

West Met 13 Greystanes 27-7-13

A beautiful winter's afternoon saw a smaller number of Girraween athletes then usual tackle the faster bike path courses around Greystanes.

A number of regulars were missing due to big race commitments the following day or injury. It is to be hoped they return for the final races of the season towards the end of August. In saying that however there were still a number of fine performances. Peter Tutty after an absence of many weeks due to various commitments led our runner's home in the 2km event in a very solid time followed closely by Michael Grogan. Nancy Keasbery and Bernard Hemukamara continue to run consistently and have been doing so throughout the West Met season.

The 4km event once again saw Peter Tutty the first of the Girraween runners to cross the line, followed very closely by Brad Boyle, Rod Zammit and Steve Parkins who all had a tightly fought contest as the times indicate and ran very well into the bargain. Robyn Smith and Jean Davies also ran well and their consistent efforts have been a feature throughout the 2013 season, particularly allowing for injury and time constraints, which have allowed very little training.

Lisa Grant ran the 8km event very quickly and continues to amaze, following up her solid hit up the week before at Emu Plains and showed that she has not lost any of her speed either. Clive Kidson again ran well and that did not surprise anyone, as his performances in the long event throughout the 2013 West Met season have indicated that he continues to be one of our strongest performers over this distance. A special mention goes to Rod Zammit, who completed all three events at Greystanes, stepping well outside his comfort zone, yet as his times indicate, there was no slackening off of his effort. Great work Rod. It was another fine afternoon of running by our athletes in the lead up to the City to Surf and it is expected that a number of our athletes will be tackling this iconic event once again. Good luck to all those doing this event. Results follow:

2km

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|------------------------|---------------------------|--------------|
| 24th | Peter Tutty | 8:24 |
| 28th | Michael Grogan | 8:32 |
| 42nd | Jamie Bratovic | 10:00 |
| 44th | Andrew Free | 10:02 |
| 48th | Heidi Juhart | 10:20 |
| 51st | Roger Mar | 10:46 |
| 59th | Daniel O'Donnell | 11:47 |
| 63rd | Bernard Hemukamara | 12:39 |
| 65th | Nancy Keasbery | 14:21 |
| 69th | Hayley Zammit | 16:22 |
| 70th | Rod Zammit | 16:24 |

4km

| | | |
|------------------------|------------------------|--------------|
| 35th | Peter Tutty | 17:41 |
| 39th | Brad Boyle | 18:03 |
| 41st | Rod Zammit | 18:10 |
| 42nd | Stephen Parkins | 18:19 |

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|------------------------|-----------------------|--------------|
| 46th | Robyn Smith | 19:06 |
| 48th | Greg Sargeant | 19:14 |
| 49th | Michael Grogan | 19:48 |
| 53rd | Jean Davies | 21:40 |
| 54th | Gary Micallef | 22:11 |
| 55th | Roger Mar | 22:57 |
| 61st | Joe Butler | 26:43 |

8km

| | | |
|------------------------|--------------------------|--------------|
| 12th | Lisa Grant | 34:04 |
| 19th | Clive Kidson | 37:00 |
| 22nd | Graham Sheargold | 39:03 |
| 24th | Stephen Parkins | 40:21 |
| 25th | Rod Zammit | 40:22 |
| 27th | Stephen O'Donnell | 43:03 |
| 28th | Greg Sargeant | 44:08 |

Michael Christie **(GAP)**