

West Met 4 Rydalmere 23-4-16

Saturday last saw the first real onset of true autumn weather with cold, rainy and windy conditions confronting the Girraween contingent as they tackled the bike-paths around Rydalmere. Nevertheless, despite the inclement weather, this did not stop Girraween's athletes from running well across the three events.

The 2km event saw two fine sub eight minute times from Wayne Thurlow and Ed Bratovic respectively who were the first Girraween athletes to complete the journey. There were also a number of solid efforts from the likes of Mischelle and David Otte, Mark Milliss and Heidi Juhart. It was also Heidi's debut at West Met for the 2016 season and she was thrilled to be back amongst her friends at Girraween. We have it on good authority that Heidi is looking forward very much to the remainder of the 2016 West Met season and hopes to make great strides with her running this winter.

The middle distance event once again saw the dynamic duo of Wayne Thurlow and Ed Bratovic lead Girraween's runner's home. Their consistently fast times each Saturday across all events are remarkable, particularly with the high standards they set and maintain each week. David Perry is another who is in very good form presently and his run in the conditions was top class. Keith Mayhew also continued his West Met comeback for 2016, getting up out of his sickbed to compete on Saturday. This was a fine effort, given the circumstances that Keith was faced with.

The last race of the day saw Wayne Thurlow and Lisa Grant lead the Girraween contingent home in the 8km run. This event also saw another fine performance by Rod Zammit. It was also Wayne Thurlow and David Perry's third run of the day, a fine achievement in the circumstances. All in all it had been a tough afternoon for all runners but they stuck to their tasks well. Thank you to our volunteers who helped out when required last Saturday. Results follow:

2km

4th	Wayne Thurlow	7:05
15th	Ed Bratovic	7:38
46th	Greg Sargeant	8:56
47th	Cristobel Corvalan	8:57

48th	David Perry	9:04
58th	Mischelle Otte	10:08
60th	Heidi Juhart	10:26
63rd	David Otte	10:41
66th	Mark Milliss	10:45
70th	Katrina Russell	11:03
71st	Zachary Zammit	11:11
78th	Hayley Zammit	11:38
80th	Roger Mar	11:58
83rd	Chloe Grogan	12:08
84th	Michael Grogan	12:09
87th	Laura Corvalan	12:59
88th	Claudio Corvalan	13:03
90th	Kristy Zammit	14:07
91st	Murray Grant	14:10
92nd	Riley Grant	14:11
93rd	Lisa Grant	14:12

4km

25th	Wayne Thurlow	16:09
35th	Ed Bratovic	16:52
39th	David Perry	17:14
53rd	Michael Grogan	18:48
59th	Claudio Corvalan	19:52
63rd	Greg Sargeant	20:51
64th	Vithussa Srisivaeaswaran	21:03
68th	Katrina Russell	21:55
69th	Jill Woodruff	22:14
71st	Michael Christie	22:50
74th	Andrew Free	24:25
76th	Mark Milliss	25:14
77th	Roger Mar	25:29
78th	Keith Mayhew	26:35

8km

10th	Wayne Thurlow	33:50
13th	Lisa Grant	34:24
16th	Rod Zammit	35:41
23rd	David Perry	40:27
24th	Michael Free	43:41
25th	Robert Eager	47:00

Michael Christie (GAP)