

West Met 5 Emu Plains 9-5-15

Last Saturday saw a smaller contingent of Girraween athletes at Emu Plains than the previous West Met event. This was no surprise given the locale of the event. The course was also in surprisingly good condition given all the rain of recent weeks. Nevertheless, this did not negate its toughness as it remains a challenging course.

The shorter distance once again saw Wayne Thurlow lead our runners home followed by the indefatigable Ed Bratovic and Nathan Moffitt who ran very well. An interesting point to emerge from this run, was that out of the sixteen Girraween athletes competing, ten were father or mother running with their son or daughter. This is a wonderful illustration of the family friendly nature of Girraween Athletics and the ongoing encouragement given to all our athletes by all our members. Long may it continue.

The middle distance event, a kilometre longer than is normal saw Mr Thurlow run a very solid race followed by Ed Bratovic. A highlight here was seeing Steve Williams returning to West Met for the first time in 2015 and running well into the bargain. Family and work commitments have impacted on Steve's running in 2015 and it is to be hoped we see him on a more regular basis as the season progresses when other commitments allow. Carly Eager, Cristina Sotomayor and Jill Woodruff also rang strongly in this event and kept up a consistent pace throughout continuing their great early season form.

The last event of the day, the ten km, saw Wayne Thurlow run very strongly and given that it was his third event of the day, it was his best performance. It was nice to see Clive Kidson go around in a great sub fifty minute time. The efforts of Rod Zammit, Michael Free and Rob Eager all need to be recognised as this is one of the toughest West Met long distance events on the calendar and they all stuck to their guns well. Michael Free's effort was particularly remarkable, given that he had just returned from overseas work commitments that very morning, so to have the energy and desire to complete this tough course was a wonderful effort. Well done Michael.

It had been a good afternoon of running by all our representatives. Many thanks also to any of our volunteers who assisted in any way on the day. Results follow:

2km

6th	Wayne Thurlow	7:51
18th	Ed Bratovic	8:45
23rd	Nathan Moffitt	9:19
33rd	Greg Sargeant	9:47
35th	Terry Rose	9:58
37th	Cristobel Corualan	10:08
42nd	Daniel O'Donnell	10:42
51st	Jean Davies	11:09
58th	Keith Mayhew	12:32
61st	Hayley Zammit	13:05
62nd	Chloe Grogan	13:30
63rd	Michael Grogan	13:33
64th	Laura Corualan	13:56
65th	Cristina Sotomayor	13:57
68th	Zac Zammit	14:48
69th	Rod Zammit	14:50

5km

14th	Wayne Thurlow	20:49
32nd	Ed Bratovic	23:24
43rd	Steve Williams	26:52
45th	Michael Grogan	27:06
46th	Greg Sargeant	27:24
47th	Carly Eager	27:37
48th	Cristina Sotomayor	27:39
52nd	Jill Woodruff	28:52
57th	Michael Christie	33:23

10km

4th	Wayne Thurlow	44:43
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9th	Clive Kidson	49:44
10th	Rod Zammit	50:31
15th	Michael Free	58:35
17th	Rob Eager	1:02.45

Michael Christie	(GAP)
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