



Lancing Eagles' Tenkay Steepdown Challenge gets underway on Sunday

Record numbers for Eagles' annual race

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THERE were 401 runners who completed the difficult five-mile course at the Tenkay Steepdown Challenge in Lancing in glorious sunshine on Sunday.

The course incorporates a climb of 160 metres from the start to the midway point at Steepdown Hill and the race is renowned in the West Sussex Fun Run League calendar as being a tough challenge.

In addition, 64 runners completed the junior one-mile course and it was the largest field of runners ever to be attracted to this annual trail race, organised by Lancing Eagles Running Club.

The five-mile race was won by Stewart Gregory, of Portslade Hedgehoppers, in a time of 28min 13sec. He was followed by Paul Cousins, of Haywards Heath Harriers, and Matthew Ansel-Brown, of Horsham Joggers, in times of 28:51 and 29:02 respectively.

Worthing Harriers' Sarah Kingston finished eighth overall and was the first woman to finish in a women's record time of 30:52. Megan Taylor, of Lewes AC, was second in 34:33 and Saints and Sinners' Anne Matthews was third in 35:06.

The junior race was won



by Arunners' Alex Halfacree in 5:20 as he finished a second ahead of club-mate Rupert Guiel. Tom Ridley, of Worthing Harriers, was third in 5:26.

The first girl to finish was Lily McCardle, of Sussex Trail Events, in 6:20. Fittleworth Flyers' Nina Dallyn was second in 6:30 and Anna Halfacree was third in 6:33.

A significant number of the entrants were not attached to a club and came from the local community. Lancing Eagles chairman David Clubb advised that the ethos of the West Sussex Fun Run League



events is to make running accessible to all ages and abilities and not just to the elite few.

Clubb added that the sight of so many runners taking part and enjoying the races was immensely satisfying and was a credit to all the volunteers who gave up their time to enable the race to take place.

The league was won by Arunners, for the first time in their history, and Portslade Hedgehoppers were runners-up. Presentations were made to 21 runners who have completed all the series of



The winner of the Tenkay Steepdown Challenge Stewart Gregory (far left) and the winner of the women's race Sarah Kingston (left). Above: The first three in the junior one-mile race

West Sussex Fun Run League races during 2014.

The race was sponsored by local Lancing company Tenkay Electronics Ltd and refreshments were provided by Lancing & Sompting Lions Club. First response first aid was provided by St John Ambulance. A donation will be made from the race surplus to the charity Sussex 4x4 Response.

Lancing Eagles welcome anyone interested to join the club. For more information go to www.lancingeagles.co.uk

■ Full race results on page 111.