

Last weekend's South East Runners event was another cross-country one, this time held out at Lake Monjigup. There was a choice of 2km, 4km, and 6km run distances, and 2 or 4km walk distances, but all walkers opted for the longer course.

It was great to see a good number of walkers, with ten people opting for the 4km walk. Chris Cassam set a very fast pace in this event, leading the way by nearly three minutes. He was followed by Maureen Dickason in second and Catherine Askey-Doran in third place.

Adam Maccan was challenged by his sister Zoe in the 2km run course, but managed to take the lead by 21 seconds. Not far behind Zoe was Patrick Rae in third place.

There were just three competitors in the 4km run. Bianca King was the first runner back, with Pam Williams second, and Beth O'Callaghan in third.

Eight runners opted for the 6km run, which involved three circuits of a figure of eight course. Stephan Haycock showed the rest of the field a clean pair of heels, to cross the line over two minutes ahead of the rest. Andy Maccan and Richard Brown had a tussle for the minor places, but Andy just managed to hold on to take second place.

Next weekend's event is back to the bitumen and the hills, and is a no watches run, which means that the winners are those who most accurately predict their times. The venue is Blue Haven beach car park, with distances of 2km or 5km. Start time is 4pm on Saturday.

2km run:

Adam Maccan 11.23, Zoe Maccan 11.44, Patrick Rae 11.49, Jayme Ammon 14.28, Tim Ammon 14.30, Josh Maccan 17.10, Donna Maccan 17.11

4km walk:

Chris Cassam 32.19, Maureen Dickason 35.11, Catherine Askey-Doran 36.52, Chrissy Haycock 38.21, Leanne, Nathan and Abbe Cassam 40.32, Roald Basson 42.23, Deidre Basson 42.24, Eldrian Basson 42.25

4km run:

Bianca King 20.20, Pam Williams 20.44, Beth O'Callaghan 25.04

6km run:

Stephan Haycock 25.38, Andy Maccan 27.47, Richard Brown 28.17, James Rae 29.13, Howard Reddyhough 32.21, Greg Long 34.15, Lance Williams 35.31, Kerry Polkinghorne