

Last weekend's South East Runners event was held on the hilly path from Salmon Beach out towards Twilight Beach. Runners had a choice of 2km, 4km, or 8km, with the longer distance going the whole way to Twilight Beach. Walkers had a choice of 2km or 4km distances.

There were some good times on the day, particularly in the 8km event, with most runners finishing with a sub-40 minute time. However Zoe Maccan was the only runner to record a personal best time, improving on her her 4km time by 44 seconds. Well done Zoe!

Next Saturday's event is a cross-country one, with the start venue the car park at the 10-Mile Lagoon Wind Farm. There are varying distances to suit all levels of ability and inclination! Start time is 4pm.

2km walk:

Chad Livingstone 16.49, Jack Sharpe 16.50, Dana Sharpe 18.29, Paul Sharpe 20.01, Maddy Murdock 20.02, Tammy Johnson 20.09, Cindy Sharpe 20.11, Geof Johnson 20.11, Connor Middleton 22.15, Liam Critchley 22.16, Ben Loffler 22.46

4km walk:

Chris Cassam 29.01, Grace Bell 34.47, Donna Maccan 35.25, Leanne, Abbie and Nathan Cassam 35.27, Alison Reddyhough 37.51, Fiona Baird 37.53, Lisa and Cooper Critchley 40.09

2km run:

Adam Maccan 9.26, Tait Vooght-Simpson 9.28, Jo Loffler 11.31, Lauren Smith 13.46, Lauren Handley 13.53, Liam Handley 14.01, Carolyn Middleton 14.10, Jerri Gaebler 15.21, Sharon Gaebler 15.28, Damian Wood 15.38, Joshua Smith 17.46, Ellie Smith 18.28, Bronwyn Smith 20.15

4km run:

Kayla Savi 20.20, Ellen Rae 20.20, James Rae 20.23, Zoe Maccan 22.22 (PB), Sheila Oorschot 22.38, Wayne Van Eyssen 22.52, Sharlene Smith 23.39, Rachael Doney 28.33

8km run:

Lucy Oorschot 31.01, Stephan Haycock 31.53, Cam Marshall 32.56, Brian Sylva 33.43, Andrew Maccan 35.50, Jay Gordon 36.28, Pam Williams 37.10, Michael Paterson 37.16, Bianca King 37.49, Lance Williams 38.10, Darren Smith 44.35