

Steyning 15km 25th Jan 20

The 15km course had been revised for the new start due to excess traffic on the bypass with more distance on the quiet and pleasant country lane. The weather, despite a cold but gentle breeze, was kind for January and times were generally good. SWC presence was limited to two this year although the overall total of 15 was very good and included a record five women for what is now one of the longest races on the calendar. Francisco Reis soon fell a little way behind winner Ian Richards (Steyning) but held the gap to a couple of minutes at the end with a fair time. Paul Gaston was rather further down the field than usual but stayed near his partner, unfamiliar but very welcome guest and accomplished runner, June Avery, who seemed to enjoy the challenge of race walking. As ever the highlight of the meeting was the return to the Steyning HQ and the very welcome refreshments and friendly social gathering which always accompanies Steyning AC races.

Results:

Men

1. Richards (Steyn M70) 1 hr 18 min 7 sec; 2. F.Reis (Sy WC M55) 1 hr 20 min 34 sec; 3. T.Jones (Steyn M60) 1 hr 26 min 3 sec; 10. **P.Gaston** (Sy WC M70) 1 hr 50 min 23 sec.

Women

1. A.Jennings (AFD U23W) 1 hr 21 min 10 sec; 2. S.Alves (Barn W45) 1 hr 24 min 23 sec; 3. S.Hales (Steyn W) 1 hr 25 min 36 sec