

South East Runners 16 February 2013

Last weekend's South East Runners event was held on the hills from Blue Haven beach. Weather conditions were pretty warm, and several competitors took advantage of the beach after the event.

Despite the heat and hills three young competitors in the 2km run achieved personal best times, each improving by a substantial amount. Bella Clifton came second in the event and took a huge 1.39 off her PB. Adam Maccan finished third, improving on his best time by 1.27. Lauren Smith also had a top run to also take 1.27 off her best. Michael Hall was the first place-getter in a good time of 9.24.

The winner of the 5km run was Owen Critchley, with Richard Brown in second place and Pam Williams hot on his heels for third.

The result of the 3km handicap race on February 2nd was announced at last weekend's event, with the winner being Zoe Maccan. Zoe recorded the biggest improvement in time on the day.

Next Saturday's run will be held at the 10 Mile Lagoon Wind Farm, with distances ranging from around 2km to 9km. Start time is 4pm

2km run:

Michael Hall 9.24, Bella Clifton 9.44 (PB), Adam Maccan 9.47 (PB), Ellen Rae 11.14, Zoe Maccan 11.44, Beth O'Callaghan 12.40, Donna Maccan 12.41, Lauren Smith 13.13 (PB), Josh Maccan 13.23, Andrew Maccan 13.23, Ellie Smith 13.54, Branden Clifton 15.00, Liam Critchley 17.17

2km walk:

Hillary Duffy 18.43, Lorri Neal 18.44, Lisa and Cooper Critchley 19.24

5km run:

Owen Critchley 22.50, Richard Brown 24.14, Pam Williams 24.29, Ian Gardner 28.22, Howard Reddyhough 28.28, Lance Williams 28.34, Alison Reddyhough 28.51, Sharlene Smith 29.54