

West Met 4 Bella Vista 27-4-19

After a year's absence West Met returned to the Bella Vista course Saturday week ago. Due to the structural modifications around the course, the West Met convenor, David Archbold had to modify the back part of the course which proved a nice little challenge for all concerned. Thankfully it was a nice afternoon for a run, without the strong winds that can affect the area.

The 2km event saw the redoubtable Greg Sargeant lead the way home for Girraween followed by the ever consistent Andrew Free who is having a very fine season to-date. It was also nice to see Girraween's younger members in Ben O'Donnell, Zac Zammit, Rosemary Zammit and Mikayla Robinson having a run and they all acquitted themselves on the challenging layout.

The middle distance event had a great representation of Girraween athletes and Rod Zammit led the way home for Girraween with a fine sub nineteen minute run. Daniel O'Donnell and David Perry were another two of our athletes who ran well, registering fine times to. It was also nice to see Ashley Micallef and Chris Foley having another run and we hope they are continuing to enjoy the cross-country season to-date. Mark Milliss was spotted on the course and his comeback is continuing well.

Geoff Sheargold had a fine run in the 8km event only weeks after his Canberra marathon exploits and 2019 is turning into a stellar year for him. Shane Clubb had another fine run on the tough course and his early season form continues to impress. Tipene Robinson, Graham Sheargold and Robert Eager all stuck to their guns well on the four lap course and deserve credits for their perseverance.

It had been a fine afternoon for a run. Thanks to our volunteers who assisted in any way on the day. Results follow:

2km

31st	Greg Sargeant	9:49
48th	Andrew Free	11:20
50th	Ben O'Donnell	11:53
53rd	David Perry	12:08
54th	Jean Davis	12:18
56th	Stephen O'Donnell	12:36
57th	Zac Zammit	12:58
58th	Rosemary Zammit	13:27
59th	Rod Zammit	13:28
63rd	Roger Mar	13:56
77th	Mikayla Robinson	18:48

4km

29th	Rod Zammit	18:58
34th	Daniel O'Donnell	19:58
37th	David Perry	20:19
47th	Stephen Parkins	23:05
50th	Greg Sargeant	23:32
54th	Stephen O'Donnell	24:01
55th	Hayley Zammit	24:10
56th	Michael Grogan	24:11
60th	Michael Christie	25:54
61st	Ashley Micallef	26:33
62nd	Gary Micallef	27:07
63rd	Katrina Russell	27:14
64th	Mark Milliss	27:38
67th	Chris Foley	30:47

8km

3rd	Geoff Sheargold	33:08
6th	Shane Clubb	39:28
14th	Tipene Robinson	49:09
16th	Graham Sheargold	49:38
18th	Robert Eager	52:34

Michael Christie (GAP)