

West Met 14 Trevor Lonard Handicap Ermington 18-8-18

There was a change of venue this year for the annual Trevor Lonard Handicap with the Bella Vista course been unavailable in 2018. This year's events were held on the course at Ermington with a few hills thrown in for good measure on an increasingly cold and windy afternoon, particularly by the time the 8km event was due later in the day. There was a small Girraween contingent this year, nevertheless there were some fine efforts on the day.

The 2km handicap saw Rosemary Zammit storm home in first place with a great run in the conditions. Given that Rosemary is our youngest competitor over the current winter season it was a fine effort by her and she was most excited by her trophy. The remaining Girraween athletes in the field all did a fine job in the circumstances with Mark Milliss, Roger Mar, Zach Zammit and Greg Sargeant all having fine runs as can be seen by the Run Time's in the results below. Michael Grogan and Heidi Juhart also ran as part on the non-handicap field and both ran most consistently in the conditions.

The middle distance event saw Rod Zammit have a great run as he gobbled up the field to come first overall with a great performance. He got stronger as the race went on and in the end won going away. Michael Christie finished second in this event which he was surprised with. Chloe Grogan, Michael Grogan and David Perry ran very well in the conditions which were becoming more challenging as the afternoon drew on and their efforts were top class. Michael Grogan had also backed up from the 2km event, no easy feat on the day. Mark Milliss also stuck to his guns in the non-handicap section of the race, but unfortunately was not given an official finishing time at the end. He did complete the course though.

Rob Eager was the sole Girraween competitor in the 8km event which also was for the Trevor Lonard Trophy. The conditions had deteriorated rapidly by this stage of the afternoon and it has to be said that Rob ran most determinedly and never gave up. In the circumstances it was fine effort on Rob's part.

All in all given the challenging conditions which confronted our athletes last Saturday everyone stuck to their tasks well as the course is a challenging one at the best of times and given the very strong cold westerlies that all athletes were confronted on the back end of the course, well done to all concerned. Thanks to anyone who assisted on the day as well. Results follow:

2km

	Place Name	Go Time	Finish Time	Run Time
1st	Rosemary Zammit	1:38	14:45	13:07
8th	Mark Milliss	5:46	16:14	10:28
13th	Roger Mar	3:26	16:21	12:55
21st	Zach Zammit	5:16	16:47	11:31
22nd	Greg Sargeant	7:22	17:08	9:46

Trophy Winner: 1st Rosemary Zammit

4km

1st	Rod Zammit	5:51	23:52	18:01
2nd	Michael Christie	0:18	24:25	24:07
12th	Chloe Grogan	4:59	25:17	20:18
21st	Michael Grogan	4:32	26:08	21:36
22nd	David Perry	7:08	26:27	19:19

Trophy Winners: 1st Rod Zammit 2nd Michael Christie

8km

7th	Rob Eager	3:04	49:10	46:06
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Non Handicap Run's

2km

4th	Michael Grogan	10:43		
5th	Heidi Juhart	10:45		

4km

Mark Milliss (nb: no official time/place recorded by recorders)

Michael Christie (GAP)