

West Met 4 Rydalmere 25-4-15

Saturday last saw extraordinary numbers attend the Rydalmere West Met event on Anzac Day. Records were set in regards to number of competitors taking part in the 2km and 4km events at West Met, with 154 runners in the 2km event and 123 runners in the 4km event. There were also 44 runners taking part in the 8km event, not a record, but not far off. The organisers were naturally very happy with these numbers. Naturally as can be seen by the results listed below there were great numbers of Girraween athletes taking part in these events to.

In the 2km event, Wayne Thurlow lead the Girraween contingent home followed closely by Peter Matthews, Steve Clark and Ed Bratovic who all ran very slick times despite the size of the field. Our younger contingent was spread throughout the field from Nathan Moffitt to Zach Zammit and they all ran well into the bargain putting in very consistent performances.

The 4km event once again saw Wayne Thurlow as the first Girraween runner home followed not far behind by Ben Tisdale and his sister Lauren who have both made a welcome return to the West Met fold and ran very strongly throughout this event. The iconic Keith Mayhew was also spotted in this event and he kept his form together well. Adriana Busic was another one of our younger runners who ran strongly.

Geoff Sheargold ran his first West Met event of the season in the 8km event and was the first Girraween runner home, finishing second overall with a very strong performance. Sergio Martinez followed up his strong form from the previous week with another solid performance. Both Wayne Thurlow and Stephen O'Donnell completed their third event of the afternoon showing us all endless supplies of energy by completing this trifecta of events, no easy task. Well done guys.

Saturday saw a number of new faces running under the Girraween umbrella for the first time and we welcome Kelly Lolohea, H Salmon, Alejandra Bucci and Karen Attard and we hope they all return during the weeks ahead for the

remainder of the West Met season. It was also great to see Ben and Lauren Tisdale return for Girraween and we trust they have an enjoyable cross-country season in 2015.

Thank you to any of our members who assisted the organisers on Saturday with any of the jobs that needed doing. When the numbers are that large, it's important that we all step in and assist when we can and this is what happened on Saturday. Girraween always has a great reputation in this regard, so thanks again to all concerned. Results follow:

2km

10th	Wayne Thurlow	7:24
23rd	Peter Matthews	7:56
26th	Steve Clark	8:02
31st	Ed Bratovic	8:13
44th	Nathan Moffitt	8:35
63rd	Kelly Lolohea	9:03
64th	Greg Sargeant	9:07
69th	Adam Etherington	9:12
76th	Cristobel Corualan	9:19
78th	Robyn Smith	9:21
87th	Tom Etherington	9:38
89th	Daniel O'Donnell	9:43
92nd	Jean Davis	9:47
98th	Mark Milliss	10:10
113th	Andrew Free	10:39
114th	Karen Short	10:40
124th	Katrina Russell	11:51
126th	Chloe Grogan	12:20
127th	Michael Grogan	12:21
131st	Ben O'Donnell	12:40
132nd	Stephen O'Donnell	12:44
138th	Lynette Clark	13:32
139th	H Salmon	13:42
141st	Laura Corualan	13:56

142nd	Cristina Sotomayor	13:57
143rd	Claudio Corualan	14:02
148th	Zach Zammit	14:31
152nd	Kristy Zammit	16:49

4km

40th	Wayne Thurlow	16:08
48th	Ben Tisdale	16:48
81st	Ed Bratovic	18:53
88th	Adam Etherington	19:22
90th	Steve Clark	19:26
91st	Lauren Tisdale	19:38
94th	Adriana Busic	19:44
97th	Michael Grogan	20:11
98th	Alejandra Bucci	20:17
101st	Cristina Sotomayor	20:36
104th	Jill Woodruff	21:21
109th	Heidi Juhart	22:19
110th	Michael Christie	22:20
111th	Keith Mayhew	22:53
112th	Nathan Moffitt	22:55
113th	Karen Attard	23:01
115th	Katrina Russell	23:06
116th	Stephen O'Donnell	23:12
117th	Greg Sargeant	23:17
118th	Jean Davis	23:26
119th	Renata Busic	24:14

8km

2nd	Geoff Sheargold	28:52
24th	Wayne Thurlow	35:01
27th	Danny Martins	36:08
37th	Sergio Martinez	39:04
38th	Rod Zammit	39:31
43rd	Claudio Corualan	41:53

44th Stephen O'Donnell 47:45

Michael Christie (GAP)