

## **West Met 9 North Ryde 14-6-14**

On a surprisingly fine afternoon after early morning rain a healthy number of Girraween athletes turned up to tackle the tough North Ryde course. It was in surprisingly fair condition with only a few soft patches after the rain earlier in the week.

The 2km event saw the many of our regulars attack the course with great gusto. Wayne Thurlow ran a great sub eight minute time leading Girraween's athletes across the line closely followed by Ed Bratovic. All runners stuck to their task well on a challenging course.

Interestingly the 4km event saw a greater number of Girraween runners attempting the course than in the 2km event. Wayne Thurlow again led the Girraween runner's home, followed by Ed Bratovic. There were a number of other fine performances in this event with notably Steve Mifsud, Mark Milliss and Jill Woodruff running very consistently.

The last event of the day saw a very healthy number of Girraween runner's prepared to push them-selves through the pain barrier one more time. Peter Matthews ran a great sub forty minute time and that was after a much needed break at the half-way mark. This was a great run by Peter. Incredibly, five Girraween athletes completed their third event of the day in this gruelling 8km event. Ed Bratovic, Rod Zammit, Steve O'Donnell, David Perry and Michael Grogan all completed an amazing trifecta. To run one lap of this 2km course is tough enough, but to complete seven laps across the afternoon was an amazing feat of stamina and endurance. Well done guys.

While we at GAP try to give most of our athletes a mention from time to time, occasionally an effort stands out that does demand an extra focus. The effort of Ed Bratovic in been the second Girraween athlete across the line in three races on Saturday while a great feat of endurance , also highlighted Ed's remarkable consistency in running these races, not only last Saturday, but across the West Met season to-date. Ed is one of the club's quite achiever's, turn's up to run, run's incredibly well and does it all with a minimum of fanfare

or fuss. He never draw's attention to himself and is a great example to all his fellow athletes of how to go about his business. We know he will be embarrassed by this praise, but at the end of the day it's always nice to draw attention to one of this club's very fine athletes and his achievements. Well done Ed.

We would also like to thank our members who helped out in any way on Saturday. Thanks again for giving of your time. Results follow:

### **2km**

15th	Wayne Thurlow	7:56
20th	Ed Bratovic	8:08
22nd	David Perry	8:30
26th	Steve Mifsud	8:49
32nd	Greg Sargeant	9:19
39th	Robyn Smith	9:46
44th	Mick Parker	11:13
45th	Roger Mar	11:30
49th	Daniel O'Donnell	12:27
50th	Steve O'Donnell	12:29
53rd	Hayley Zammit	12:43
54th	Rod Zammit	12:44
60th	Chloe Grogan	14:50
61st	Michael Grogan	14:53
62nd	Lynette Clark	15:31

### **4km**

36th	Wayne Thurlow	18:10
38th	Ed Bratovic	18:28
43rd	David Perry	18:57
50th	Michael Grogan	19:33
55th	Steve Mifsud	20:56
58th	Mark Milliss	21:14
59th	Steve O'Donnell	22:06
60th	Jean Davis	22:10

62nd	Jill Woodruff	23:04
63rd	Greg Sargeant	23:22
64th	Roger Mar	23:38
65th	Rod Zammit	23:46
66th	Karen Short	23:52
69th	Michael Christie	25:43
70th	Mick Parker	27:26
75th	Joe Butler	29:16

### **8km**

18th	Peter Matthews	39:27
20th	Ed Bratovic	40:07
22nd	Graham Sheargold	40:27
23rd	Rod Zammit	40:50
25th	Steve O'Donnell	42:41
26th	David Perry	45:67
27th	Michael Grogan	46:09
28th	Michael Free	48:02
29th	Robert Eager	49:21

Michael Christie (GAP)