

West Met Non- Points Score Run Rydalmere 10-8-13

Fun Run at NSW Short Course Cross Country Championships Upjohn Park Dundas 3-8-13 & West Met Non- Points Score Runs Rydalmere 10-8-13

The results from the Fun Run held two weeks ago at the NSW Short Course Cross Country Championships have finally become available. As mentioned previously, Steve Clark picked up a silver medal in this run and ran very well using it as a warm for his Championship event later in the day.

Two other runners in Karen Short and Roger Mar also used it as a warm up and ran well. All I can say that these three individuals were very brave to do so, given the nature of this course at Upjohn Park. David Perry also ran a fine time after his course set up duties all morning. It was also nice to see Ed and Jamie Bratovic having a run as well and they both ran strongly. The following Saturday a small number of our runners tackled the Rydalmere course adjacent to the Parramatta River in very fine conditions. With it been the day before City to Surf understandably numbers were down, however it's still nice that the organisers see fit to put this event on as not all runners that do West Met are able to compete in the City to Surf. There were some very special highlights however. From a running perspective, Brad Boyle continues to run very well and led our runner's home in both the 2km and 4km events in very fine times. One highlight for this correspondent was not only seeing Michael Free run in the 2km event but also run very well. Considering where Michael was less then twelve months ago health wise, his effort on Saturday was amazing to say the least. His will power and endeavour to continue to work on his health and fitness to enable himself to run this distance leaves one speechless, and it was very heart-warming to see. We hope to see Michael over the summer season when his health and commitments allow. Great stuff mate. Another highlight was seeing Kristy Zammit tackle the 2km on Saturday as well. As a rule, Kristy doesn't have much time to run as she is raising a very young family, so with husband Rod and the children offering great encouragement, Kristy completed the 2km strongly last Saturday in fine style. We all hope that it's not the last run you do Kristy, that we see you again soon on the tracks and that you recovered well from it.

Results follow:

2.5km Fun Run 3-8-13

2nd	Steve Clark	10:24
5th	David Perry	10:48
8th	Ed Bratovic	11:04 1
2th	Jamie Bratovic	12:37
14th	Karen Short	13:13
15th	Roger Mar	13:56

2km Rydalmere 10-8-13

18th	Brad Boyle	8:32
23rd	Andrew Free	9:46
25th	Michael Free	10:16
26th	Roger Mar	10:20
27th	Katrina Russell	10:32
28th	Gary Micallef	10:41
29th	Michael Christie	11:04
34th	Hayley Zammit	13:50
35th	Kristy Zammit	17:14

4km Rydalmere 10-8-13

16th	Brad Boyle	18:10
18th	Roger Mar	21:48
20th	Katrina Russell	22:22
22nd	Michael Christie	24:51