by leading the Girraween contingent home in the 2km event on Saturday and it was the first time in living memory that this had occurred at West Met. It was a fine performance by Jean on this course. Ben O'Donnell and Michael Grogan were not far behind with solid performances. And just backing up Ben and Michael were Stephen O'Donnell and David Perry with good efforts.

The 4km event saw Girraween's favourite actor in David Perry lead the Girraween athletes home with a superb sub twenty minute time. David was followed not far behind by Daniel O'Donnell who also cracked the twenty minute mark with a strong performance. Chloe and Michael Grogan yet again ran most consistently, while Stephen O'Donnell and Katrina Russell also ran well. We give a special mention to David, Michael G and Stephen who backed up after the 2km to complete this race. This is never an easy task on any course, yet alone North Ryde, but all three runners handled this with aplomb.

Whilst the Girraween contingent was small in the 8km event, there was no hiding the effort that both Lisa Grant and Michael Free put in. Lisa was under the five minute per km pace for the journey in another wonderful performance. Michael also ran most consistently and should have been happy with his effort to.

Even though the Girraween team was small on Saturday, all concerned put in a sterling performance and should be proud of how well they ran. We thank any of our volunteers who also assisted in any way on Saturday. This was very much appreciated. Thank you. Results follow:

2km

32nd	Jean Davis	11:18
33rd	Ben O'Donnell	11:43
34th	Michael Grogan	11:44

36th	Stephen O'Donnell	11:52
37th	David Perry	11:53

4km

23rd	David Perry	19:15
26th	Daniel O'Donnell	19:57
30th	Chloe Grogan	21:04
31st	Michael Grogan	21:35
33rd	Stephen O'Donnell	22:12
38th	Katrina Russell	26:21
39th	Michael Christie	26:36

8km

9th	Lisa Grant	37:23
15th	Michael Free	43:21

Michael Christie	(GAP)
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