



Severn AC Runners Weekly - 2nd April

THIS WEEK'S Race News

Seven Athletic Club's two top runners have been in splendid form recently. Chris Brown capitalised on his London Marathon training with a career best, moving up a class in performance terms at the Bristol Aztec 5K placing 23rd in 16:45.(PB).

James Rose repeated his second place of five years ago in the Eastnor 7 mile MT race. He ran 46:33 in the race won by Andrew Salt in 43:33. 125 ran.

Other Severn results:

Aztec 5K: 118th Andy Brown(v55) 20:35, 149th Kevin Probyn(v45) 22:42, 160th Greg Leyshon(v65) 24:01 (v65 PB), 173rd John James(v65) 28:47. 174 ran.

Crystal Palace Parkrun 5K: 4th Rich Brown 18:54. 220 ran.

Gloucester North Parkrun 5K: 12th Neil Taylor(v45) 20:52, 20th Andy Brown(v55) 21:19, 107th Sandra Brown(v55) 28:47. 187 ran.

Kingsway Parkrun 5K: 51st Kevin Probyn(v45) 23:16, 66th Greg Leyshon(v65) 24:40, 151st John James(v65) 29:02. 321 ran.

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We are looking at entering a team of runners into the Dymock Half Marathon, which is on May the 28th and race starts at 9:30am.

*Details for the race are available here <http://www.dymockfestival.co.uk/dymock-half-marathon-2017/>
And we could look at car sharing if members are interested*

If you are or have already entered then please send me an e-mail to confirm

Also we should hopefully be confirming this week that the Annual Tredworth Road race will be taking place on Monday the 17th of April and as soon as I can confirm this I will let you all know....