

South East Runners 6 April 2013

The last event of the summer program for South East Runners was held last Saturday afternoon along the foreshore, starting from the end of Castletown Quays.

There was a choice of 2km or 5km run events, and a 2km walk. Times were slick in the 2km run, with five personal best times recorded. Beth O'callaghan achieved the biggest improvement, reducing her PB by 1.46. Lauren Smith took a huge 1.11 off her best time, while her older sister Ellie improved on her best time by 59 seconds. Zoe Maccan shaved three seconds off her best, and is very close to recording a sub-10 minute time for the 2km distance. James Rae sliced 9 seconds off his best, and was also the winner off the event. In second place was his young sister Ellen, and finishing in third place was Adam Maccan.

There was also a swag of personal best times in the 5km run, with six runners improving on either their best ever or recent best time, which is the best time in the past three years. Ian Gardner ran a great race to improve on his best by 4.05; Catherine Askey-Doran improved on her best by 2.50; and Richard Brown by 1.45. Recent PB times were achieved by Howard Reddyhough with a 2.13 improvement; Alison Reddyhough by 1.33; and Pam Williams by 36 seconds. Despite these good efforts no-one came within cooe of the winner, Brian Sylva, despite him running while pushing a stroller.

The winter program gets underway next Saturday with another foreshore run, with the start venue the James St carpark on the Esplanade. Distances on offer are 2km, 4km or 8km, and the start time is 4pm.

2km run:

James Rae 7.31 (PB), Ellen Rae 8.36, Adam Maccan 9.36, Zoe Maccan 10.05 (PB), Beth O'Callaghan 10.07 (PB), Ellie Smith 11.15 (PB), Lauren Smith 12.02 (PB), Josh Maccan 13.53, Donna Maccan

2km walk:

Maureen Dickason 15.35

5km run:

Brian Sylva 19.09, Richard Brown 21.32 (PB), Joe Clark-Murphy 21.34, Pam Williams 22.53 (PB), Howard Reddyhough 23.26 (PB), Lance Williams 24.12, Ian Gardner 24.17 (PB), Alison Reddyhough 24.58 (PB), Catherine Askey-Doran 25.17 (PB), Wayne Van Eyssen 26.28, Greg Long 27.17, Sharlene Smith 27.28, Ursula Clark-Murphy 27.40, Jenny Morcombe 29.49, Hillary Duffy 32.24