

Met West 7 Bella Vista 24-5-14

Saturday last saw a number of Girraween athletes tackle the three distances over the testing Bella Vista course in overcast and warmish conditions. There were a number of fine performances across the duration of the afternoon.

The 2km event saw the return of Peter Matthews to his explosive best running a great sub eight minute time, followed closely by Ed Bratovic. Rowena Milliss also ran a great race, in the lead up to next Saturdays state relays at Miranda. There were a number of other fine performances as can be seen from the results below.

The middle distance event saw Peter Matthews once again lead our runners home with Danny Martins and Ed Bratovic not far behind. Both Steve Parkins and Lachlan James also put in eye-catching performances that were certainly of note. Suresh Raju once again graced us with his presence as prepares for his Perth marathon in a couple of weeks and we wish him well there.

Geoff Sheargold ran a great time in the 8km event finishing in the top ten with a very fine run. Both Michael Free and Robert Eager also stuck to their guns well out on the course and they left nothing in reserve with their efforts on Saturday. Steve O'Donnell did an amazing job completing all three races on the same afternoon, a remarkable effort, given the nature of the course.

Congratulations Steve. Peter Matthews was also spotted attempting the 8km, but decided discretion was the better part of valour and decided to live to fight another day at Miranda.

It would be remiss not to mention George and Judy Milosevic for their efforts in providing sausages on a roll and soft drinks on the day raising money for the great cause that is C5c at Westmead Hospital. Thanks from everyone at Girraween for your efforts George and Judy and to all our members for supporting this worthwhile cause. Thanks also to David Archbold for publicising it throughout the afternoon as well and to all our friends from the other West Met clubs who chipped in across the afternoon.

Lastly, thanks to our small band of regulars who assist at every West Met event. You are stars. Results follow:

2km

10th	Peter Matthews	7:53
18th	Ed Bratovic	8:06
19th	Rowena Milliss	8:09
20th	Danny Martins	8:14
31st	Steve Mifsud	8:53
46th	Greg Sargeant	9:43
53rd	Tom Etherington	9:57
54th	Robyn Smith	9:58
56th	Adam Etherington	10:06
57th	Nicole Mantarro	10:08
62nd	Andrew Free	10:39
68th	Steve O'Donnell	11:28
69th	Mick Parker	11:34
70th	Daniel O'Donnell	11:46
72nd	Suresh Raju	12:33
75th	Bernard Hemakumara	12:57
76th	Hayley Zammit	13:05
77th	Rod Zammit	13:06
80th	Nancy Keasbery	13:48
85th	Chloe Grogan	15:20
86th	Michael Grogan	15:21

4km

29th	Peter Matthews	17:21
53rd	Danny Martins	19:02
56th	Ed Bratovic	19:23
70th	Steve Parkins	21:21
71st	Carly Eager	21:29
72nd	Michael Grogan	21:35
73rd	Lachlan James	21:46
74th	Steve O'Donnell	21:54
75th	Heidi Juhart	21:57
77th	Mark Milliss	22:12
79th	Jean Davis	22:27

82nd	Jill Woodruff	24:55
84th	Michael Christie	25:00
85th	Katrina Russell	27:12
87th	Suresh Raju	26:35
89th	Mick Parker	27:12

8km

9th	Geoff Sheargold	31:28
30th	Graham Sheargold	39:53
37th	Steve O'Donnell	46:04
38th	Michael Free	46:26
39th	Robert Eager	48:43

Michael Christie (GAP)