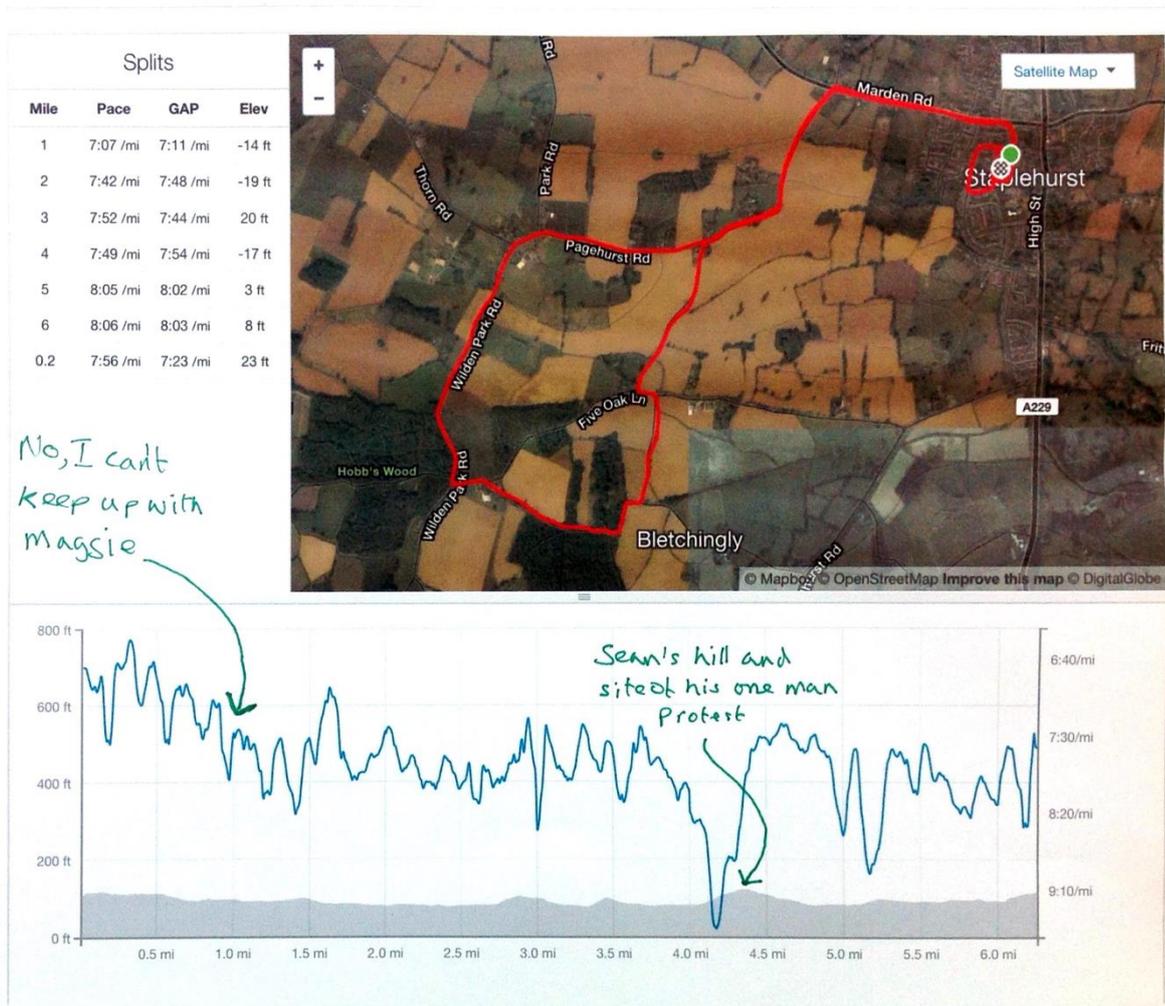


Staplehurst 10k Race Report



Simon bares his racing soul, including key moments ↑

Staplehurst was billed as flat and fast, with PB potential. Flat-ish, I would say, with Sean staging a one man protest at the top of the hill at 7 km! But the weather was good, if a little warm, and the race was friendly and well organised. The course was mainly very quiet lanes just outside the village, with the well-supported finish in the recreation ground. This route was the full 10k, or even a little longer according to my Garmin.

Zhan Su was the first Oxted Runner home, in 13th place overall. In his first appearance in this year's Summer

Series, Zhan was comfortably faster than his winning time in last year's Club Championship at East Grinstead. The finishing order of the other men Oxted Runners will surprise no-one – Sean, Chris, Philip, and me! Sean picked up our age graded award, with a very decent 72.7%. A special mention for Ben Sharpe, Chris's 15 year old son, who was running in his first competitive 10k and finished in 45:04 (age graded 61.4%). Good going, Ben; look out Chris!

Maggie Statham always runs well (have I said that before?). Our only woman runner in this event, Maggie clocked 46:26, an age graded result of 88.5%, and won a bottle of wine as the fastest finisher in her age category – well done.

Staplehurst was an enjoyable race through pleasant countryside. All our Runners who competed in this race and at Sutton were a little slower in this race – the weather was a little hotter at Staplehurst, and perhaps the course was a little longer than at Sutton.

The next race in the Summer Series will be the Caterham 10k (which is actually at Redhill Aerodrome) on 23 July (www.nice-work.org.uk). This is the race which Andy Irons won outright last year and at which Oxted Runners carried off most of the age group prizes. I hope to see you there. Simon Brooks

379 finishers	Overall Position	Official Time	Age Grade %	Age Graded Time
Ladies				
Maggie Statham	95	46:26	88.5	34:16
Gentlemen				
Zhan Su	13	38:01	70.9	37:40
Sean Mccabery	32	40:18	72.7	36:45
Chris Sharpe	48	42:14	66.7	40:05
Philip Clarkson	66	43:46	64.8	41:13
Simon Brooks	119	48:45	68.6	38:59