

West Met 8 Ermington 6-6-15

A beautiful winter's afternoon for running greeted a sizeable Girraween contingent who tackled the speedy Ermington course last Saturday. Number's wise it was one of the biggest turnouts of the season to-date.

The 2km saw a healthy number of our representatives tackle the course. Whilst Wayne Thurlow and Ed Bratovic led our runner's home, there were also noteworthy efforts from a number of our other athletes. Robyn Smith, Adam Etherington, Mark Milliss and Jean Davis to name a few showed they had lost none of their speed with solid performances. Our junior contingent ran well, with a number of good efforts which can be seen from the results listed below.

Geoff Sheargold dropped down to the middle distance on Saturday and his time for the 4km was most impressive. Wayne Thurlow and Ed Bratovic also ran consistently throughout. Steve Williams also showed very impressive form as he continues to roll back the years with his strong performances over recent weeks. David Perry was also spotted as he continues to make a comeback from injury and we all wish him well with this.

The long distance event saw Wayne Thurlow prominent followed by Rod Zammit and Clive Kidson who followed up their strong performances the previous week at State Relays with two great sub forty minute times. Wayne Thurlow and Stephen O'Donnell also completed all three events on Saturday, no mean feat. Well done guys. It would be remiss of me not to forget to mention Sergio Martinez, one of our newer members who is continuing to run strong times over this longer distance over recent weeks and we all trust that he is continuing to enjoy his cross-country experience each week.

It was wonderful to see so many of our members out and about last Saturday representing their club. Thank you to any of our members who also helped out last Saturday. Your efforts are always most appreciated. Results follow:

2km

7th	Wayne Thurlow	7:29
19th	Ed Bratovic	8:05
45th	Greg Sargeant	9:00
50th	Robyn Smith	9:14
59th	Terry Rose	9:36
63rd	Daniel O'Donnell	9:49
67th	Adam Etherington	10:04
69th	Mark Milliss	10:17
70th	Jean Davis	10:21
72nd	Heidi Juhart	10:28
85th	Katrina Russell	12:02

88th	Roger Mar	12:36
89th	Chloe Grogan	13:05
90th	Michael Grogan	13:06
91st	Hayley Zammit	13:12
92nd	Ben O'Donnell	13:22
93rd	Stephen O'Donnell	13:23
95th	Lynette Clark	14:20
97th	Laura Corualan	14:31
98th	Claudio Corualan	14:32
99th	Sergio Martinez	14:34
102nd	Zach Zammit	15:35
103rd	Kristy Zammit	15:37

4km

9th	Geoff Sheargold	14:30
39th	Wayne Sheargold	16:59
51st	Ed Bratovic	18:09
56th	Stephen Parkins	18:50
58th	Adam Etherington	18:59
61st	Graham Sheargold	20:00
62nd	Steve Williams	20:27
67th	Carly Eager	21:58
69th	Michael Grogan	22:27
70th	David Perry	22:31
72nd	Greg Sargeant	22:44
74th	Keith Mayhew	23:16
75th	Jean Davis	23:17
76th	Stephen O'Donnell	23:18
77th	Katrina Russell	23:40
80th	Roger Mar	27:59

8km

13th	Wayne Thurlow	36:23
15th	Rod Zammit	37:50
18th	Clive Kidson	39:09
21st	Sergio Martinez	40:17
24th	Stephen Parkins	43:24
25th	Claudio Corualan	45:07
26th	Robert Eager	46:58
27th	Stephen O'Donnell	50:48

Michael Christie

(GAP)