

South East Runners 29 June 2013

Last weekend's event took place in beautiful conditions along the West Beach path. There was a choice of 2km or 5km distances for runners, and a 2km walk event.

The battle for first place in the 2km run was fierce, with Jack Sharpe just holding off a fast finishing Adam Maccan. Jo Loffler showed a good improvement in her run time to take out third place. Connor Middleton ran extremely well to take three minutes off his best time to date, while his mum Carolyn improved on her PB by 1.35.

Maureen Dickason came back from a break feeling fit and refreshed, and was the first to finish in the walk event. Grace Bell was second, and Mel Ammon and Cindy Sharpe crossed the line virtually together for third place. Josh Bell did well to finish just a few seconds behind them.

There were no challengers to Stephan Haycock in the 5km run, and he led by over three minutes at the finish. Richard Brown took out second place, achieving a personal best time with the club by 35 seconds. Pam Williams was the third runner to finish. Greg Long also had a good event to improve on his personal best time by 44 seconds.

Next weekend's event will be held on the bush track near Twilight Beach, which starts opposite the small gazebo on Twilight Beach Rd. Start time is 4pm on Saturday.

2km run:

Jack Sharpe 9.03, Adam Maccan 9.12, Jo Loffler 11.52, Donna Maccan 12.12, Jayme Ammon 12.43, Tim Ammon 12.46, Connor Middleton 13.03, Carolyn Middleton 13.08, Josh Maccan 13.24, Andy Maccan 13.25

2km walk:

Maureen Dickason 15.55, Grace Bell 17.59, Mel Ammon 20.08, Cindy Sharpe 20.09, Josh Bell 20.15, Paul Sharpe 22.19, Madelyn Murdoch 22.20, Ben Loffler 23.12, Alex Middleton 23.13

5km Run:

Stephan Haycock 19.19, Richard Brown 22.42, Pam Williams 23.39, Jason Riggs 25.29, Lance Williams 25.33, Greg Long 26.33, Ellen Rae 28.14, Kerry Polkinghorne 29.05, Zoe Maccan 29.19, Darren Smith 30.59, Hillary Duffy 33.13