

Trevor Lonard Handicap- West Met- Bella Vista 24-8-13

On a perfect day for running, albeit a little warm by the time the 8km event started, a number of Girraween athletes arrived to compete in the three events in the Trevor Lonard handicap. Whilst numbers were down on a normal West Met afternoon, those Girraween athletes who ran performed admirably. Heidi Juhart led our runner.s home in the 2km event, running very solidly. In the 4km event Steve Clark ran a very fast time on the challenging course and was the first Girraween athlete to cross the line. In the 8km event, Robert Eager came second overall to claim the silver medal, Girraween's sole placing on the day and ran well into the bargain and kept up a consistent pace around the course. As we all know, these events at times can be a bit of a lottery with the handicap times etc, nevertheless it remains important that we as a club continue to support this handicap as it is a fine tribute to a young runner who passed away far too soon and it has a long tradition attached to it. So it's always great to see Girraween's athletes continuing to support this event, which remains an important part of the West Met calendar each year. Results follow:

2km

| Place | Name | Finish | Go Time | Run Time |
|------------------|----------------|--------|---------|----------|
| 8 th | Heidi Juhart | 18:49 | 9:08 | 9:41 |
| 15 th | Michael Grogan | 18:59 | 10:24 | 8:35 |
| 16 th | Karen Short | 19:02 | 8:58 | 10:04 |
| 17 th | David Perry | 19:03 | 10:57 | 8:06 |
| 22 nd | Hayley Zammit | 19:22 | 4:37 | 14:45 |
| 27 th | Andrew Free | 19:57 | 9:02 | 10:55 |
| 28 th | Roger Mar | 20:09 | 8:43 | 11:26 |

4km

| | | | | |
|------------------|------------------|-------|------|-------|
| 12 th | Steve Clark | 27:46 | 9:54 | 17:52 |
| 16 th | Gary Micallef | 27:51 | 4:02 | 23:49 |
| 21 st | Stephen Parkins | 27:59 | 8:29 | 19:30 |
| 22 nd | Rod Zammit | 28:01 | 8:38 | 19:23 |
| 26 th | Robyn Smith | 28:17 | 7:03 | 21:14 |
| 32 nd | Greg Sargeant | 29:04 | 7:54 | 21:10 |
| 33 rd | Michael Christie | 29:05 | 5:02 | 24:03 |
| 38 th | Joe Butler | 32:00 | 0:00 | 32:00 |

8km

| | | | | |
|-----------------|--------------|-------|------|-------|
| 2 nd | Robert Eager | 44:36 | 0:00 | 44:36 |
| 8 th | Lisa Grant | 45:52 | 9:17 | 36:35 |

4km Non- Handicap

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|------------------|-----------|-------|--|--|
| 11 th | Roger Mar | 22:50 | | |
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8km Non- Handicap

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|-----------------|-------------|-------|--|--|
| 5 th | David Perry | 40:42 | | |
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Michael Christie (GAP)