

Steyning 10 km 4th Feb 23

This race was a subsidiary race within the usual annual 15km with both now being staged in Spithandle Lane, Steyning over an out and back 2.5km lap.

The overall event was a great success in terms of numbers with 20 out including many new faces with the majority of these doing a Walkfit 5km and seemingly enjoying themselves in a very friendly manner.

The main 15km event saw five out with a win in 84 min 35 sec from Tonbridge's Grazia Manzotti from Steyning's Ian Richards, a couple of minutes behind after a faster start.

The Surrey Walking contingent of David Hoben and Chris Flint opted for 10km bearing in mind their age and fitness. David pulled away in the early stages but Chris held him within a minute or two. Towards the end Flint began to close a little and, though unable to get much closer, ended exactly a minute behind. Both were very near their current expectations with Chris just inside.

Besides these two Shaun Lightman and Peter Selby, also SWC, were the official judges of the events.

Results:

10km:

1. M.George (Hove H M55) 1 hr 3 min 40 sec; 2. S.Maidment (Steyn M70) 1 hr 11 min 7 sec; 3. G.Heaton (H'field M60) 1 hr 11 min 9 sec; 4. J.Killick (Steyn M75) 1 hr 14 min 46 sec; 5. **D.Hoben** (Sy WC M65) 1 hr 18 min 37 sec; 6. **C.Flint** (Sy WC M75) 1 hr 19 min 38 sec.