

Conditions were ideal for running and walking at the South East Runners' event last weekend, as evidenced by a number of personal best times being achieved. The start venue was the Tanker Jetty, and the events were 2km, 4km or 8km.

Eight runners opted for the 2km run, and Adam Maccan blitzed the field with a sizzling time of 8.41. Adam improved on his PB by 34 seconds. In second place was Sheila Oorschot, doing well in her first run with the club, while third place went to Jayme Ammon who just beat her dad Tim to take the honours. Alex Middleton was the only walker in the 2km walk, finishing in 14.38.

The 4km run was the most popular event with 18 competitors. Lucy Oorschot did fantastically well to take out first place, over 2 minutes ahead of the rest of the field. This was Lucy's first outing with South East Runners, but she has obviously been training hard. Second place went to Janet Tyrrell, and third place to Bianca King, who achieved a PB by 14 seconds. Well done to those runners who stepped up to this distance for the first time.

Chris Cassam took line honours in the 4km walk, with Maureen Dickason in second place, the rest of the Cassam family (Leanne, Abbie and Nathan) in third, and Connor Middleton in fourth place.

Just four runners opted for the 8km distance. Stephan Haycock was the first runner back, followed by Pam Williams, then Steve Neal and Kerry Polkinghorne. Steve achieved a recent personal best time by 15 seconds, and Kerry a recent personal best by 1.37.

Next Saturday's event is another foreshore run, starting from the carpark near James St jetty. Start time is 4pm, and there is a choice of 2km, 4km or 6km distances.

2km run:

Adam Maccan 8.41 (PB), Sheila Oorschot 9.51, Jayme Ammon 11.33, Tim Ammon 11.34, Carolyn Middleton 13.35, Josh Maccan 15.52, Mel Ammon 15.55, Joshua Smith 21.15

2km walk:

Alex Middleton 14.38

4km run:

Lucy Oorschot 15.09, Janet Tyrrell 17.33, Bianca King 17.51 (PB), Andy Maccan 18.47, Patrick Rae 19.07, Greg Long 19.32, Grace King 20.26, Wayne Van Eyssen 21.08, Sharlene Smith 21.21, Ellen Rae 23.10, Zoe Maccan 23.12, Donna Maccan 24.04, Hillary Duffy 24.05, Liana Smith 25.10, Jenny Morcombe 27.13, Tamara Virgo 30.48, Darren Smith 35.51, Bronwyn Smith 35.52

4km walk:

Chris Cassam 29.14, Maureen Dickason 31.55, Leanne, Abbie and Nathan Cassam 34.21, Connor Middleton 39.46

8km run:

Stephan Haycock 31.10, Pam Williams 39.56, Steve Neal 40.07 (PB), Kerry Polkinghorne 42.30 (PB)