

West Met 2 Haberfield 5-4-14

A sunny afternoon saw a good number of Girraween athletes make the trek east along Parramatta Road to tackle the flat fast Haberfield course. As a result of traffic delays, many athletes from many clubs had to run their respective distances during later events. Thankfully the organisers worked through this well and nobody missed out on having a run. As a consequence the results have been a little later this week.

There were some fine performances in the 2km event with Danny Martins running a very quick time, followed by Wayne Thurlow whose good form continues. There were other eye catching performances from a number of runners including Sharon Free, Eliza Schwebel, Hailey Zammit and Adam Etherington to name a few. It certainly was heartening to see so many Girraween athletes entering the 2km event.

The middle distance event saw Wayne Thurlow lead Girraween's athlete's home followed by David Perry and Michael Grogan. Katrina Russell returned from a long sabbatical and was happy to have a run under her belt and is looking forward to the winter season. A number of athletes also backed up from running in the 2km event and ran solidly, despite the short break between the two events. This was a very fine effort on their part.

The last event of the afternoon, the 8km event, saw Wayne Thurlow as the first Girraween athlete across the line followed by Rod Zammit. This was also Wayne's third event of the afternoon, illustrating to all and sundry that he is on the way back into some very solid form. It would also be remiss of me not to forget Roger Mar. Roger also completed this third event of the afternoon in this long distance event, and he stuck to his guns manfully. Well done Roger.

Thanks also to our athletes who helped out in any capacity in assisting the organisers on the day. GAP on behalf of all at GAC would also like to thank George Milosevic for running his BBQ where some additional funds were raised for the Run for Jess to be donated to the C5C Oncology Ward at Westmead Hospital. George was also ably assisted by Judy. Thanks guys on a job well done. There are plans for a similar BBQ to be held a later West Met event, and we will pass on a date to everyone, once this has been arranged.

2km

3rd	Danny Martins	6:19
13th	Wayne Thurlow	7:07
15th	Steve Clark	7:19
33rd	David Perry	8:06
34th	Terry Rose	8:07
41st	Greg Sargeant	8:28
46th	Andrew Free	8:37
52nd	Robyn Smith	8:47
53rd	Adam Etherington	8:47
62nd	Roger Mar	9:42
65th	Mick Parker	9:57
67th	Bernard Hemakumara	10:02
68th	Daniel O'Donnell	10:09
73rd	Hailey Zammit	10:21
78th	Sharon Free	11:07
84th	Nancy Keasbery	11:15
89th	Chloe Grogan	13:35
91st	Michael Grogan	13:36
93rd	Lynette Clark	14:26
95th	Amelia Clark	16:15
96th	Eliza Schewebel	16:26
97th	Karen Short	17:06

4km

22nd	Wayne Thurlow	15:31
43rd	David Perry	17:32
49th	Michael Grogan	18:11
53rd	Steve Williams	18:45
58th	Nicole Mantarro	19:36
59th	Greg Sargeant	19:43
61st	Jill Woodruff	20:11
62nd	Jean Davis	21:01
65th	Michael Christie	21:44

66th	Karen Short	21:48
68th	Steve Clark	21:57
70th	Roger Mar	22:29
71st	Katrina Russell	22:32
74th	Mick Parker	24:41

8km

17th	Wayne Thurlow	34:05
19th	Rod Zammit	36:01
22nd	Graham Sheargold	36:45
27th	Steve O'Donnell	40:20
28th	Michael Free	42:32
29th	Robert Eager	45:35
30th	Roger Mar	53:12

Michael Christie (GAP)