

West Met 15 Rooty Hill 31-8-13

On a warm late winter's afternoon at the flat fast course at Rooty Hill, a number of Girraween athletes gave it their best shot at the last West Met event for 2013. As the afternoon went on, it progressively became warmer which combined with the longer distance made things very uncomfortable for our athletes. Nevertheless, they stuck to their guns and performed well.

In the 2km event, David Perry led our runners home with a very fine performance, running a sub eight minute time, no mean feat in the conditions. Lochlan James followed him as the second Girraween runner to finish in a very solid performance. It was also great to see both Bernard Hemukamara and Nancy Keasbery finish their season off strongly and we hoped they enjoyed their Girraween experience and will return in 2014. Kristy Zammit also had another run and whilst finding the heat a challenge, stuck to her task well and it is rumored that over the summer months will be undertaking secret training in an effort to surpass her daughter in 2014. This will be very exciting to watch.

Danny Martins was the first Girraween runner across the line in the 5km event, followed closely by David Perry. Stephen Mifsud overcame various ailments and put in a very fine effort, given the problems he was facing. Well done Steve. Lochlan James also backed up his 2km performance with a solid run and did very well. He may be stepping up next year to this distance as his running continues to develop. Carly Eager continued her very good form of late and put in a very fine sub five minute per km pace across the entire distance.

In the worst conditions of the afternoon during the 10km event, all our runners did well to complete this race. Lisa Grant showed she still has what it takes by putting in a bravura performance, followed closely behind by the redoubtable Clive Kidson who continues to amaze. David Perry, Girraween's resident ironman, completed his third event of the day, where does this energy come from in a very fine performance. Graham Sheargold also ran very consistently. Robert Eager slogged it out and never gave in and managed to finish in one piece.

It had been a tough afternoon at the office and all our athletes were thankful to finish their perspective events. Many thanks also to our volunteers who helped out in any way. Your efforts are always appreciated. Results follow:

2km

11 th	David Perry	7:59
20 th	Lochlan James	9:11
22 nd	Karen Short	9:34
23 rd	Greg Sargeant	9:37
24 th	Heidi Juhart	9:39
25 th	Andrew Free	9:47
35 th	Roger Mar	10:50
39 th	Bernard Hemukamara	12:45
41 st	Hayley Zammit	13:11

42 nd	Nancy Keasbery	13:28
44 th	Kristy Zammit	16:34

5km

15 th	Danny Martins	20:36
17 th	David Perry	21:08
20 th	Rod Zammit	21:40
27 th	Robyn Smith	23:33
29 th	Stephen Mifsud	24:05
30 th	Greg Sargeant	24:08
33 rd	Carly Eager	24:46
34 th	Gary Micallef	26:15
35 th	Andrew Free	26:30
36 th	Roger Mar	26:52
38 th	Lochlan James	27:41
40 th	Michael Christie	27:44

10km

12 th	Lisa Grant	42:26
16 th	Clive Kidson	43:52
18 th	David Perry	46:04
20 th	Graham Sheargold	46:37
24 th	Robert Eager	53:54

Michael Christie

(GAP)