



Severn AC Runners Weekly - 12th Feb 2017

THIS WEEK's Race News

Severn Athletic Club runners produced their best form in the final Birmingham Cross-Country League Division Three match over an excellent new course at Droitwich.

Over the 9K course Chris Brown started fast and was eighth at 3K, he dropped to 18th then rallied to 16th in 35:59. Brown completed his first full season of cross-country placing eighth individual in the league.

Club captain Steve Hale was twenty seconds behind in 22nd (36:19), a ten position improvement on the previous league race. He was 20th individual in the final league placings.

Richard Brown in his second cross-country race improved five places for 40th in 37:58.

Club stalwart Andy Brown(v55) ran a season's best 114th in 42:33 passing six runners in the final mile. Debutant Alex Jenkins was 125th in 43:23 having tracked Brown until the final mile. 197 ran.

Results link :-

http://www.birminghamccleague.co.uk/images/stories/bdccl/articlepdfs/XC_League_Archive/2016-17/2017-02-11-M3.pdf

In the Kingsway Parkrun 5K Severn runners placed 35th Austin Degge 22:26 (PB), 66th George Scully(v65) 26:25 and John James(v65) 28:29. 190 ran.

THIS WEEK's Club News

The Clubs AGM meeting was held this past Friday and I can confirm that we now have a new committee in place to move the club forward, attached are some minutes from the meeting.

THIS MONTH's Race News

Sat 18th - Glos XC at Pittville park - 14:30

Thur 16th - Weston Prom 5Mile - 19:30

Sun 26th - Bourton 10k - 10:30

Tue 28th - Aztec Fast 5K - 19:30