

## **West Met 8 Ermington 8-6-13**

***Jye Perrott made a welcome return to West Met and exploded around the quick Ermington course running the 2km event in an amazing time. It was also the fastest time by a Girraween runner over the short distance at a West Met event since this correspondent has been keeping records since the 2010 winter season, indicating what a high quality run it was. It's to be hoped if commitments allow, that we see Jye a few more times before the season is out, as running of this quality is rare. There were also other noteworthy performances in the 2km event by our athletes. Karen Short was also very happy with her time, her fastest for the season to date and a number of our athletes were also very pleased with their times at West Met on Saturday over this distance.***

***Steve Clark led our runner's home in the 4km event at Ermington and he continues to run consistently well. Rowena Milliss put in an eye-catching performance, also making her debut like Jye at West Met for the 2013 season. Her time for the 4km event was very impressive as she continues to make great strides over the longer distance. It was also great to see Robyn Smith back having a run as she recovers from injury and we hope Robyn makes it back to her peak form soon.***

***Saturday was the day for a number of our athletes making their West Met debut for 2013 as Geoff Sheargold was another who had his first West Met run of the season and what a run it was. Considering he was backing up from a twenty-two kilometre training run that same morning, his sub thirty- minute time in the 8km was most impressive indeed. That is of course an understatement. It was a phenomenal effort. David Perry once again showed what an ironman he is, by once again completing all three events on Saturday running very competitively in all of them. It was a day of some remarkable running and bodes well for the rest of the 2013 winter season. Thanks again to our helpers on Saturday who assisted with recording and any other duties, which were are most appreciated. Results follow:***

### **2km**

<b>2<sup>nd</sup></b>	<b>Jye Perrott</b>	<b>6:26</b>
<b>20<sup>th</sup></b>	<b>Dvaid Perry</b>	<b>7:45</b>
<b>31<sup>st</sup></b>	<b>Ed Bratovic</b>	<b>8:10</b>
<b>37<sup>th</sup></b>	<b>Michael Grogan</b>	<b>8:22</b>
<b>48<sup>th</sup></b>	<b>Karen Short</b>	<b>9:13</b>
<b>53<sup>rd</sup></b>	<b>Andrew Free</b>	<b>9:32</b>
<b>55<sup>th</sup></b>	<b>Anne Tavener</b>	<b>9:43</b>
<b>56<sup>th</sup></b>	<b>Roger Mar</b>	<b>9:47</b>
<b>72<sup>nd</sup></b>	<b>Lynette Clark</b>	<b>13:04</b>
<b>73<sup>rd</sup></b>	<b>Bernard Hemakumara</b>	<b>13:08</b>
<b>78<sup>th</sup></b>	<b>Hayley Zammit</b>	<b>14:09</b>
<b>79<sup>th</sup></b>	<b>Rod Zammit</b>	<b>14:10</b>
<b>83<sup>rd</sup></b>	<b>Amelia Clark</b>	<b>16:40</b>

### **4km**

<b>44<sup>th</sup></b>	<b>Steve Clark</b>	<b>16:39</b>
<b>49<sup>th</sup></b>	<b>Rowena Milliss</b>	<b>17:05</b>
<b>60<sup>th</sup></b>	<b>Rod Zammit</b>	<b>18:10</b>
<b>62<sup>nd</sup></b>	<b>Adam Etherington</b>	<b>18:24</b>
<b>64<sup>th</sup></b>	<b>Steve Parkins</b>	<b>18:33</b>
<b>68<sup>th</sup></b>	<b>Greg Sargeant</b>	<b>18:56</b>
<b>71<sup>st</sup></b>	<b>David Perry</b>	<b>19:05</b>
<b>73<sup>rd</sup></b>	<b>Michael Grogan</b>	<b>19:38</b>
<b>74<sup>th</sup></b>	<b>Carly Eager</b>	<b>19:46</b>
<b>80<sup>th</sup></b>	<b>Robyn Smith</b>	<b>20:40</b>
<b>82<sup>nd</sup></b>	<b>Andrew Free</b>	<b>20:58</b>
<b>83<sup>rd</sup></b>	<b>Roger Mar</b>	<b>21:03</b>
<b>84<sup>th</sup></b>	<b>Michael Christie</b>	<b>21:26</b>
<b>90<sup>th</sup></b>	<b>Joe Butler</b>	<b>27:01</b>

### **8km**

<b>4<sup>th</sup></b>	<b>Geoff Sheargold</b>	<b>28:38</b>
<b>26<sup>th</sup></b>	<b>Clive Kidson</b>	<b>36:43</b>
<b>28<sup>th</sup></b>	<b>David Perry</b>	<b>37:10</b>
<b>31<sup>st</sup></b>	<b>Graham Sheargold</b>	<b>38:37</b>
<b>33<sup>rd</sup></b>	<b>Steve Parkins</b>	<b>40:33</b>
<b>37<sup>th</sup></b>	<b>Robert Eager</b>	<b>43:07</b>
<b>38<sup>th</sup></b>	<b>Greg Sargeant</b>	<b>43:19</b>

**Michael Christie** (GAP)