



Severn AC Runners Weekly - 26th Feb 2017

THIS WEEK's Race News

Chris Brown of Severn Athletic Club produced a career best in the prestigious Bourton 10K Road Race. Always near the front of the 523 runners, he made sure that he had a top ten placing around the twisty opening village laps then held on over the longer out and back course to the village finish. He scored his first top ten placing in a mass quality road race. The first city finisher in ninth place in 35:03, a personal best by 65 seconds. "An excellent confidence boost in my London Marathon preparations"

Severn's other finishers were 145th Andy Brown(V55) 42:47, 256th Kevin Probyn(V45) 47:25 (PB by 60 secs), 380th Greg Leyshon(V65) 52:58 (PB) & 481st John James(V65) 59:23.



Dulwich 5K Parkrun: 18 Feb 17th Richard Brown 18:44 (PB) 294 ran.

Kingsway 5K Parkrun 25 Feb 28th Austin Degge 23:31, 49th George Scully(V65) 25:22 & 92nd John James(V65) 28:41. 247 ran.

South Shields 5K Parkrun: 25 Feb 8th Richard Brown 20:32. 138 ran.

THIS WEEK's Club News

The next club meeting is on Tuesday the 7th of March and will be held in the Cafe at Sainsbury's in Barnwood @ 19:30.

The clubs new website is currently under construction and can be viewed @ <https://severnac.com>

THIS MONTH's Race News

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

Sat 4th March - Glos AAA road relay championships, 4 runners per team, Beacon Inn, Haresfield - 14:30

Sun 12th March - Droitwich Half Marathon

Sat 11th March - Berkeley 2020 - 9:00

Sun 19th March - Forest of Dean Half Marathon - 10:00

Sun 19th March - Gloucester 20 - 9:30

