

South East Runners 9 February 2013

Last Saturday's event was a cross-country one on the trail from Twilight Beach through the bush.

There were distances to challenge all levels of ability and enthusiasm, ranging from 2km to 8.9km. Conditions were warm away from the coast, which added to the degree of difficulty.

Seven runners opted for the 2km course. Bella Clifton had a great run to cross the line in first place, just two seconds ahead of Adam Maccan. Third place went to Zoe Maccan. Ellen Rae, Ellie Smith and Pam Williams elected to do the 2km walk, and crossed the line together in 20.29.

Six runners chose the 5.3km distance. Jessie Eltringham powered home to cross the line in first place. Coming in second was Paul Clifton, followed by Nuala Carolan in third place. Maureen Dickason was the only walker to attempt the 5.3km distance, and completed the course in 47.12 minutes.

There were also six runners in the 8.9km race. James Rae showed the benefit of having young legs and lots of training, taking out first position. Andy Maccan was second, and David Carolan was third.

Next Saturday's event starts from the carpark at Blue Haven Beach at 4pm. Distances on offer are 2km or 5km.

2km run:

Bella Clifton 9.23, Adam Maccan 9.27, Zoe Maccan 11.16, Keri Carolan 11.34, Eva Carolan 11.42, Josh Maccan 14.00, Donna Maccan 14.01

5.3km run:

Jessie Eltringham 23.21, Paul Clifton 25.11, Nuala Carolan 30.00, Alison Reddyhough 31.22, Wayne van Eyssen 32.31, Jenny Morcombe 37.13

8.9km run:

James Rae 40.05, Andy Maccan 43.57, David Carolan 46.34, Howard Reddyhough 48.50, Lara Knight 49.07, Sharlene Smith 51.53