

West Met 8 Emu Plains 8-6-19

The combination of a long weekend, major traffic works on the M4 at South Penrith and an absolutely cold and miserable afternoon did not deter the Girraween contingent who participated in the three events at West Met along the western bank of the Nepean River at Emu Plains last Saturday afternoon. Each and every Girraween athlete deserves praise for running in last Saturday's events.

Wayne Thurlow, as is his wont of late led the way home for Girraween in the 2km event on Saturday with another solid effort. He was closely followed by Greg Sargeant whose good form recently continues with both Stephen Mifsud and Rod Zammit not far behind. Congratulations to Rosemary Zammit, Zac Zammit and Mikayla Robinson for sticking to their guns and completing their race on what is a challenging course.

The middle distant event saw Rod Zammit as the first home for Girraween with a great sub twenty-five minute effort, no mean feat on this course. Both Wayne Thurlow and Stephen Mifsud ran very well and consistently. Other stand out efforts came from Chloe Grogan and Hayley Zammit who are both having great cross-country seasons. Roger Mar also ran in this event and even though it was outside his comfort zone, battled on gamely to complete the race. The middle distant event continues to be very popular with our runners this season.

The indefatigable Geoff Sheargold had another superb run in the 10km event. Both Shane Clubb and Rod Zammit were solid in this race. Rob Eager, Stephen Mifsud and Graham Sheargold battled on manfully and are to be congratulated on their efforts. It would be remiss of me not to forget the efforts of both Rod Zammit and Stephen Mifsud who completed all three races on Saturday, a wonderful achievement on a most challenging course layout. David Archbold had amended the course this year and the 5km and 10km courses were approximately 250m and 500m longer respectively than normal. This did not deter anyone, but it's fair to say everyone was relieved when they completed their respective events.

It had been a great afternoon of cross-country with guest appearances by a healthy contingent of runners from UP coaching spearheaded by leading Australian ultra-marathoner, Brendan Davies who as is his wont, ran superbly over the three distances. It was great to see these runners put in an appearance at West Met. Thank you once again to any of our volunteers who assisted on Saturday. Your efforts are always appreciated. Results follow:

2km

40th	Wayne Thurlow	9:48
42nd	Greg Sargeant	9:57

48th	Stephen Mifsud	10:42
50th	Andrew Free	10:49
55th	Rosemary Zammit	12:36
56th	Rod Zammit	12:38
57th	Zac Zammit	12:53
58th	Mikayla Robinson	13:21
59th	Gary Micallef	13:22

5km

15th	Rod Zammit	22:58
30th	Wayne Thurlow	25:53
33rd	Stephen Mifsud	26:10
38th	Chloe Grogan	27:48
39th	Michael Grogan	29:51
43rd	Hayley Zammit	30:17
44th	Andrew Free	30:17
45th	Gary Micallef	31:24
47th	Greg Sargeant	32:07
48th	Michael Christie	33:46
53rd	Roger Mar	44:24

10km

3rd	Geoff Sheargold	42:32
6th	Shane Clubb	50:40
7th	Rod Zammit	50:58
13th	Rob Eager	58:51
14th	Stephen Mifsud	60:19
17th	Graham Sheargold	63:42

Michael Christie (GAP)