

## **West Met 4 Rydalmere 26-4-14**

It was a beautiful day for a run on the flat fast Rydalmere course last Saturday and there were a healthy number of Girraween athletes who tested themselves out over the various distances.

The 2km event saw some very slick times run, with Wayne Thurlow leading our athlete's home, closely followed by Ed Bratovic. Bernard Hemakumara and Nancy Keasbery were two of our runners who performed well in the short event and they continue to grow in confidence as the season progresses. Daniel O'Donnell was another who put in a fine performance, going agonisingly close to breaking the magic ten minute mark for the 2km event. It's well within reach for this improving young athlete.

The middle distance event saw the return of the speedy Peter Matthews after a break of a few weeks and he didn't disappoint, running a great sub sixteen minute time for this event. Wayne Thurlow was not far behind him and another eye-catching performance in his first West Met run of the season, was from Lachlan James who ran well to break the twenty minute mark for this middle distance event. There were other fine efforts in this event including those of Carly Eager who is finding some great early season form and Jill Woodruff, who valiantly completed this event in testing circumstances.

The 8km event saw a very healthy number of Girraween runners tackling this run which was most encouraging. Wayne Thurlow was to the fore in leading our runner's home closely followed by Graham Sheargold. Wayne once again completed all three events in an afternoon, no mean feat and he has also managed this feat the previous three West Met events so far this season. Thanks again to our members who helped out in any capacity across the afternoon and your help is always appreciated by the organisers. Results follow:

### **2km**

12th	Wayne Thurlow	7:34
13th	Ed Bratovic	7:37

17th	Steve Clark	7:45
25th	David Perry	8:13
38th	Greg Sargeant	8:52
41st	Andrew Free	8:58
62nd	Daniel O'Donnell	10:04
63rd	Steve O'Donnell	10:09
73rd	Roger Mar	10:46
81st	Bernard Hemakumara	11:31
83rd	Nancy Keasbery	11:49
89th	Hailey Zammit	12:52
90th	Rod Zammit	13:06
93rd	Chloe Grogan	13:42
94th	Michael Grogan	14:12
95th	Lynette Clark	14:13

#### **4km**

15th	Peter Matthews	15:52
38th	Wayne Thurlow	17:22
53rd	David Perry	18:39
57th	Lachlan James	19:09
62nd	Steve Clark	19:32
64th	Michael Grogan	19:54
66th	Stephen Parkins	20:27
67th	Carly Eager	20:36
71st	Heidi Juhart	20:52
74th	Andrew Free	21:05
77th	Greg Sargeant	21:57
78th	Mark Milliss	22:00
80th	Jean Davis	22:20
81st	Jill Woodruff	22:27
84th	Katrina Russell	23:04
88th	Michael Christie	25:43
89th	Joe Butler	26:56

## 8km

25th	Wayne Thurlow	37:04
27th	Graham Sheargold	37:39
28th	Clive Kidson	38:29
33rd	Danny Martins	41:51
34th	Stephen O'Donnell	43:21
35th	Michael Free	43:46
36th	Robert Eager	46:32
38th	Stephen Parkins	47:37
39th	Roger Mar	50:05

Michael Christie (GAP)