

Last Saturday's South East Runners' event was a novel one based on self-rated handicaps for all. The start venue was Fourth Beach and included a zigzag course over beach, track and bitumen surfaces. There was a choice of 2km, 4km and 6km distances, and as well as running and walking competitors were set varying missions, which made the event lots of fun.

There were prestigious prizes for the competitors who finished closest to their handicap time, the first across the line, and the last across the line. Thomas Rae was the runner who was first back across all competitors; Shannan Dixon ran closest to his estimated time, and Leanne Cassam was the last competitor to finish.

Next weekend's events is "No Watches" run, with competitors again being asked to predict their times and the winners being those who finish closest to their predictions. There is a choice of 2km or 5km run or walk events. Prizes have been generously donated by Esperance Ports Sea and Land. The venue is the carpark at West Beach at the intersection of Twilight Beach Rd and John St. The start time is 4pm on Saturday.