

Last weekend's South East Runners' event provided participants with a taste of the course for the half-marathon and fun run events coming up in September. This year these events will take place from Twilight Beach due to the construction work happening around the Tanker Jetty and foreshore path, so the course will be undulating rather than flat.

Runners and walkers last Saturday had an option of 2km, 4km or 8km. Greg Long was the first runner to finish in the 2km run, having done a good warm-up by cycling out to Twilight. Young Joshua Smith beat his dad Darren and brothers Samuel and Ethan, to finish second. Josh improved on his personal best time by 42 seconds.

Lucy Oorschot was a clear winner in the 4km run, with her mum Sheila in second place, showing improving times. Sheila improved on her PB by 1.12, which was a great effort given the hilly course. Beth O'Callaghan took out third place. Jenny Morcombe was the only walker on the day, and opted for the 4km distance.

Shannan Dixon also had a good warm-up by cycling out to the event, and had a top run to take out first place in the 8km run. Ric Morell was second, Rachael Crabb third, and Jane Hopkins fourth.

Next week's event is back in town, with a change in venue again because of the foreshore works. We will meet at the end carpark at Castletown Quays at 4pm on Saturday. Distances remain the same - 2km, 4km 6km or 10km.

2km run:

Greg Long 10.17, Joshua Smith 17.04 (PB), Darren Smith 17.26

4km run:

Lucy Oorschot 15.31, Sheila Oorschot 21.16 (PB), Beth O'Callaghan 22.13, Theo Oorschot 23.18, Bronwyn Smith 29.19

4km walk:

Jenny Morcombe 38.55

8km run:

Shannan Dixon 30.04, Ric Morell 39.08, Rachael Crabb 42.46, Jane Hopkins 49.10