

West Met 6 Smithfield 17-5-14

A very mild autumn afternoon greeted Girraween's runners to the fast flat Smithfield course last Saturday.

The 2km event saw a number of very quick times, with Wayne Thurlow once again the first Girraween runner across the line, closely followed by Ed Bratovic and Danny Martins respectively. There was a blast from the past with the rare appearance of Suresh Raju for both the 2km and 4km events. It has been a long time since Suresh was sighted at a West Met event and it is hoped that he can make a few more before the season is out. James Thomson made his West Met debut for Girraween and also ran very well. Karen Short was spotted making a welcome return from injury and ran in a very relaxed manner. Hopefully, Karen has had no ill effects from her performance.

The 4km event saw Wayne and Ed lead the runners in royal blue and white across the finish line. Lisa Grant made her first West Met appearance of the season, returning from injury and eased herself around the course, showing she has lost none of her form. Nicole Mantarro, one of our new members also but in a very fine performance and we hope Nicole enjoys her time with Girraween.

The 8km event saw a very healthy number of Girraween runners tackling this course. Given that only two years ago at the same venue, there were no Girraween runners who competed in the longer event, this was most encouraging. Peter Matthews, in his timely return to the longer event was most impressive as he motored around the course in very warm conditions. Incredibly, Wayne Thurlow, Ed Bratovic, David Perry and Greg Sargeant all completed the 8km event, meaning they had competed in all three events on the same afternoon and in challenging conditions. This was a wonderful effort by these esteemed gentlemen and they deserve our warmest congratulations on what can only be described as an 'epic'.

It had been a great afternoon of running by all our athletes. It would be remiss of me once again if I did not mention the help that our members give at West Met each Saturday. While you are few in number, your efforts are appreciated. If anybody else can assist on the day, whether it's by recording, marshalling,

setting up or packing the course a way or doing any other jobs that are required, please don't be afraid to help. Thank you. Results follow:

2km

11th	Wayne Thurlow	6:52
14th	Ed Bratovic	7:03
15th	Danny Martins	7:09
22nd	David Perry	7:41
25th	Steve Mifsud	7:48
33rd	Greg Sargeant	8:15
46th	Robyn Smith	8:55
56th	Mick Parker	9:50
57th	Steve O'Donnell	9:51
59th	Roger Mar	10:23
60th	Daniel O'Donnell	10:35
62nd	Bernard Hemakumara	10:54
64th	Nancy Keasbery	11:20
76th	James Thompson	13:12
78th	Suresh Raju	13:15
79th	Hailey Zammit	13:23
80th	Rod Zammit	13:26
81st	Lynette Clark	13:33
82nd	Chloe Grogan	13:45
83rd	Michael Grogan	13:46
85th	Amelia Clark	14:58
86th	Karen Short	14:59

4km

38th	Wayne Thurlow	16:03
40th	Ed Bratovic	16:16
47th	Lisa Grant	16:49
54th	David Perry	17:27
55th	Danny Martins	17:31
64th	Michael Grogan	18:48
66th	Carly Eager	18:57

67th	Nicole Mantarro	19:30
69th	Heidi Juhart	19:55
71st	Jill Woodruff	20:31
74th	Jean Davis	20:53
78th	Greg Sargeant	21:51
79th	Suresh Raju	22:02
80th	Roger Mar	22:08
82nd	Michael Christie	22:42
86th	Mick Parker	25:07
88th	Joe Butler	27:22

8km

16th	Peter Matthews	33:35
21st	Wayne Thurlow	36:34
25th	Rod Zammit	37:27
27th	Graham Sheargold	38:43
29th	Ed Bratovic	39:16
30th	David Perry	39:47
32nd	Steve O'Donnell	40:58
34th	Michael Free	41:38
35th	Greg Sargeant	49:21

Michael Christie (GAP)