

7 June 2014

Last Saturday's South East Runners' event took place in perfect conditions from Salmon Beach. There was a choice of distances from 2km to 8km, and despite the hilly course there were a number of personal best times recorded.

In the 2km run the junior runners were challenged by a couple of in-form adults. Sonya Eltringham led the way to finish over a minute ahead of the second place-getter Jack Sharpe. Jack recorded a personal best time by 20 seconds, and the third runner to finish, Zoe Maccan, recorded a PB by 14 seconds. In fourth place was Sharlene Smith.

In the 2km walk young Darcy Simson was the first to cross the line. Second place went to Cheryl Barrett, and third place to Lisa Critchley with Cooper in the pram.

Jessie Eltringham had a sizzling run in the 4km event to average sub-4 minute pace and take out first place. Stephan Haycock was second, and Rachel Howe third. For the walkers Chris Cassam powered along to finish well ahead of the rest of the pack. Donna Maccan, testing out her new high-performance footwear was second, and Leanne Cassam a fraction behind in third.

The 8km run was a popular event with 14 entrants. Brian Sylva finished in first place, Owen Critchley in second, and Richard Brown in third. Michael Paterson had a great run to improve on his best time with SER by over 3 minutes, and Kerry Polkinghorne improved on her best time by 1.17.

There is a change in venue for next weekend's event from James St to the carpark at the intersection of Phyllis St and Goldfields Rd. Start time is 4pm on Saturday.

2km run:

Sonya Eltringham 7.18, Jack Sharpe 8.331 (PB), Zoe Maccan 8.40 (PB), Sharlene Smith 9.43, Ben Staaden 10.44, Jayme Ammon 13.14, Joshua Maccan 13.23

2km walk:

Darcy Simson 20.27, Cheryl Barrett 21.07, Lisa and Cooper Critchley 22.00, Merv Barrett 24.20, Liam Critchley 24.21

4km run:

Jessie Eltringham 15.16, Stephan Haycock 16.33, Rachel Howe 17.10, Caitlin Hoey 21.30, Hillary Duffy 24.54

4km walk:

Chris Cassam 28.28, Donna Maccan 33.35, Leanne Cassam 33.35, Frank Trunfio 34.56, Alice Keiel 41.20, Lauren Vardy

8km run:

Brian Sylva 34.56, Owen Critchley 34.51, Richard Brown 35.27, Shannan Dixon 36.31, Andy Maccan 36.34, Aine Murphy 36.57, Michael Paterson 38.57 (PB), Lance Williams 39.21, Nat Landers 40.10, Howard Reddyhough 41.01, Kerry Polkinghorne 41.03 (PB), Sheila Oorschot 42.32, Alison Reddyhough 42.33