

West Met 5 Bella Vista 11-5-13

As is normal with our athletes there were some fine all round performances. David Perry led our athlete's home in the 2km event closely followed by Michael Grogan. Lochlan James also ran very strongly and continues to improve each week. Amelia Clark and Daniel O'Donnell also got the job done on what is course that does not suit their strengths, but they both stuck to their task well. Steve Clark in the 4km was the first Girraween athlete to complete the course and ran a wonderful time, given he has not been able to do any training at all. Other standout performances included those of Adam Etherington and Rod Zammit, two of our newer members, who ran well and continue to perform very consistently each time they step out at West Met. In the 8km, Lisa Grant ran a great time to be the first Girraween athlete across the line and continues to meet her high standards. David Perry backed up his earlier solid performances to complete his third event of the day, on that course. Wow! By the time the latter stages of the 8km was completed the weather had turned nasty with a strong wind and smoke from burn off's drifting across the course, so all our athletes did a fine job completing this race.

A big thank you to our volunteers who helped in any way, particularly to Terry Rose who was out on the course for all three events and it turned very chilly very rapidly. Thanks mate. Also to Peter Tutty for hanging around to collect the 8km results as well. Thanks Peter. Our volunteers do a great job, so it's always nice where possible to see a few different faces helping out. Results follow:

2km

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|------------------------|---------------------------|--------------|
| 19th | David Perry | 8:15 |
| 27th | Michael Grogan | 8:41 |
| 38th | Lochlan James | 9:18 |
| 39th | Peter Tutty | 9:20 |
| 46th | Heidi Juhart | 9:44 |
| 56th | Andrew Free | 10:16 |
| 59th | Karen Short | 10:29 |
| 64th | Roger Mar | 11:01 |
| 89th | Bernard Hemakumara | 13:39 |
| 91st | Lynette Clark | 14:27 |
| 92nd | Daniel O'Donnell | 14:43 |
| 93rd | Steve O'Donnell | 14:44 |
| 95th | Nancy Keasbery | 15:39 |
| 96th | Hayley Zammit | 16:16 |
| 97th | Rod Zammit | 16:17 |
| 99th | Amelia Clark | 19:02 |

4km

| | | |
|------------------------|---------------------|--------------|
| 40th | Steve Clark | 17:52 |
| 46th | Steve Mifsud | 18:23 |

| | | |
|------------------------|-------------------------|--------------|
| 51st | Lynette Smith | 19:01 |
| 56th | Peter Tutty | 19:19 |
| 60th | David Perry | 19:41 |
| 62nd | Adam Etherington | 19:53 |
| 64th | Greg Sargeant | 20:28 |
| 66th | Michael Grogan | 21:07 |
| 68th | Rod Zammit | 21:41 |
| 71st | Rob Eager | 22:23 |
| 73rd | Jean Davis | 22:33 |
| 74th | Roger Mar | 22:37 |
| 75th | Carly Eager | 22:41 |
| 79th | Michael Christie | 23:50 |
| 82nd | Gary Micallef | 24:50 |

8km

| | | |
|------------------------|-------------------------|--------------|
| 12th | Lisa Grant | 36:18 |
| 23rd | David Perry | 40:20 |
| 24th | Graham Sheargold | 41:00 |
| 28th | Steve O'Donnell | 42:13 |
| 29th | Teresa Williams | 42:17 |
| 32nd | Greg Sargeant | 45:49 |
| 36th | Rob Eager | 52:33 |
| 37th | Steve Williams | 52:34 |

Michael Christie (GAP)