

West Met 3 Concord 19-4-14

A beautiful autumn afternoon saw a smaller number than usual Girraween athletes tackle the deceptive Queen Elizabeth Park course at Concord. A combination of it been the middle Saturday of the school holidays and Easter saw numbers down, nevertheless those athletes who did run competed well.

The 2km event saw Wayne Thurlow lead our athletes across the finish line closely followed by Ed Bratovic in an eye-catching return to the 2014 West Met season. Other performances of note in the shorter event came from Sharon Free and Jamie Bratovic and it is hoped that those athletes are able to compete in many more events across the 2014 West Met season.

Once again, Wayne Thurlow led our athlete's home in the 4km event and he continues to build on his early season form. Rowena Milliss in a rare West Met appearance due to netball commitments ,put in a very strong performance in this event. Speaking of team Milliss, Rowena's dad, Mark made his West Met debut for Girraween in this event and ran very solidly. All at GAP wish Mark a warm Girraween welcome and we hope he has an enjoyable season of cross country with Girraween. Jill Woodruff continued her great early season form in the 4km event and is going from strength to strength and running very strongly. It was also nice to see Joe Butler return again for another cross country campaign and he stuck to his guns well. Another warm welcome back to Stephen Parkins who made a great return to West Met for the 2014 season with his customary strong effort in this event,

The 8km event saw a wonderful run from Geoff Sheargold in a rare West Met hit out finishing second overall in this event with a very strong effort. Our iron men of the day in Wayne Thurlow, Rod Zammit and David Perry ran the 8km event, thus making it three events completed on what was a warm afternoon. Remarkable stuff. Thanks once again to our volunteers that helped out in any way last Saturday as well. It's important for Girraween that we have a core of helpers each Saturday and your efforts are noticed and appreciated. Thank you. Results follow:

2km

13th	Wayne Thurlow	7:58
17th	Ed Bratovic	8:09
21st	David Perry	8:23
38th	Jamie Bratovic	9:15
42nd	Terry Rose	9:27
43rd	Greg Sargeant	9:35
55th	Andrew Free	9:55
70th	Roger Mar	11:02
73rd	Mick Parker	11:08
83rd	Hailey Zammit	12:31
84th	Rod Zammit	12:32
85th	Sharon Free	12:35
93rd	Lynette Clark	14:26
95th	Chloe Grogan	15:02
96th	Michael Grogan	15:26

4km

29th	Wayne Thurlow	17:26
32nd	Rowena Milliss	17:38
43rd	David Perry	18:53
61st	Michael Grogan	20:50
64th	Stephen Parkins	21:02
66th	Jill Woodruff	21:52
67th	Greg Sargeant	21:58
68th	Mark Milliss	22:46
71st	Roger Mar	24:06
73rd	Mick Parker	26:34
74th	Rod Zammit	26:37
75th	Michael Christie	27:37
78th	Joe Butler	28:48

8km

2nd	Geoff Sheargold	30:00
21st	Wayne Thurlow	37:27

23rd	Rod Zammit	38:23
24th	Graham Sheargold	38:56
29th	David Perry	43:41
30th	Michael Free	44:59
31st	Stephen Parkins	46:30

Michael Christie (GAP)