

## **West Met 10 Bella Vista (new course) 28-6-14**

Saturday last saw a healthy number of Girraween athletes tackle the challenging new course at Bella Vista in cold and windy conditions. The hill near the halfway mark of the course proved an interesting challenge for all our athletes.

The 2km saw the ubiquitous Danny Martins lead Girraween's runner's home in a fine performance closely followed by Steve Clark and David Perry. All our athletes who competed in this first run of the day did a fine job. The amazing thing to report after seeing all our runner's cross the line and hearing about their experiences, was that there were any Girraween runners game enough to tackle the 4km when they knew that they would be tackling Bella Vista's own version of heartbreak hill twice. Fortunately our runners stepped up and tackled the course with great gusto.

Peter Matthews in a fine performance was the first Girraween runner across the line in the 4km event. There were other fine performances in this event from Danny Martins, David Perry and Michael Grogan who ran most consistently. Carly Eager was another who continued her fine recent form in this event.

By the time the 8km rolled around the weather had started to deteriorate rapidly, and by the conclusion of this event the weather had turned very nasty indeed. Nevertheless our runners stuck to their guns well and Geoff Sheargold put in a great performance in leading our athletes across the line and finishing fifth overall. It was also great to see Lisa Grant putting in a rare West Met performance this season and Lisa ran very well in this event. A special mention also goes to Steve O'Donnell and Robert Eager who amazingly completed all three events on Saturday, a wonderful achievement. To run up that hill once was tough enough but to back up and do it seven times leaves us all speechless. Great work Steve and Rob.

We would also like to thank any of our helpers on Saturday to. You continue to make a difference each weekend. Thank you. Results follow:

### **2km**

14th	Danny Martins	8:04
15th	Steve Clark	8:08
26th	David Perry	8:49
33rd	Steve Mifsud	9:08
44th	Greg Sargeant	9:36
49th	Robyn Smith	9:53
51st	T Roje	9:59
52nd	Nicole Mantarro	10:01
60th	Daniel O'Donnell	10:44
61st	Andrew Free	10:45

63rd	Steve O'Donnell	10:50
71st	Mick Parker	11:58
72nd	Roger Mar	12:29
73rd	Bernard Hemakumara	12:44
77th	Robert Eager	13:19
80th	Nancy Keasbery	13:59
85th	Amelia Clark	15:11
86th	Chloe Grogan	15:26
87th	Michael Grogan	15:27
89th	Hailey Zammit	15:29
90th	Rod Zammit	15:33
91st	Lynette Clark	15:48

#### **4km**

24th	Peter Matthews	16:54
39th	Danny Martins	19:14
44th	David Perry	19:27
51st	Michael Grogan	20:01
52nd	Steve Clark	20:11
56th	Steve Parkins	21:22
57th	Heidi Juhart	21:25
58th	Steve Mifsud	21:28
59th	Carly Eager	21:37
60th	Greg Sargeant	23:01
62nd	Steve O'Donnell	24:01
65th	Michael Christie	24:11
66th	Jean Davies	24:51
69th	Katrina Russell	25:11
70th	Robert Eager	25:17
73rd	Roger Mar	26:32
74th	Mick Parker	29:14

#### **8km**

5th	Geoff Sheargold	31:33
20th	Lisa Grant	38:34
24th	Rod Zammit	40:50
28th	Graham Sheargold	43:24
29th	Steve O'Donnell	46:53
30th	Robert Eager	55:42

Michael Christie

(GAP)