

## **West Met 15 Trevor Lonard Handicap Bella Vista 20-8-16**

A cold windy afternoon on the heights of Bella Vista did not deter a healthy number of Girraween runners tackle the annual Trevor Lonard Handicap on the challenging Bella Vista course. Coincidentally, despite the conditions, Girraween numbers were up on this event from 2015. There were many notable efforts across the three distances by Girraween athletes.

There were a number of fine performances in the 2km event with Chloe Grogan and Laura Corvalan finishing first and second across the line and picking first and second place trophies which they were well pleased with. Ed Bratovic had the quickest run time out of the Girraween contingent followed by Cristobel Corvalan, both who ran most strongly.

The middle distance event saw Cristina Sotomayor finish second across the line with a very strong performance. David Perry had the quickest run time out of the Girraween contingent, continuing his fine form of 2016, followed by Adam Etherington who has run most consistently throughout the winter season.

The 8km event, which is for the actual Trevor Lonard trophy, saw three Girraween athletes in this event and they all performed well. Rob Eager finished first across the line, thus winning the Trevor Lonard trophy for 2016, a fine performance by Rob and just reward for his determined efforts throughout the 2016 season. Michael Free finished second across the line not far behind Rob with a gutsy effort in tough conditions. Lisa Grant was first female across the line, with another wonderful run.

A highlight of the afternoon was the encouragement all our runners received from their team-mates as they made their way around the course, particularly in the middle and long distance events. Thank you to our members who also helped out on the day in any way. Results follow:

### **2km**

<b>Place</b>	<b>Name</b>	<b>Go Time</b>	<b>Finish Time</b>	<b>Run Time</b>
1st	Chloe Grogan	3:32	15:32	12:00
2nd	Laura Corvalan	2:08	15:44	13:36
4th	Cristobel Corvalan	7:08	16:39	9:31
5th	Jean Davis	4:42	16:45	12:03
7th	Mark Milliss	5:18	16:55	11:37
8th	Stephen O'Donnell	6:32	17:02	10:30

20th	Mischelle Otte	5:49	17:24	11:35
20th?	Ben O'Donnell	5:40	19:27	13:47
28th	Ed Bratovic	8:56	17:43	8:47
34th	Daniel O'Donnell	7:12	18:11	10:59

Trophy Winners: 1st Chloe Grogan 2nd Laura Corvalan

NB: Places as per West Met website

#### **4km**

2nd	Cristina Sotomayor	5:08	28:36	23:28
4th	Adam Etherington	7:50	28:44	20:54
9th	Katrina Russell	4:25	29:24	24:59
12th	David Perry	10:13	29:37	19:24
13th	Claudio Corvalan	6:48	29:38	22:50
19th	Michael Grogan	9:06	30:07	21:01
20th	Michael Christie	2:49	30:47	27:58

Trophy Winner: 2nd Cristina Sotomayor

#### **8km**

1st	Robert Eager	0:01	47:16	47:15
2nd	Michael Free	0:52	49:42	48:50
7th	Lisa Grant	12:36	52:38	40:02

Trophy Winners: 1st & Trevor Lonard trophy winner: Rob Eager 2nd Michael Free

Fastest Female: Lisa Grant

Michael Christie (GAP)