

Steyning 15km (includes shorter distances – 10, 5,2.5km) 20th Jan 24

Weather conditions were very fortunate during this difficult period with only a slight chilly breeze at 5/6 degrees despite being 2 weeks earlier than usual. Having long since been forced to abandon the course from Steyning village the usual out and back 1.25km lap was used. Steyning's Ian Richards dominated the longer event by a quarter of an hour but Surrey's Paul Gaston in 3rd battled on to finish slightly inside expectation. 4th and 5th in the 10km also went to SWC in the usual names of David Hoben and Chris Flint with both struggling but David further ahead than usual and not far below his target. In the junior 5km/2.5km Shaun Lightman and Peter Selby coached athletes Checheku-Boama (Blackheath) and Carrie Ellis (Lewes) both did well with Carrie achieving a personal best and Checheku a good first 5km.

Results: (13 starters excluding Keep Fit section))

15km

1. I.Richards (Steyn M70) 1 hr 29 min 36 sec;
2. J.Arthur (Ilf M60) 1 hr 46 min 26 sec;
3. P.Gaston (Sy WC M70) 1 hr 54 min 42 sec;

10km

1. T.Jones (Steyn M65) 1 hr 4 min 40 sec;
2. J.Lennon (Steyn W65) 1 hr 7 min 18 sec;
3. S.Maidment (Steyn M70) 1 hr 12 min 40 sec;
4. D.Hoben (Sy WC M70) 1 hr 23 min 42 sec;
5. C.Flint (Sy WC M75) 1 hr 29 min 17 sec;
6. S.Arthur (Ilf W65) 1 hr 48 min 10 sec;

5km

- 1.T.Checheku-Boamah (B&B U15B) 31 min 33 sec;
2. J.Ball (Steyn M60) 35 min 7 sec;
3. J.Killick (Steyn M75) 36 min 49 sec.

2.5km

1. C.Ellis (Lewes U13G) 19 min 6 sec.