



Severn AC Runners Weekly 16th July

THIS WEEK'S Race News

Severn Athletic Club runners busied themselves with two races on Saturday. Veterans Andy Brown and Greg Leyshon both won county medals in their age groups in the second race at the Bourton on the Water County 1 Mile Road Race Championship.

53rd Andy Brown(V55) 5:56 (county silver), 84th Kevin Probyn(V45) 6:34 (pb), 106th Greg Leyshon(V65) 7:07 (county bronze) & 132nd John James(V65) 8:04. 178 ran.

Full Results - <http://www.runbritainrankings.com/results/results.aspx?meetingid=208939>

Parkrun 5K:

Lydney: 42nd Emma Rawlings(LV40) 25:54. Son Alex(JM11-14) winning in 18:35 & younger son Sam(JM11-14) 19th in 22:48. 104 ran.

South Norwood: 5th Rich Brown 18:56. 118 ran.

Kingsway: 51th Greg Leyshon(V65) 23:14, 80th George Scully(V65) 24:46 & John James(V65) 29:03. 248 ran.

Gloucester North: 13th Neil Taylor(V45) 21:31 & 15th Andy Brown(V55) 21:43. 142 ran.

THIS WEEK'S Club News

Please check out Club kit here - <https://severnac.com/club-kit/>