

West Met 5 Smithfield 11-5-19

After a two year absence, West Met returned to the bike paths and open spaces around Smithfield last Saturday. Whilst at first appearances it is a fairly flat course, it is deceptive with all the twists and turns that are incorporated into the run, nevertheless, there were a number of fine performances from Girraween's athletes across the three events.

The 2km event saw Wayne Thurlow lead the way for Girraween with another solid run, followed by the ever consistent Greg Sargeant who is enjoying a fine season to date. Both Andrew Free and David Perry had a fine run as well. The Girraween younger contingent in Ben O'Donnell, Zac Zammit, Rosemary Zammit and Mikayla Robinson all had excellent runs and it's always a great sight to see the club's younger athletes tackling this event each Saturday.

The middle distance event continues to grow in popularity with another great representation from the Girraween contingent on Saturday as can be seen from the results below. Rod Zammit had a very fine run in the 4km event and the ubiquitous David Perry and Wayne Thurlow were not far behind. The Girraween junior cadre made up of Daniel O'Donnell, Chloe Grogan and Hayley Zammit were not far off the Girraween frontrunners and all ran great sub twenty minute times. With each run, their confidence continues to grow and they are all having a fine season. The Micallef/Robinson clan are all enjoying an excellent West Met season to-date as instance by the sterling efforts of Ashley and Gary Micallef in this event on Saturday, and with representation in the 2km via Mikayla and Tipene and Tipene backing up for the 8km event, it's lovely to see the family all involved so enthusiastically in this year's cross-country. Along with the Zammit, O'Donnell, Grogan and Sheargold clan's participation, this year's West Met season for Girraween is turning into a real family affair which is wonderful to see each Saturday. Long may this continue!

The 8km run, saw Geoff Sheargold as the first Girraween athlete across the line with an excellent sub thirty minute time, no mean feat on this course. He was followed not far behind by Shane Club whose fine form is continuing. Both Graham Sheargold and Tipene Robinson also ran consistently in what at times must have been a very lonely run, given all the participants were strung out. Both Graham and Tipene are having excellent seasons in 2019.

Many thanks to our volunteers who assisted on Saturday and volunteering continues to be an important part of West Met each Saturday, as help is always needed and is always very much appreciated by the organisers. All Girraween's athletes continue to shine at West Met and last Saturday was no exception. Results follow:

2km

24th	Wayne Thurlow	9:03
27th	Greg Sargeant	9:05

32nd	Andrew Free	10:03
33rd	David Perry	10:05
41st	Ben O'Donnell	10:45
42nd	Jean Davis	10:46
50th	Zac Zammit	11:46
51st	Stephen O'Donnell	11:49
56th	Rosemary Zammit	12:34
57th	Rod Zammit	12:37
61st	Roger Mar	13:32
63rd	Mikayla Robinson	14:53
64th	Tipene Robinson	14:54

4km

24th	Rod Zammit	16:10
32nd	David Perry	17:41
36th	Wayne Thurlow	18:13
39th	Daniel O'Donnell	18:29
40th	Chloe Grogan	18:31
43rd	Hayley Zammit	18:46
49th	Michael Grogan	20:38
52nd	Stephen O'Donnell	21:09
54th	Andrew Free	21:38
57th	Ashley Micallef	22:27
58th	Gary Micallef	22:37
59th	Katrina Russell	22:59
60th	Michael Christie	23:41
61st	Jean Davis	23:57

8km

5th	Geoff Sheargold	29:18
9th	Shane Clubb	33:47
19th	Graham Sheargold	40:47
21st	Tipene Robinson	42:52

Michael Christie (GAP)