

## **Trevor Lonard Memorial Handicap West Met Bella Vista 16-8-14**

The fortieth edition of this iconic handicap event was held at the challenging Bella Vista course in cloudy overcast conditions that turned into rain before the afternoon was out on Saturday last. Whereas there was a healthy number of Girraween participants in the short distance event, numbers were down in both the middle and long distance events. Nevertheless all our athletes who participated in these events across the afternoon did a fine job.

Chloe Grogan led our runner's home in the 2km handicap event and was also the first overall runner across the line and picked up a very well deserved trophy for her efforts. Lynette Clark finished closely behind Chloe in third place and stuck to her task well. Danny Martins was the fastest Girraween runner in this event followed narrowly behind by Steve Clark, Wayne Thurlow and Ed Bratovic who all ran strongly.

The middle distance event saw a small group of Girraween runners with Heidi Juhart and Mark Milliss leading the Girraween group across the line. Michael Grogan and Jean Davis also ran very solidly in this event and were consistent throughout.

The last event of the afternoon, the 8km handicap saw the weather change and rain swept in across the course making it challenging for all runners. However, in saying this, they did not let the weather deter them. Robert Eager was not only the first Girraween runner across the finish-line, he was also the first athlete to finish, therefore collecting the Trevor Lonard trophy for the next year. It was a well-deserved award to an athlete who never gives up and all his team-mates were very happy for him. Great stuff Rob. Both Stephen O'Donnell and Michael Free also ran consistently in this event and finished well.

Thanks to our volunteers who helped out in any way last week. We also had runners across these three events who did participate in the non-handicap section of each race, however at time of writing these results were unavailable. It was another fine effort by all concerned and results follow:

**2km**

<b>Place</b>	<b>Name</b>	<b>Finish Time</b>	<b>Start Time</b>	<b>Run Time</b>
1	Chloe Grogan	12:50	00:00	12:50
3	Lynette Clark	13:20	00:02	13:18
5	Daniel O'Donnell	13:59	04:04	9:55
14	Stephen Mifsud	14:31	05:44	8:47
17	Robyn Smith	14:43	04:59	9:44
22	Terry Rose	14:54	05:08	9:46
25	B Hemakumara	14:58	02:42	12:16
26	Steve Clark	14:59	06:34	8:25
29	Danny Martins	15:03	06:46	8:17
30	Ed Bratovic	15:06	06:34	8:32
31	Wayne Thurlow	15:12	06:46	8:17
34	Nancy Keasbery	15:28	01:44	13:44
36	Hayley Zammit	16:01	02:08	13:53

**4km**

21	Mark Milliss	28:36	06:47	21:49
22	Heidi Juhart	28:36	07:08	21:28
23	Michael Grogan	28:46	08:41	20:05
24	Jean Davis	28:52	06:13	22:39
32	Michael Christie	30:52	04:08	26:24

**8km**

1	Robert Eager	45:11	00:00	45:11
10	S O'Donnell	48:35	05:50	42:45
13	Michael Free	49:07	03:53	45:14

Michael Christie (GAP)