

## **West Met 5 Emu Plains 10-5-14**

A cloudy afternoon saw a healthy number of Girraween athletes tackle the challenging Emu Plains course along the Nepean River last Saturday. Conditions were deceptively humid for these runs and it certainly had an effect on all our runners.

The 2km event saw some fine efforts by our athletes. Wayne Thurlow led our runner's home followed closely home by Ed Bratovic. It was nice to see Steve Mifsud make a rare sojourn to a West Met event and he ran well. Adam and Tom Etherington were another two of our athletes who competed well in this event. Robyn Smith was also sighted making a rare West Met appearance and stuck to her guns well throughout.

The 5km event saw a repeat of the 2km with Wayne followed closely by Ed tearing up the course and backing up well after their previous efforts. Clive Kidson was another runner whose long distance experience came to the fore with his speedy effort in this event. Two other eye catching performances were from Lachlan James who continues to go from strength to strength and Jamie Bratovic who backed up so well after his speedy effort in the 2km event. Both these young runner's certainly have a bright future in the sport. This was a tough event for the back markers, yet all our runners stuck it out well.

The final event of the afternoon, the 10km, saw our gutsiest performances. While Wayne Thurlow was the first Girraween runner home, which was a fine achievement, the story lay in the efforts of the remaining Girraween runners in the field. Whilst the times ran, indicated the tough conditions and nature of the course they also illustrated that our athletes hung in well and never gave up, which was pleasing to see. A special mention also to both Wayne Thurlow and Greg Sargeant who remarkably completed all three events on the day, no mean feat given both the conditions and high degree of difficulty for this course. Well done to those two gentlemen.

It had been a tough afternoon at the office, but nevertheless these events will hold all our athletes in good stead, particularly those who will be running State Relays at Miranda at the end of May. Thank you to our recorders and to our other volunteers who assisted in any capacity on the day. Any help we continue to offer does make a difference. Results follow:

### **2km**

5th	Wayne Thurlow	7:59
9th	Ed Bratovic	8:13
11th	Steve Clark	8:17
18th	Steve Mifsud	9:01
24th	Jamie Bratovic	9:26
26th	Greg Sargeant	9:30
35th	Terry Rose	9:53
38th	Andrew Free	10:07

41st	Tom Etherington	10:15
44th	Adam Etherington	10:17
47th	Daniel O'Donnell	10:38
48th	Steve O'Donnell	10:39
51st	Robyn Smith	10:52
58th	Mick Parker	11:31
62nd	Bernard Hemakumara	13:04
64th	Nancy Keasbery	13:30
68th	Chloe Grogan	13:57
70th	Michael Grogan	13:58

#### **4km**

21st	Wayne Thurlow	21:57
28th	Ed Bratovic	23:12
30th	Clive Kidson	23:26
34th	Lachlan James	24:40
38th	Steve Mifsud	25:34
39th	Michael Grogan	25:44
40th	David Perry	25:45
45th	Steve Parkins	26:30
46th	Graham Sheargold	26:39
49th	Jamie Bratovic	28:11
51st	Jill Woodruff	28:48
54th	Greg Sargeant	29:27
55th	Roger Mar	30:26
56th	Jean Davis	30:33
59th	Michael Christie	32:08
62nd	Mick Parker	35:37
63rd	Joe Butler	35:45

#### **10km**

21st	Wayne Thurlow	49:54
25th	Stephen O'Donnell	56:05
26th	Graham Sheargold	57:08
27th	Michael Free	57:25
28th	Robert Eager	60:34
30th	Greg Sargeant	68:45

Michael Christie (GAP)

