

West Met 1 Rouse Hill 29-3-14

On a warm steamy afternoon a healthy number of Girraween runners tackled the new course at Rouse Hill which by the end of the afternoon's proceedings had certainly gained the respect of all who ran on it. It was more challenging than it first appeared.

There were a number of eye catching performances across the afternoon. Wayne Thurlow led Girraween's runner's home in the 2km event, followed closely by Steve Clark. It was also encouraging to see our very young runner's in Daniel O'Donnell, Chloe Grogan and Amelia Clark stick to their guns well in the shorter event. Adam Etherington was another runner from 2013 who has made a welcome return to form in 2014 and we hope if time allows that he is able to run a number of these events through the upcoming winter season.

The middle distance event saw Bradley Matthews make a welcome return to West Met as he was the first Girraween runner across the line in a strong performance closely followed by Peter Matthews in a consistent effort. It was also great to see Brad Boyle make a welcome return to the fray after injury. Jill Woodruff was another who made an eye catching return to form in the middle distance event on Saturday and the training she has been putting in is certainly paying off. Karen Short also hung in well in the middle distance event, running well outside her comfort zone and still competing well. It would also be remiss of me not to mention the efforts of Mick Parker who tackled the 4km straight after the 2km event. While a number of our runners do this each week, Mick has been primarily a thrower/sprinter over recent years, so for him to step up and not only attempt cross-country but tackle consecutive events a long way outside his comfort zone is a mighty achievement. We hope he recovers well and enjoys the West Met season throughout 2014. Steve Williams who missed most of the 2013 winter season through injury also made a very welcome return to form in this event, running most strongly, and we hope he remains injury free through 2014.

The long distance event saw a brave group of Girraween runners tackle that tricky hill four times in total in tackling this challenging course. Graham Sheargold kept his form together well in leading the Girraween contingent across the finish line. Wayne Thurlow completed his third run of the afternoon

in finishing this race, a very determined effort on this course. However, the story of the afternoon undoubtedly belonged to Michael Free who was competing in his longest run since 2011. Given where he has been over the last few years it was an extraordinary effort. Well done Michael. Understandably there was a little emotion amongst the small band of Girraween supporters when they saw him cross the line. It was a great way to start the 2014 cross country season.

Many thanks to those members and friends who gave their time on Saturday in assisting with number allocation, race recording or anything else. Thank you. Please note that while the official distances were listed as a 2km, 4km and 8km event, each loop was in fact 2.2km, so all runners across the three events ran a little longer as the afternoon wore on. Results follow:

2km

12th	Wayne Thurlow	8:46
20th	Steve Clark	9:11
29th	Terry Rose	10:12
41st	Adam Etherington	10:49
43rd	Andrew Free	10:51
45th	Brad Boyle	10:55
54th	Nicholas Perry	11:51
55th	David Perry	11:53
61st	Roger Mar	12:14
64th	Daniel O'Donnell	12:27
65th	Steve O'Donnell	12:28
66th	Mick Parker	12:40
73rd	Nancy Keasbery	14:09
74th	Bernard Hemakumara	14:11
80th	Chloe Grogan	15:33
81st	Michael Grogan	15:34
83rd	Lynette Clark	16:40
85th	Amelia Clark	19:04
86th	Karen Short	19:04

4km

11th	Bradley Matthews	18:29
13th	Peter Matthews	18:55
24th	Wayne Thurlow	19:48
29th	David Perry	20:36
37th	Brad Boyle	21:42
39th	Michael Grogan	22:18
41st	Steve Williams	22:56
48th	Heidi Juhart	23:23
51st	N Mantarro	24:13
52nd	Jill Woodruff	25:10
54th	Jean Davis	25:21
57th	Roger Mar	26:05
58th	Michael Christie	26:17
64th	Karen Short	28:50
65th	Steve Clark	28:51
66th	Adam Etherington	29:05
67th	Mick Parker	30:56
69th	Joe Butler	31:46

8km

18th	Graham Sheargold	43:10
20th	Rod Zammit	44:20
21st	Clive Kidson	44:54
24th	Wayne Thurlow	46:47
27th	Steve O'Donnell	50:11
29th	Michael Free	53:26

Michael Christie (GAP)

