

West Met 9 North Ryde 15-6-13

The course itself was still very soft and muddy in a number of places from rain earlier in the week, but the runners were thankful there was no rain during the course of the afternoon on this occasion.

Whilst numbers were small, nevertheless there were some fine performances across all three distances. David Perry led our runner's home in all three events on the afternoon, the first time this has been done in 2013. This is no mean feat. In 2012, only one of our athletes managed this and that was the indefatigable Wayne Thurlow who managed this on four occasions when he was at the peak of his powers. Ed Bratovic was another of our athletes who ran a very slick time on the testing course. Karen Short and Daniel O'Donnell were two of our other athletes who had eye-catching performances in the short event on the day.

Whilst David Perry was our first runner home in the 4km event, there were some fine runs by Danny Martins and Stephen Mifsud in the same race. Carly Eager continues to grow in confidence and it was great to see Robyn Smith make a return after a substantial injury-induced break. We all hope she continues to make a successful comeback.

The 8km event once again saw David Perry lead the way. Clive Kidson again ran well following closely behind and there were solid efforts by the remainder of Girraween's athletes including Steve O'Donnell and Stephen Parkins. Stephen Mifsud joined David Perry in completing the three events on the afternoon, a feat of some magnitude given the challenges faced by our athletes when tackling this course. Their endurance continues to amaze. Thanks go to our volunteers who helped out in any way on the day to. Results follow:

2km

14th	David Perry	8:06
28th	Ed Bratovic	8:41
42nd	Stephen Mifsud	10:06
46th	Andrew Free	10:17
49th	Karen Short	10:34
62nd	Daniel O'Donnell	12:04
66th	Bernard Hemakumara	12:56
69th	Louise Elliot-Watson	13:26
71st	Lynette Clark	14:15
72nd	Hayley Zammit	14:26
73rd	Rod Zammit	14:27
75th	Nancy Keasbery	14:34
79th	Amelia Clark	21:25

4km

29th	David Perry	17:38
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37th	Danny Martins	19:09
40th	Stephen Mifsud	19:17
44th	Stephen Parkins	20:02
46th	Rod Zammit	20:16
49th	Carly Eager	20:35
52nd	Greg Sargeant	20:54
53rd	Robyn Smith	22:29
55th	Jean Davies	22:58
56th	Michael Christie	24:13

8km

19th	David Perry	38:04
23rd	Clive Kidson	39:15
25th	Steve O'Donnell	41:58
27th	Stephen Mifsud	44:08
28th	Stephen Parkins	45:28
30th	Greg Sargeant	46:27
31st	Robert Eager	47:29

Michael Christie **(GAP)**