

South East Runners 13 April 2013

The South East Runners' event last Saturday was held along the foreshore, starting near the James St Jetty. Runners could choose from a short 2km race to a longer 8km event. Walkers were offered a 2km or 4km distance, but all opted for the longer event.

Several runners are showing consistent improvement on their personal best times. The biggest improvement this week came from Beth O'Callaghan, who improved on her time over 2km by a huge 1.33. Greg Long improved on his time in the 4km run by 29 seconds; and James Rae, who was pushed all the way by Sonja Eltringham, took 12 seconds off his best time. Ian Gardner improved on his 4km time by 9 seconds.

In the 8km event Pam Williams showed that ultra-marathon training is having no ill-effect on her pace, improving on her time by 8 seconds. Having Janet Tyrrell providing some close competition helped in achieving a great time.

For the walkers Maureen Dickason showed the other competitors a clean pair of heels, finishing nearly five minutes ahead.

Next weekend's event takes place at 4pm on Saturday, with the start venue the carpark near the Tanker Jetty

2km run:

Adam Maccan 9.50, Beth O'Callaghan 9.52 (PB), Zoe Maccan 10.35, Josh Maccan 15.20, Andy Maccan 15.21

4km run:

James Rae 16.16 (PB), Sonya Eltringham 16.23, Bianca King 18.05, Greg Long 19.07 (PB), Ian Gardner 19.14 (PB), Chris Cassam 22.06, Donna Maccan 23.37

4km walk:

Maureen Dickason 30.43, Lara Duffy 35.39, Hillary Duffy 35.40

8km run:

Steve Butler 36.13, Pam Williams 36.43 (PB), Janet Tyrrell 36.44, Steve Neal 41.31, Catherine Askey-Doran 43.03