

Last weekend's South East Runners' event was held in perfect conditions on the tracks around the wetlands near Lake Windabout and Lake Warden. Run organiser Richard Brown set an interesting course, which took in the lakeside, the escarpment and the boardwalk.

The 2km run course around the lake was the most popular, with 11 competitors. Ellen Rae was a comfortable leader, but the stakes for second and third place were high. Thomas Knight and Adam Maccan ran a close race, with Tom the victor by a mere four seconds. Their sisters took out the next two places, with Zoe Maccan in 4th and Georgia Knight in 5th.

The three walkers in the 2km walk crossed the line with little between them. Young Abbie Cassam in her first outing with the club was the first to finish.

There was also some close competition in the 4km run, with Patrick Rae just holding off Bianca King. Donna Maccan was the third runner to finish.

Chris Cassam opted for the 4km walk, and although he had the extra effort of carrying his young son Nathan in a backpack, was the first walker to finish. Maureen Dickason was second, and former club member Sally Burston, who was visiting Esperance, was third.

There were eight runners in the 6km course, with the winner Stephan Haycock finishing a massive six minutes ahead of the rest of the field. James Rae took out second place, and Greg Long third.

Next weekend's event is another cross-country one, at the Flora Park at Lake Monjilup. Distances are 3km or 6km, and the start time is 4pm on Saturday.

2km run:

Ellen Rae 10.00, Thomas Knight 10.59, Adam Maccan 11.03, Zoe Maccan 12.17, Georgia Knight 14.37, Josh Maccan 14.43, Andy Maccan 14.48, Jayme Ammon 14.51, Tim Ammon 14.54, Jordan Van Eyssen 21.55, Dane Van Eyssen 23.07

2km walk:

Abbie Cassam 17.06, Leanne Cassam 17.15, Mel Ammon 17.20

4km run:

Patrick Rae 18.13, Bianca King 18.18, Donna Maccan 27.08

4km walk:

Chris and Nathan Cassam 34.19, Maureen Dickason 35.37, Sally Burston 47.39

6km run:

Stephan Haycock 23.48, James Rae 29.55, Greg Long 32.44, Catherine Askey-Doran 35.37, Lara Knight 36.24, Alison Reddyhough 36.26, Wayne Van-Eyssen 40.39, Corrina Ridgway 44.01