

West Met 7 Dundas 25-5-13

We had a large number of athletes contest the 2.5km event with David Perry leading the way home for our athletes, closely followed by Lochlan James who is continuing to run well. Most of our runners, particularly our younger ones found it a challenging course as it was not only 500m longer than usual, it was also one of the toughest courses in West Met they are likely to run, yet they all competed well. It was great to see Ed Bratovic back for a run for the first time this season. We hope he has recovered from injury and he can fit in a few more events this season if commitments allow. Steve Clark, who coincidentally continues to run well, was the first Girraween runner to cross the finishing line in the 5km event closely followed by Steve Mifsud. Peter Tutty was another athlete who put in a very solid performance. The indefatigable Lisa Grant lead the way home for Girraween in the longer event and Clive Kidson was not far behind her carrying on his good form from the SMH Half Marathon. A special mention to both David Perry and Steve Mifsud who completed all three events on Saturday, no mean feat given the nature of the course, in other words they ran 6 laps of this 2.5km course, a thought for us lesser mortals that takes the breath away. Well done guys. It was a beautiful day for running and it would nice to be able to take this weather with us for the rest of the cross-country season.

Many thanks again to Terry Rose who did a fine job marshalling towards the back end of the course. Marshalling can be a lonely job and Terry always welcomes a bit of company. Don't forget to pop out and say hello if you see him helping out at future West Met events. Thanks mate. Also thank you to our other volunteers who helped with taking down results and packing up at the end of the last event. Thanks guys for your efforts. This help is very much appreciated. Results follow:

2.5km

22nd	David Perry	10:33
40th	Lochlan James	11:42
44th	Peter Tutty	12:06
46th	Michael Grogan	12:15
53rd	Heidi Juhart	12:50
57th	Andrew Free	12:58
58th	Steve Mifsud	12:59
59th	Jamie Bratovic	13:00
60th	Ed Bratovic	13:01
65th	Karen Short	13:29
73rd	Anne Tavener	14:01
83rd	Daniel O'Donnell	16:32
84th	Steve O'Donnell	16:33
86th	Louise Elliot-Watson	16:41
89th	Bernard Hemakumara	17:00
92nd	Lynette Clark	17:44
94th	Nancy Keasbery	19:03
95th	Hayley Zammit	19:05

96th	Rod Zammit	19:06
99th	Amelia Clark	22:35

5KM

44th	Steve Clark	23:35
49th	Steve Mifsud	24:08
55th	David Perry	25:03
57th	Stephen Parkins	25:12
61st	Peter Tutty	25:51
63rd	Rod Zammit	26:41
65th	Carly Eager	26:54
67th	Jean Davis	27:58
69th	Katrina Russell	30:58
72nd	Michael Christie	32:39
75th	Joe Butler	37:30

7.5km

16th	Lisa Grant	33:24
28th	Clive Kidson	36:36
30th	David Perry	37:32
33rd	Graham Sheargold	38:49
34th	Steve O'Donnell	37:32
36th	Steve Parkins	41:49
37th	Steve Mifsud	42:45

Michael Christie (GAP)