

West Met 10 Prospect 29-6-13

After a week of cold and very wet weather, it was fortunate for all concerned that at least the rain stopped for a little while for our athletes that tackled the fast Prospect course last Saturday.

There were some fine performances. Steve Clark shot away from the start line and led our runner's home in the 2km event in a very slick time. There were other fine performances by David Perry and Michael Grogan in this event. Young Daniel O'Donnell continues to go from strength to strength, running his fastest time of the season to date for the shorter event and he kept it going through to the finish in an eye-catching performance.

The 4km event saw a rare appearance by Geoff Sheargold over this distance and he ran an explosive sub fourteen minute's, the fastest by a Girraween runner for a middle distance event at West Met since this correspondent has been keeping records since the beginning of the 2010 season. This was an extraordinary run by Geoff to say the least. Yet there were also other fine efforts by Stephen Mifsud and Steve Clark to name a few. Carly Eager also ran well again as she builds up to her Half-Marathon run later in July and the training is paying off.

Geoff Sheargold still had petrol left in the tank as he was the first Girraween runner across the line for the 8km event in a fine time. The training that both he and Graham have been undertaking in preparation for the Gold Coast Half Marathon is certainly paying dividends over the shorter distances. Lisa Grant ran well in the 8km run backing up well after her efforts down in Nowra the previous weekend. It was also encouraging to see a good representation of Girraween athletes in the longer event to. It would be remiss of me not to mention the efforts of David Perry, Stephen Mifsud and Greg Sargeant in completing all three events on Saturday. These ironmen continue to amaze and inspire. Thanks also to our volunteers who helped out with recording or any other duties on Saturday. Results follow:

2km

9th	Steve Clark	7:35
16th	David Perry	7:54
24th	Michael Grogan	8:15
36th	Heidi Juhart	9:31
39th	Andrew Free	9:34
40th	Stephen Mifsud	9:35
43rd	Roger Mar	10:00
45th	Michael Christie	10:13
49th	Greg Sargeant	10:48
54th	Renee Juhart	11:31
55th	Daniel O'Donnell	11:46
60th	Bernard Hemakumara	12:17
63rd	Lynette Clark	13:06
66th	Leanne Mifsud	13:16
67th	Hayley Zammit	13:44
68th	Rod Zammit	13:45
69th	Nancy Keasbery	13:46

4km

5th	Geoff Sheargold	13:24
43rd	Stephen Mifsud	17:39
45th	Steve Clark	17:49
48th	Stephen Parkins	18:09
49th	Rod Zammit	18:12
54th	Graham Sheargold	19:08
55th	Greg Sargeant	19:09
58th	Carly Eager	19:31
59th	Michael Grogan	19:32
60th	David Perry	19:33
61st	Robyn Smith	19:54
66th	Jean Davis	21:09
70th	Roger Mar	22:10
71st	Michael Christie	22:30

8km

17th	Geoff Sheargold	30:05
19th	Lisa Grant	33:22
27th	David Perry	36:31
30th	Stephen Mifsud	38:56
31st	Graham Sheargold	39:22
32nd	Stephen O'Donnell	39:53
34th	Stephen Parkins	40:17
36th	Greg Sargeant	43:36

Michael Christie (GAP)