

10 May 2014

Absolutely delightful conditions greeted the participants at the South East Runners event on Saturday. The location along Goldfields Rd/Castletown Quays provided not only a terrific view, but also a flat surface to run and walk along (unlike the last few weeks of hills!).

In the 2km run, Jack Sharpe yet again showed everyone his expertise in this distance. He was closely followed by Zoe Maccan who continues to improve on her times.

Maureen Dickason was back to her true form in the 2km walk. Cindy "smile for the facebook page" Sharpe broke her walk up by stopping to take happy snaps of members in action!

Fantastic times were recorded by all runners in the 5 km event, especially by Aine Murphy who improved on her time by just over two minutes. Brian Sylva and Shannon Dixon continue their domination in the longer runs by finishing the 10 km run together.

Congratulations to all members on helping to raise \$170 for the RFDS through the Gibb River Challenge. All proceeds from drinks purchased at the "Have a BeanBreak" van after the event contributed to this amount.

This week's event takes place on Saturday at 4pm from Twilight Beach to Pink Lake. Meet at the gazebo just before you get to Twilight Beach.

2km run:

Jack Sharpe 8.13, Zoe Maccan 8.27, Eva Carolan 10.35, Keri Carolan 10.59, Jayme Ammon 12.45, Tom Knight 13.52, Joshua Maccan 13.52, Erin Kinson 14.41, Vanna Dellaca 19.10

2km walk:

Maureen Dickason 16.33, Timothy Ammon 16.59, Leanne, Abbie and Nathan Cassam 17.25, Hillary Duffy 17.27, Cindy Sharpe 19.39, Darcy Simson 20.27, Melissa Simson 20.29, Ben Loffler 21.19, Alex Middleton 21.20, Lisa Critchley 22.31, Conner Middleton 25.02, Justin Dellaca 25.03, Liam Critchley 30.07

5km run:

Aine Murphy 21.27, Lance Williams 23.20, Shelia Oorschot 24.19, Nuala Carolan 24.23, Charlotte Della Vedova 26.05, Jen Biscoe 27.30, Jo Loffler 29.18, Ben Roost 30.07, Carolyn Middleton 32.31

5km walk:

Chris Cassam 33.14

10 km run:

Brian Sylva 41.26, Shannon Dixon 41.26, Richard Brown 47.38, David Carolan 45.32, Pam Williams 47.38, Lara Knight 48.40