



Severn AC Runners Weekly - 21st May

THIS WEEK'S Race News

Severn Athletic Club's Brown brothers are in sparkling form.

Chris demonstrated improved recuperative powers. The day after leading home all city runners in the Tewkesbury Half Marathon when sixth in a two minute PB of 1:21:20 he toed the line at the Berkeley 10K. "I didn't know how my legs would be especially after hitting the proverbial Runners Wall in the last six miles at the London Marathon". The training for that has raised his fitness levels to a new high as he again led home city runners when fourth in 35:23 missing his PB by 21 seconds.

Club mates followed his viz. 73rd Andy Brown(V55) 42:07, 151st Greg Leyshon(V65) 47:29 (new age group PB), 162 Kevin Probyn(V45) 47:47, 285th John James(V65) 56:24 (seasons best). 404 ran.

Older brother Richard shattered his 5 mile PB running 28:59 for 10th in the Weston Prom 5, his previous best was 30:04. 332 ran.

At the Gloucester Track & Field County Championships at Cheltenham, Akinola Kehn-Alafan(V35) ran a seasons best in the 100 metres placing fourth in 12.7 seconds.

In 5K parkruns Severn performances were:

Crystal Palace: 2nd Rich Brown 18:49. 255 ran.

Gloucester North: 19th Neil Taylor(V45) 22:11, 73rd Sandra Brown(LV55) 28:55. 169 ran.

Kingsway: 13th Alex Jenkins 21:03, 41st Kevin Probyn(V45) 23:01, 50th Greg Leyshon(V65) 23:41, 54th Phil Reece(V50) 23:53, 67th George Scully(V65) 25:03, 129th John James(V65) 28:07. 275 ran.

THIS WEEK'S Club News

The Club's next meeting will be held on Tuesday June 13th at Sainsbury's Barnwood @19:30 and again will be held in the Cafe.