

West Met 12 Emu Plains 20-7-13

A good number of Girraween athletes ventured west on Saturday last to tackle the challenging Emu Plains course adjacent to the banks of the Nepean river on a pleasant winter's afternoon for running.

There were a number of fine performances from our athletes. David Perry led the way home for our athletes in the 2km event, closely followed by Michael Grogan in another creditable effort. Lochlan James also followed up his strong run at the NSW Road Relays with a very good sub ten minute run on this course. The Zammit, Hemukamara and Clark families also got the job done well on this challenging course in this event.

The 5km event saw very strong performances by a number of our runners as can be seen by the times listed below. Stephen Mifsud was the first Girraween runner across the line here in a very good time, closely followed by Steve Clark who had a good run. Very fine running by both gentlemen. Stephen Parkins also continues to run very consistently and it was also nice to welcome back Gary Micallef after a two month absence and we hope he pulled up well after his run.

Interestingly, for the long run we had our best representation for the longer distance at West Met for the 2013 season to-date. It may be that with the City to Surf just around the corner, our athletes are taking the opportunity to fine tune their preparations. Regardless, it was wonderful to see so many Girraween athletes in this event. Nicholas Hanna, in a rare 2013 appearance at West Met was our first runner home in a very very good sub forty-minute time, a fine effort on this course. Lisa Grant was our second runner across the line and continues to fly the flag well for the Girraween ladies in the long West Met events this season. A special mention must also go to David Perry, Steve Clark and Roger Mar who amazingly completed all three events on the day. Running seventeen kilometers on this course almost beggars belief, but these three athletes stuck to their guns well, despite the effort required. Congratulations guys.

In conclusion, it was another fine afternoon for running and thanks also go to our volunteers who offered any assistance on the day. Results follow:

2km

9th	David Perry	8:31
14th	Michael Grogan	8:56
20th	Lochlan James	9:18
29th	Karen Short	10:16
32nd	Andrew Free	10:37
33rd	Roger Mar	10:47
46th	Daniel O'Donnell	12:50
49th	Bernard Hemakumara	13:56
51st	Lynette Clark	14:57
52nd	Nancy Keasbery	15:09
53rd	Hayley Zammit	15:10
54th	Rod Zammit	15:36
56th	Amelia Clark	18:41
57th	Steve Clark	21:07

5km

20th	Stephen Mifsud	22:30
21st	Steve Clark	22:40
28th	Stephen Parkins	24:10
30th	Rod Zammit	24:25
33rd	David Perry	24:54
36th	Michael Grogan	25:52
38th	Carly Eager	26:11
39th	Greg Sargeant	26:19
40th	Robyn Smith	26:32
43rd	Jean Davies	28:37
44th	Roger Mar	29:39
47th	Robert Eager	30:40
48th	Gary Micallef	31:11
53rd	Joe Butler	37:36

10km

7th	Nicholas Hanna	39:58
16th	Lisa Grant	45:14
25th	Clive Kidson	49:02
26th	David Perry	51:28
27th	Graham Sheargold	52:39
30th	Steve Clark	54:52
31st	Steve Parkins	55:18
33rd	Steve O'Donnell	56:44
35th	Greg Sargeant	58:56
36th	Robert Eager	1:04.23
37th	Roger Mar	1:07.53

Michael Christie (GAP)