

Steyning 10km, Steyning 27th Oct 23

This event, which is held on a quiet but very nice country lane, suffered from the poor weather in two ways. First some people decided not to travel in the probable prospective rain although it happened to be warm and dry during the race. Secondly flooding caused a shortening of the laps down to one times 10 laps. This did not prevent a sub-hour performance from M70, Ian Richards from the home Club. Surrey Walking Club had two out, Paul Gaston and the ever-present Chris Flint. The former enjoyed a race-long competition against Aldershot's Fiona Bshop, some ten years younger. This pushed Paul to an excellent performance not far from 70 minutes and only 5 seconds behind Fiona. Flint towards the back also went quite well and not far outside 8 minutes per Kilo. Chris had some early encouragement from those taking part in the concurrent, unjudged fitness walk which saw five Steyning residents enjoying a healthy and fastish 3 miles or so.

Results: (13 starters overall)

10km Mixed:

1. I. Richards (Steyn M70) 57 min 53 sec; 2. T. Jones (Steyn M60) 1 hr 2 min 56 sec; 3. B. Kirkdale (Hast R M60) 1 hr 9 min 23 sec; 4. F. Bishop (AFD W60) 1 hr 11 min 16 sec; 5. P. Gaston (Sy WC M70) 1 hr 11 min 21 sec; 6. J. Garder (B&H W65) 1 hr 18 min 35 sec; 7. C. Flint (Sy WC M75) 1 hr 20 min 38 sec.

5km Mixed and Fitness Walk:

1. J. Lennon (Steyn W65) 32 min 34 sec; 2. L. Claridge (Steyn W50) 36 min 40 sec; 3. M. Ford_Dunn (Steyn M80) 37 min 31 sec; 4. A. Jones (Steyn W65) 39 min 2 sec; 5. C. Neate (Steyn W40) 39 min 14 sec; 6. K. Jones (Steyn M40) 39 min 18 sec.