

Sutton Runners 10k Race Report



Left to right: Simon Brooks, Tony Saill, Maggie Statham, Sean Mccabery, Philip Clarkson

Last year it was suddenly hot, and everyone suffered. This year was decidedly chilly while waiting for the race to start, but pretty much perfect once you got going. A select group of five elite Oxted Runners assembled in Nonsuch Park for the third race of this year's Summer Series, the Sutton Runners 10k. Why 'elite'? They were the ones who remembered that this race sells out early every year... They ran petty well, too...

Maggie Statham always runs well. Our only woman runner in this event, Maggie clocked 46:10, an age graded result of 87.8%, and 59 seconds faster than last year. Fantastic!

Veterans (survivors?) of last month's boiling hot Brighton Marathon, Sean Mccabery and Philip Clarkson were particularly happy with the cool weather. Sean celebrated with a time of 38:35, an improvement of over 5 minutes on last year's effort, and was first Oxted man back. Philip was runner up – his 42:40 was 3 minutes better than last year.

Tony Saill turned in the run of the day – his 47:48 was his best 10k for a couple of years, and represents an age graded 75.6%. Last year, Tony did not run under 50:00 in the 2016 Summer Series, so this result shows he is reborn since his last birthday in December. And even I was happy, recovering from my Sevenoaks disaster, and back in 48:24, 1:16 better than last year.

The Sutton 10k was an easier race than Sevenoaks – the course is flatter. It is about the same difficulty as Woldingham, though Woldingham has the (dis?)advantage of being a 'short' 10k. Sutton was the full distance, according to my Garmin.

The next race in the Summer Series will be the Staplehurst 10k on 11 June (www.nice-work.org.uk/events.php?id=42). I hope to see you. there. Simon Brooks

458 finishers	Overall Position	Official Time	Age Grade %	Age Graded Time
Ladies				
Maggie Statham	204	46:10	87.8	34:33
Gentlemen				
Seam McCabery	55	38:35	75.9	35:11
Philip Clarkson	135	42:40	66.5	40:11
Tony Saill	234	47:48	75.6	35:20
Simon Brooks	244	48:24	69.0	38:42