

West Met 6 Bella Vista 18-5-19

Last Saturday, Girraween's athletes paid a second visit to Bella Vista within three weeks to have another shot at tackling the challenging hills and dales of this interesting cross-country course. It was a beautiful autumn afternoon for a run and all Girraween's athletes tackled the course with great gusto and determination.

The 2km saw Wayne Thurlow lead the way once again for Girraween in this event with another consistent performance, closely followed by the redoubtable Greg Sargeant who continues growing in stature with his performances this season. Jean Davis finished in the top three for Girraween and was pleased with her effort. The junior contingent in Ben O'Donnell, Rosemary Zammit and Mikayla Robinson all performed well continuing their excellent form of late. It was also great to see one of the veterans of Girraween in Roger Mar also having a run and he has also been performing consistently this season.

The middle distance event saw another healthy Girraween representation which saw Rod Zammit finish first amongst the Girraween athletes with another well-structured run. The next three positions for Girraween were filled by Daniel O'Donnell, Chloe Grogan and Hayley Zammit, a wonderful illustration of the consistency of the junior cadre once again in 2019. Katrina Russell and Mark Milliss flew the flag well for Girraween's experienced contingent and it was nice to see them having another excellent run.

Geoff Sheargold continued his fine form of late with another excellent performance in the 8km event. Shane Clubb ran well again, with a top five finish and he is going from strength to strength over the longer distance each week. Graham Sheargold, Tipene Robinson and Rob Eager all stuck it out well on a course that is most unforgiving. Four laps of this two kilometre circuit is no easy run, yet these three athletes stuck to their task well.

It had been a lovely afternoon for a run and thanks once again to any of our volunteers who assisted last Saturday. Results follow:

2km

29th	Wayne Thurlow	9:22
35th	Graham Sargeant	9:56
48th	Jean Davis	11:59
50th	Ben O'Donnell	12:07
57th	Rosemary Zammit	13:19
58th	Rod Zammit	13:20
59th	Stephen O'Donnell	13:22
60th	Roger Mar	13:39
66th	Mikayla Robinson	15:22
67th	Tipene Robinson	15:23

4km

31st	Rod Zammit	18:53
37th	Daniel O'Donnell	20:09
45th	Chloe Grogan	22:14
46th	Hayley Zammit	22:28
47th	Michael Grogan	22:55
53rd	Stephen O'Donnell	24:22
55th	Michael Christie	25:24
56th	Gary Micallef	26:35
57th	Katrina Russell	27:20
58th	Mark Milliss	27:52

8km

2nd	Geoff Sheargold	33:34
5th	Shane Clubb	39:12
16th	Graham Sheargold	46:56
17th	Tipene Robinson	47:31
18th	Rob Eager	49:45

Michael Christie (GAP)