

South East Runners kicked off 2014 with an enjoyable event at Salmon Beach last Saturday. There was a range of distances to suit all levels of ability, and motivation after the Christmas break, with all credit to Richard Brown who was the only runner who opted for the longest distance!

There were five competitors in the 2km run, all of them junior competitors. Jack Sharpe held off a strong finishing Adam Maccan to take out first place by eight seconds. The next two places were also separated by eight seconds, with Jayme Ammon finishing ahead of Joshua Maccan. Josh improved on his best 2km run time by seven seconds.

Howard Reddyhough crossed the line first in the 2km walk, just two seconds ahead of his wife Alison. Third place went to Tim Ammon just six seconds further back.

There were some good performances in the 5km run, with three personal best times recorded. The winner of the event was Ian Gardner, who improved on his time by 17 seconds. Christian Smith finished second, and Kerry Polkinghorne third. Kerry improved on her time by 2.02, and the other PB went to Zoe Maccan, who took an impressive 2.24 off her best time.

Chris Cassam was in fine form in the 5km walk, despite pushing his two children, and crossed the line nearly three minutes ahead of second place-getter Lance Williams. Leanne Cassam finished in third place.

Next Saturday's event will be held at the Flora Park at Lake Monjingup, with the start time 4pm. All runners and walkers are welcome to join in.

Prior to the event last Saturday South East Runners members reflected on the tragic loss of fellow runner Lucy Oorschot, acknowledging her talent and her kindness. We wish her family well at this sad time.

2km run:

Jack Sharpe 9.04, Adam Maccan 9.12, Jayme Ammon 11.53, Joshua Maccan 12.00 (PB), Hugh Crakanthorp 17.20

2km walk:

Howard Reddyhough 17.30, Alison Reddyhough 17.32, Tim Ammon 17.38, Jo Crakanthorp 18.20, Cindy Sharpe 18.56, Phil Crakanthorp 20.20

5km run:

Ian Gardner 24.00 (PB), Christian Smith 25.10, Kerry Polkinghorne 26.05 (PB), Zoe Maccan 26.55 (PB), Liana Smith 28.47, Charlotte DellaVedova 29.54, Rachael Doney 34.42

5km walk:

Chris Cassam 34.17, Lance Williams 37.03, Leanne Cassam 42.05, Vanessa Barker 46.37, Mel Ammon 46.38

9km run:

Richard Brown 42.27

Other distances: Thomas Rae 17.30 for 3km; and Hillary Duffy 46.14 for 7km