

Last Saturday's fine weather attracted a good number of runners and walkers to the event along Castletown Quays. There was a choice of short, middle and long distances to suit all abilities and levels of fitness. The short distance was around 2km, the middle 4 to 5km, and the long close to 10km.

The 10km run was also run as a handicap race, with runners taking off on times set by their previous personal best times. Despite having a grumble about his substantial handicap Richard Brown managed to overtake the rest of the field to take out the 10km title. In second place was Alison Reddyhough, with Kerry Polkinghorne in third. Hillary Duffy and Bronwyn Smith ran well to complete the distance in their goal times of less than one hour.

The middle distance run event was won by Shannan Dixon, who finished over two minutes ahead of the second place-getter Michael Spencer. Stephen Butler finished in third place.

Chris Cassam was once again the first to finish in the longer walk event. Second place went to Tanya Wright and third place to the rest of the Cassam family - Leanne, Abbie and Nathan.

The shorter run distance of around 2km was a popular event, with 12 competitors. Adam Maccan was the first runner home, with Daniel Spencer taking out second place and Connor Middleton third.

For the walkers Jack and Dana Sharpe crossed the line together to finish first, with Katie Riggs in second, and Paul Sharpe third.

Next weekend's event will include some hills, with the start venue being the car park at the west end of Salmon Beach. Start time is 4pm

2km run (approx)

Adam Maccan 7.38, Daniel Spencer 9.19, Connor Middleton 9.46, Jenelle Brown 9.58, Jo Loffler 10.18, Josh Maccan 10.34, Andy Maccan 10.35, Jill Bower 10.48, Carolyn Middleton 10.54, Liam Critchley 12.25, Joshua Smith 18.27, Darren Smith 18.26

2km walk (approx)

Dana Sharpe 14.12, Jack Sharpe 14.12, Katie Riggs 15.04, Paul Sharpe 15.34, Cindy Sharpe 15.57, Pam Williams 16.42, Ben Loffler 18.04, Alex Middleton 18.05

4.5km run (approx)

Shannan Dixon 14.58, Michael Spencer 17.12, Stephen Butler 18.11, Cameron Brown 18.53, Kaden Brown 18.54, Lara Knight 19.17, Jason Riggs 19.27, Zoe Maccan 22.15, Wayne Van Eyssen 22.59, Liana Smith 23.35, Donna Maccan 24.41

4.5km walk (approx)

Chris Cassam 29.22, Tanya Wright 35.47, Leanne, Abbie and Nathan Cassam 36.55, Lisa and Cooper Critchley 39.47, Fiona Baird 40.20

10km run (approx)

Richard Brown 42.29, Alison Reddyhough 50.08, Kerry Polkinghorne 50.21, Hillary Duffy 57.06, Bronwyn Smith 58.56