

East Grinstead 10k 2016 Race Report

The summer season came to an end at the East Grinstead 10k, which doubled up as the Club Championships and the final event of the Summer Series. There was certainly an autumnal edge in the air as our biggest field of the summer season assembled to take on the tracks and paths around Imberhorne School. Conditions were ideal for running – not too hot, not too cold, and dry underfoot. The course is slightly undulating, with no steep hills but with some long gentle slopes that confuse you and disturb your pacing. The last km up the A22 is a proper hill which makes the run-in pretty tough.

Zhan Su was the first Oxted Runner home, in 39:38, and is therefore our 2016 Club Champion. Zhan was 7th overall. Not far behind was Sean McCabery, in 8th place in 39:45, a personal best. Louise Martindale was our first woman back, and is our 2016 Club Champion. Her time of 48:46 was also a personal best. Louise was 65th overall and 7th woman home. Sarah Lockett was the second Oxted woman in 50:54.

East Grinstead were a bit mean when

it came to age group prizes! They awarded only four –for best juniors (m & f) and best vets (m over 40, f over 35). Not surprisingly, the vets prize for men was won by a youngster in his 40s and the vets prize for women by a youngster in the 35-45 age group. Nevertheless, the Oxted Runners did pretty well – Andy Irons won the M50-60 category, while I won the M60 category with Tony Sall runner up. Lynn Hills and Kim Sullivan were first and second in the F55 group. The Summer Series prizes for the best age-graded performances in this race go to Andy Irons with 74.7% and to Lynn Hills with 70.0%.

The overall Summer Series prizes – for the best three out of a possible six Summer Series races - will be announced as soon as I can work them out. These prizes, and the Club Championship prizes, will be awarded at the Club's AGM in November.

	Overall Position	Chip Time	Age Grade %	Age Graded Time
Ladies				
Louise Martindale	65	48:46	62.2	48:46
Sarah Lockett	100	50:54	62.2	48:47
Sylvie Green	148	54:35	64.3	47:10
Lynn Hills	154	54:50	70.0	43:21
Kim Sullivan	156	54:54	67.2	45:08
Jane Mctaggart	160	55:16	61.3	49:30
Wendy Wilson	169	55:29	60.4	50:16
Doriena Koldenhof	200	57:27	52.8	57:27
Gentlemen				
Zhan Su	8	39:38	67.8	39:23
Sean McCabery	9	39:45	73.1	36:32
Andy Irons	12	40:33	74.7	35:45
Daniel Cundill	16	42:00	67.5	39:33
Chris Wilson	23	43:59	70.7	37:48
Joe Sullivan	26	44:03	60.7	44:03
Robin Hickson	41	46:27	68.1	39:14
Simon Brooks	59	48:06	69.5	38:27
Matt Collins	62	48:31	63.5	42:04
Simon Crabb	78	49:36	63.2	42:15
Tony Sall	88	50:18	71.1	37:34
John Holmes	94	50:45	67.8	39:26
David Green	95	50:43	60.8	43:58
Pat Sullivan	196	57:02	56.5	47:19

Simon Brooks



And they're off....at least six Oxted Runners visible in this photo if you know where to look...Group photo to follow...