

West Met 2 Rydalmere 6-4-19

Saturday last, saw a warm steamy afternoon for the healthy in terms of numbers, Girraween contingent as they tackled the 2km, 4km and 8km course along the Parramatta River at Rydalmere. Not only did Girraween's athletes have to tackle the steamy conditions they also had to confront the swarms of mosquitos frequenting the area which proved to be a real nuisance. Nevertheless, once the events started, all was forgotten as Girraween's athletes settled down to the task at hand.

Wayne Thurlow led the way home for Girraween in the 2km event with another solid run, closely followed by Greg Sargeant who has started the 2019 winter season most consistently. Jean Davis had a very good run. The Girraween junior contingent in Ben O'Donnell, Rosemary Zammit and Zach Zammit also ran very well, all running substantially quicker than the previous week. All appearances indicate that they will have a very promising season. It was also nice to see Katrina Russell and Heidi Juhart back for another season of cross-country and we hope they are able to make it to many of the events this year.

One of Girraween's finest runners in recent decades in Michael Kammerer, made a welcome return to West Met on Saturday with a superb sub four minute per km run in the middle distance event. Michael showed us what a fine runner he still is and we hope he is able to make a few more West Met events over the upcoming winter months. Not far behind Michael was Rod Zammit who ran a very fine time, backing up from the 2km event. It was nice to see some fine performances from the Girraween junior contingent in Daniel O'Donnell and Chloe Grogan. It was also nice to see Ashley Micallef make a return to West Met and we hope she has an enjoyable season. A special welcome also to Chris Foley, making his West Met debut and we trust it is the first of many runs for Chris over the ensuing winter months. As can be seen by the results there was a healthy contingent from Girraween Athletics Club in this 4km event, something that hopefully bodes well for the 2019 winter season.

Geoff Sheargold had a superb 8km event, with a wonderful sub four minute km time to finish second overall in great style. Naturally he led the way home for Girraween. Shane Clubb had another fine run with Rod Zammit hanging in well in what was his third event of the afternoon, and that is after he ran a new pb at the Rooty Hill parkrun that very morning. This was a very inspirational effort from Rod. Girraween's other three runners in this event in Graham Sheargold, Tipene Robinson and Rob Eager all stuck to their guns well. It was also Tipene's West Met debut and we wish him well for the remainder of the season.

All in all it had been a fine effort from all Girraween's representatives on what was a challenging afternoon. Congratulations to all concerned. Thank you also to any of our volunteers who assisted in any way on Saturday. Your assistance is always appreciated and we hope you can continue with this assistance over the winter season. Results follow:

2km

24th	Wayne Thurlow	8:42
32nd	Greg Sargeant	9:05
41st	Jean Davis	10:33
43rd	Ben O'Donnell	10:47
48th	Heidi Juhart	11:10
49th	Katrina Russell	11:21
53rd	Rosemary Zammit	11:52
54th	Rod Zammit	11:53
57th	Zach Zammit	12:11
60th	Stephen O'Donnell	12:33
64th	Roger Mar	13:24

4km

6th	Michael Kammerer	15:49
20th	Rod Zammit	17:21
27th	Daniel O'Donnell	19:03
30th	Wayne Thurlow	19:44
32nd	Chloe Grogan	20:20
33rd	Michael Grogan	20:21
37th	Stephen Parkins	21:14
41st	Greg Sargeant	22:27
48th	Michael Christie	23:48
52nd	Mark Miliss	24:51
53rd	Gary Micallef	24:56
54th	Stephen O'Donnell	25:14
55th	Katrina Russell	25:29
57th	Ashley Micallef	27:23
59th	Chris Foley	30:28

8km

2nd	Geoff Sheargold	30:11
9th	Shane Clubb	38:59
13th	Rod Zammit	43:22
15th	Graham Sheargold	45:38
18th	Tipenene Robinsom	49:28
19th	Robert Eager	52:28

Michael Christie (GAP)

