

12 July 2014

It was perfect conditions for the South East Runners' event last weekend, held at Lake Windabout.

All runners and walkers started with a course on the shoreline around the lake. Those doing the shorter 3km distance had an out and back course, while those doing the longer distances of 5.1km or 8.1 had a track run in addition.

Rachel Howe was the clear winner of the 3km run, with the remaining competitors finishing within seconds of each other. Eva Carolan was second to finish, with her mum Nuala in third. Jo Loffler was the only finisher in the 5.1km - good effort Jo!

Brian Sylva was the first back in the 8.1km run, with visitor and former club member Greg Bayley taking out second place. David Carolan was the third runner back.

For the walkers Leanne Cassam took out first place; Maureen Dickason second; and Howard Reddyhough finished in third.

Next week's SER event will start from the car park near Taylor St jetty at 4pm on Saturday.

3km run:

Rachel Howe 12.20, Eva Carolan 16.45, Nuala Carolan 16.54, Caitlin Reddyhough 16.53, Alison Reddyhough 16.53

3km walk:

Leanne Cassam 25.50, Maureen Dickason 26.58, Howard Reddyhough 27.34, Lyn Trunfio 32.14, Kelly Waight 36.25

5.1km run:

Jo Loffler 33.20

8.1km run:

Brian Sylva 33.03, Greg Bayley 37.20, David Carolan 40.11, Jody McGill 41.01