

West Met 1 Ermington 30-3-19

Last Saturday saw the beginning of the 2019 West Met season on the paths and surrounding parkland at Ermington near George Kendall Reserve. After the heavy rain of the night before, there were some very wet patches on the course, however most of Girraween's athletes were more struck by the very strong winds, particularly as they tackled the hill in the midst of the 2km loop.

The redoubtable Wayne Thurlow led the way home for Girraween in the 2km event closely followed by Greg Sargeant and Andrew Free who were most consistent. There were also a number of fine efforts in this event by Girraween's younger contingent in Ben O'Donnell, Zach Zammit and Rosemary Zammit who all stuck to their tasks well in the tricky conditions. It was also nice to see Sharon Free having a run after a long absence and we hope to see her frequently at West Met through the winter months.

David Perry was first across the line for Girraween in the middle distance event, closely followed by the ever consistent Wayne Thurlow who is working his way back into form rapidly. Chloe Grogan and Hayley Zammit representing the young brigade both ran very well in recording very fine times. It was also nice to see Gary Micallef making a long overdue return to West Met cross country and he hung in well in the ever increasing tough conditions.

The 8km saw Shane Clubb finish first amongst the small Girraween contingent with a very fine sub forty minute time. Shane is one of Girraween's newer members and we welcome him enthusiastically and we hope he has a great winter of cross country with Girraween. The remainder of the Girraween contingent in Wayne Thurlow, Graham Sheargold and Rob Eager all kept on task well to finish the race. It was also Wayne's third event of the day, no mean feat given the conditions and small breaks between each event. It looks like Wayne is in for a serious season of cross-country and we wish him well.

All in all it had been a good start to the 2019 winter season. We congratulate all Girraween's runners on Saturday for giving their all and we trust they all have a great winter of cross-country. Please also remember, when we can, to lend a hand on Saturday's at this year's West Met. Please help out as it's important for Girraween Athletics volunteer when possible. Thank you. Results follow:

2km

22nd	Wayne Thurlow	9:14
26th	Greg Sargeant	9:32
34th	Andrew Free	10:06
35th	Jean Davis	11:29
36th	Ben O'Donnell	11:46
42nd	David Perry	13:13

44th	Zach Zammit	13:39
45th	Rosemary Zammit	14:29
48th	Rod Zammit	14:34
49th	Sharon Free	14:45
50th	Roger Mar	14:53

4km

24th	David Perry	20:04
25th	Wayne Thurlow	20:17
33rd	Chloe Grogan	21:47
34th	Michael Grogan	21:48
39th	Hayley Zammit	23:11
40th	Rod Zammit	23:12
41st	Greg Sargeant	23:15
48th	Michael Christie	25:47
49th	Mark Milliss	26:41
51st	Gary Micallef	28:07

8km

6th	Shane Clubb	39:21
12th	Wayne Thurlow	43:08
13th	Graham Sheargold	47:02
15th	Robert Eager	50:15

Michael Christie (GAP)