

South East Runners 16 March 2013

Last Saturday's event was held in very windy conditions, which was appropriate given that it was the Festival of the Wind weekend. Runners and walkers had a choice of 2km, 4km, or 6km distances along the foreshore.

Performances in the 2km run event were very impressive, with three personal best times recorded. Zoe Maccan achieved the biggest improvement in time, taking 1.23 off her previous best. Adam Maccan improved on his time by 32 seconds and took out second place; while Ellen Rae improved on her time by 29 seconds and was the first runner to finish. The third place-getter was Tait Vooght-Simpson, in his first race with the club.

There were two PB's in the 4km run, with Patrick Rae finishing first and slicing 8 seconds off his previous best. Jenny Morcombe also improved on her time by a substantial 44 seconds. In second place was Bianca King, also having her first race with South East Runners, and Ian Gardner in third.

The 6km race also had two personal best times. James Rae improved on his best by 46 seconds, and Howard Reddyhough improved on his recent PB by 9 seconds. Andy Maccan was the first runner to finish, with James in second and Howard in third.

Next weekend's event is another foreshore run, starting from the James St carpark at 4pm on Saturday. Distances are 2km, 6km or 8km for the run, and 2km or 4km for the walk.

2km run:

Ellen Rae 8.02 (PB), Adam Maccan 9.15 (PB), Tait Vooght-Simpson 9.20, Zoe Maccan 10.08 (PB), Josh Maccan 13.45, Donna Maccan 13.46

2km walk:

Sarah Hall 25.38

4km run:

Patrick Rae 17.03 (PB), Bianca King 17.56, Ian Gardner 18.08, Beth O'Callaghan 21.12, Jenny Morcombe 24.54 (PB)

4km walk:

Maureen Dickason 31.54

6km run:

Andy Maccan 25.31, James Rae 27.21 (PB), Howard Reddyhough 29.41 (PB), Kerry Polkinghorne 34.39, Sharlene Smith 34.39, Hillary Duffy 39.43