

Sunday 6<sup>th</sup> November saw the final race of the Kent Grand Prix events at Deal , near Dover.

Nine Paddock Wood AC Athletes turned out for the fast, flat 5 mile course that runs on an out and back route that is mainly along the sea front at this scenic sea side town.

The weather conditions were not kind to the runners, although mainly dry there were lots of puddles following the weeks heavy rain showers, and at the turn around point shortly after 2 miles runners were treated to an unforgiving head wind.

Despite the conditions Paddock Wood AC's Maria Heslop lead the ladies event finishing in 30:10 in a very respectable 29<sup>th</sup> overall position.

First home for the club in a time of 28:10 and finishing in 5<sup>th</sup> position overall was James Ridger, followed by Maria Heslop 30:10, Andrew Day 30:47, Pete Buckingham 30:56, Harry Abraham with yet another PB in 32:54, John Tolhurst 34:19, Fiona Buckingham 35:12, Alison White 39:06 and Miriam Dorrity 39:40, There were 374 finishers. Tunbridge Wells Harriers won the men's event and Larkfield AC won the women's event.

The race was won by Daniel Bradley of Tonbridge AC in 26.32

Other Paddock Wood runners, Rob Leat and Duncan Riordan , represented the club at Beckley 10k , with Rob being first home for the club 43:28 and Duncan finishing 44:27, there were 224 finishers, The race was won by Jeff Pyrah of Rye Runners in 34:45.