West Met 6 Smithfield 14-5-16

An un-seasonally warm afternoon greeted Girraween's athletes as they headed out to tackle the challenging Smithfield course for the sixth West Met series of events for 2016 last Saturday.

The shorter distance event saw a healthy number of the Girraween contingent compete enthusiastically. Wayne Thurlow and Ed Bratovic led the royal blue and white contingent across the line with fine performances from both athletes. The O'Donnell boys ran strongly, continuing their fine form of 2016. It was also great to see Lilliana Busic out and about making a very rare performance at West Met. We hope to see her more frequently as the season progresses.

The middle distance saw a great series of runs from Wayne Thurlow, David Perry and Ed Bratovic respectively, all running a fine series of times. Adriana Busic was also to the fore in this event, continuing her fine form of late. Andrew Free and Keith Mayhew both stuck to their guns manfully on Saturday, as they were both suffering from a series of ailments that would have stopped lesser runners.

The weather had not cooled down by the time the long distance event had started. Geoff Sheargold ran very well indeed, considering he was running the Sydney Morning Half Marathon the next day. His was a strong performance given the circumstances. He was followed by Wayne Thurlow and Lisa Grant who also ran most strongly. A special mention has to go to both Wayne Thurlow and David Perry in running their third event of the afternoon. This was a fine effort given the conditions. The remainder of Girraween's runners in this event stuck to their task well and all crossed the line, tired but still able to smile. Well done guys.

It had been the type of afternoon more suited to a picnic then cross-country, nevertheless all Girraween's athletes competed well. Thanks also to any of our volunteers who assisted in any way throughout the afternoon. Results follow:

2km

Wayne Thurlow	6:49
Ed Bratovic	7:11
Greg Sargeant	8:25
Daniel O'Donnell	8:38
Stephen O'Donnell	8:51
Adam Etherington	9:16
David Perry	9:19
Heidi Juhart	9:27
Mischelle Otte	9:39
Mark Milliss	10:11
David Otte	10:57
Chloe Grogan	11:24
Michael Grogan	11:25
Roger Mar	11:36
Hayley Zammit	11:47
Zachary Zammit	11:48
Lillana Busic	12:43
Lynette Clark	13:49
Kristy Zammit	14:34
	Ed Bratovic Greg Sargeant Daniel O'Donnell Stephen O'Donnell Adam Etherington David Perry Heidi Juhart Mischelle Otte Mark Milliss David Otte Chloe Grogan Michael Grogan Roger Mar Hayley Zammit Zachary Zammit Lillana Busic Lynette Clark

4km

20th	Wayne Thurlow	16:17
27th	David Perry	16:48
28th	Ed Bratovic	16:49
43rd	Nathan Moffitt	18:04
44th	Adriana Busic	18:10
45th	Stephen Parkins	18:13
46th	Michael Grogan	18:19
49th	Adam Etherington	18:46
57th	Greg Sargeant	20:52
58th	Renata Busic	21:13
59th	Lisa Grant	21:31
61st	Katrina Russell	22:08

68th	Michael Christie	24:28
69th	Andrew Free	25:21
70th	Keith Mayhew	26:05
73rd	Mark Milliss	26:32

8km

2nd	Geoff Sheargold	29:53
11th	Wayne Thurlow	35:11
12th	Lisa Grant	35:31
17th	David Perry	40:43
18th	Stephen Parkins	44:06
19th	Michael Free	44:59
20th	Robert Eager	48:43

Michael Christie (GAP)