

## **West Met 15 Dundas 23-8-14**

Saturday saw a small number of Girraween athletes tackle the challenging Upjohn Park course which was still soft underfoot after the rain from the previous week. With cloud threatening it was unlikely we would get through the afternoon without a downpour and so it proved with a very heavy shower during the long distance run, which made life tricky to say the least.

Earlier in the afternoon, Wayne Thurlow was the first Girraween runner across the line in the 2.5km event followed by Steve Mifsud and David Perry who both ran well. All our athletes acquitted themselves admirably as they tackled this event and both Lynette Clark and Nancy Keasbery stuck to their task well. Another highlight was seeing Ben O'Donnell have a rare outing at West Met and choosing to run one of the most challenging courses on the West Met calendar and doing a great job. Great stuff Ben and we hope to see you more often in 2015.

There was a small Girraween field in the 5km event and Danny Martins led the way home for the Girraween contingent running a very respectable sub twenty-five minute time. He was followed home by Steve Mifsud and Stephen Parkins who competed well.

Lisa Grant with a very impressive display, was the first Girraween runner across the line in the long-distance event on Saturday followed by Rod Zammit. All our runners had to cope with very challenging conditions and did very well in the circumstances. Rob Eager after his fine run at Trevor Lonard the week before ran consistently to.

A very special thank you to both George and Judy Milosevic who did a great job with the bbq in inclement weather raising funds for Jennifer's Wish, funding valuable cancer research on Saturday. Thank you also to those members who came down to Upjohn Park to support this worthy cause even though they were not competing. Your contribution was appreciated. Finally, thanks once again to our volunteers who helped out on Saturday in any way. Results follow:

### **2.5km**

7th	Wayne Thurlow	10:58
11th	Steve Mifsud	11:21
13th	David Perry	11:40
15th	Greg Sargeant	12:22
20th	Terry Rose	13:06
21st	Daniel O'Donnell	13:10
22nd	Robyn Smith	13:22
25th	Roger Mar	15:25

26th	Renee Juhart	16:38
28th	Bernard Hemakumara	17:02
29th	Ben O'Donnell	17:09
30th	Stephen O'Donnell	17:10
32nd	Lynette Clark	18:04
33rd	Nancy Keasbery	18:20

### **5km**

12th	Danny Martins	22:47
17th	Steve Mifsud	25:41
20th	Stephen Parkins	27:48
22nd	Heidi Juhart	28:23
23rd	Jean Davies	30:30
25th	Michael Christie	32:28
26th	Roger Mar	33:15

### **7.5km**

10th	Lisa Grant	34.11
12th	Rod Zammit	36:22
13th	David Perry	38:32
15th	Stephen O'Donnell	39:02
18th	Michael Free	43:23
19th	Robert Eager	44:25
20th	Stephen Parkins	45:21

Michael Christie (GAP)