

West Met 13 Greystanes 26-7-14

After an inclement start to the day weather-wise, thankfully for our athletes the conditions had improved by the time the first event of the afternoon was held out at Gipps Road on Saturday.

There were a number of fine performances in the 2km event, but none finer than that of Girraween's first athlete across the line in this event, Rowena Milliss. This young lady is going from strength to strength and her performance on Saturday was another indication of her emerging talent. It was a great run. It was also great to see Sharon Free make a rare return to West Met for 2014 and Sharon ran very consistently in this event. Another fine effort came from Daniel O'Donnell who broke the ten minute mark for the short event for the first time in 2014 at West Met. It was a very very fine run by Daniel. All our runners were certainly happier to be back on a friendlier course after the challenges everyone faced at Upjohn Park the week before.

Bradley Matthews, on a rare break from his soccer commitments had a phenomenal run in the 4km event, running a great sub sixteen minute time for this event to lead our runner's home. He was followed closely by Peter Matthews who ran well and Rowena Milliss backing up from the 2km event put in another impressive display. It was also great to see both Greg Sargeant and Mark Milliss who showed they are still a force to be reckoned with over this distance with very consistent efforts.

The 8km event saw Geoff Sheargold finish second overall to be the first Girraween runner across the line in another strong performance. Lisa Grant, making a rare West Met appearance for 2014 again showed that she has lost none of her speed with a very solid run. Steve O'Donnell showed his remarkable durability once again completing three events on the day, demonstrating to us all, that he is indeed one of our more remarkable athletes who make up Girraween Athletics Club.

It had been a fine afternoon of running by our members and many thanks to any of our volunteers who assisted in any way on the day. Results follow:

2km

6th	Rowena Milliss	7:21
7th	Danny Martins	7:31
13th	Wayne Thurlow	7:50
16th	David Perry	8:07
17th	Ed Bratovic	8:14
22nd	Stephen Mifsud	8:30
31st	Terry Rose	8:52
38th	Greg Sargeant	9:11
39th	Robyn Smith	9:15
40th	Mark Milliss	9:17
43rd	Andrew Free	9:41
44th	Daniel O'Donnell	9:48
46th	Steve O'Donnell	10:11
49th	Sharon Free	11:11
50th	Bernard Hemakumara	11:28
51st	Roger Mar	11:31
57th	Nancy Keasbery	12:43
61st	Lynette Clark	13:35
62nd	Hayley Zammit	13:47
63rd	Chloe Grogan	14:10
64th	Michael Grogan	14:11

4km

19th	Bradley Matthews	15:44
24th	Peter Matthews	16:09
42nd	Rowena Milliss	17:51
47th	David Perry	18:46
51st	Stephen Parkins	19:37
53rd	Michael Grogan	20:15
54th	Heidi Juhart	20:20
56th	Jean Davies	20:56
57th	Mark Milliss	20:59
58th	Steve O'Donnell	21:43
59th	Greg Sargeant	22:12

63rd Roger Mar 24:47

8km

2nd Geoff Sheargold 28:52

10th Lisa Grant 35:19

13th Clive Kidson 36:14

16th Graham Sheargold 40:12

18th Steve O'Donnell 40:52

19th Rod Zammit 42:07

20th Michael Free 42:49

Michael Christie (GAP)