

West Met 8 Ermington 7-6-14

Saturday last saw a large number of Girraween athletes tackle the bike-paths along the Parramatta River at Ermington in cool windy conditions. The 2km event in fact saw the largest number of Girraween runners in a single race at West Met in recent years at twenty-five, a number that had not been reached since July 2012 at Greystanes.

Wayne Thurlow was the first Girraween runner across the line in the 2km event narrowly followed by four other Girraween runners in Peter Matthews, Steve Clark, Danny Martins and Ed Bratovic who all managed to crack the eight minute mark, turning in very strong performances. It was great to see both Renata Busic and Anne Tavener make a rare appearance at West Met in 2014 and both these young ladies ran well in the shorter event.

The 4km event saw many fine performances. Peter Matthews rolled back the years with another great run followed closely by Wayne Thurlow. Rowena Milliss also continued her great recent form. At the back end of the field Karen Short continued her comeback from injury with a re-introduction to the middle distance run with a very solid performance and there is no doubt that as the season progresses she will only improve. This event again saw a very healthy number of our athletes participating which augurs well for the rest of the West Met programme.

Geoff Sheargold sped around the 8km course notching up a great sub thirty minute time running consistently throughout and finishing second overall. Clive Kidson was another one of our runners who put in a great performance. Rod Zammit, David Perry and Steve O'Donnell completed all three races on the day in challenging conditions, a remarkable effort. Congratulations on this great feat to all three runners.

Saturday saw one of the largest number of Girraween runners at a West Met event for many a long day which was most gratifying. Many thanks to our volunteers who helped out in any way on the day, your efforts are always noticed. Results follow:

2km

12th	Wayne Thurlow	7:40
13th	Peter Matthews	7:41
14th	Steve Clark	7:42
15th	Danny Martins	7:48
17th	Ed Bratovic	7:57
26th	David Perry	8:32
38th	Greg Sargeant	9:00
50th	Robyn Smith	9:34
59th	Terry Rose	10:00
60th	Andrew Free	10:06
62nd	Stephen O'Donnell	10:12
68th	Mick Parker	10:38
73rd	Anne Tavener	11:28
74th	Renata Busic	11:29
75th	Roger Mar	11:30
76th	Daniel O'Donnell	11:31
80th	Bernard Hemakumara	12:11
83rd	Rod Zammit	13:07
84th	Hayley Zammit	13:10
87th	Nancy Keasbery	13:20
95th	Lynette Clark	14:35
96th	Chloe Grogan	14:50
97th	Michael Grogan	14:51
98th	Amelia Clark	14:52
99th	Karen Short	15:53

4km

34th	Peter Matthews	16:38
48th	Wayne Thurlow	17:32
52nd	Ed Bratovic	17:43
55th	Danny Martins	17:56
59th	Rowena Milliss	18:13
67th	Michael Grogan	19:05
68th	David Perry	19:32

72nd	Carly Eager	19:55
76th	Stephen Parkins	20:21
77th	Heidi Juhart	20:49
78th	Mark Milliss	20:59
80th	Jean Davis	21:48
81st	Jill Woodruff	22:08
83rd	Robyn Smith	22:37
84th	Steve Clark	23:01
85th	Roger Mar	23:08
86th	Michael Christie	23:11
87th	Karen Short	23:25
92nd	Mick Parker	25:28
94th	Stephen O'Donnell	25:30
95th	Rod Zammit	26:31
97th	Joe Butler	27:18

8km

2nd	Geoff Sheargold	29:36
25th	Clive Kidson	38:14
26th	Rod Zammit	38:34
32nd	Graham Sheargold	40:46
34th	David Perry	41:51
36th	Stephen O'Donnell	43:03
37th	Stephen Parkins	43:30
38th	Michael Free	43:52
39th	Robert Eager	50:30

Michael Christie (GAP)