

West Met 7 Prospect 1-6-19

A pleasant first day of Winter, saw a healthy number of Girraween athletes tackle the three events held at Prospect Reservoir last Saturday afternoon. It was not too hot or too cold and thankfully the winds of early in the week were nowhere to be seen.

Wayne Thurlow led the Girraween contingent home in the 2km event with another solid performance, closely followed by David Perry. Andrew Free was another of Girraween's athletes who put in a consistent effort. There were also eye-catching runs by the younger Girraween contingent consisting of Ben O'Donnell, Rosemary Zammit, Zach Zammit and Mikayla Robinson. These up and coming athletes are all having a fine season.

There was another healthy representation by Girraween in the 4km event with almost a third of the field consisting of Girraween athletes. The middle distance event in 2019 continues to prove popular for Girraween's members. Rod Zammit was first home for Girraween in this event with a fine sub seventeen minute performance. Rod was then followed home by Daniel O'Donnell, Chloe Grogan and Hayley Zammit respectively illustrating once again what a fine cross-country season these three young athletes are having. It was also nice to see Stephen Mifsud having a run at West Met for the first time this season, and even though starting late, still managed to pass a number of athletes through the course of the race. Gary Micallef and Ashley Micallef were another two Girraween athletes who had to be happy with their efforts.

Rod Zammit was the first Girraween athlete to finish the 8km event with another fine run. Amazingly, it was Rod's third run of the afternoon, no mean feat on this course and to top it all off he still managed an excellent time. Shane Clubb, was another athlete backing up. In this instance, Shane had run the 10km event at the Western Sydney Marathon series of events at the Penrith Regatta Centre that very morning. He still managed to register a very fine time in the process. Stephen Mifsud and Rob Eager also ran most consistently in this event and it was nice to see Steve backing up from his middle distance event earlier in the afternoon.

All in all, it had been another fine afternoon for cross-country and a big thank you to any of our athletes and friends who assisted in any way. This is always appreciated. Thank you. Results follow.

2km

24th	Wayne Thurlow	8:41
26th	David Perry	8:48
35th	Andrew Free	10:05
37th	Ben O'Donnell	10:41
38th	Jean Davis	10:52
41st	Stephen O'Donnell	11:05

42nd	Heidi Juhart	11:07
46th	Rosemary Zammit	11:40
47th	Rod Zammit	11:42
48th	Zach Zammit	11:54
51st	Mikayla Robinson	13:13
52nd	Tipene Robinson	13:14

4km

20th	Rod Zammit	16:49
24th	Daniel O'Donnell	17:57
30th	Chloe Grogan	18:56
31st	Hayley Zammit	19:09
32nd	David Perry	19:13
33rd	Michael Grogan	19:15
35th	Stephen Parkins	20:13
39th	Stephen Mifsud	20:57
40th	Stephen O'Donnell	22:04
41st	Andrew Free	22:09
42nd	Gary Micallef	22:24
44th	Ashley Micallef	23:19
45th	Katrina Russell	23:38
47th	Michael Christie	29:03

8km

4th	Rod Zammit	35:59
5th	Shane Clubb	36:45
10th	Stephen Mifsud	43:40
11th	Rob Eager	43:48
13th	Michael Christie	55:37

Michael Christie (GAP)