



## Severn AC Runners Weekly 2nd July

### THIS WEEK'S Race News

Severn Athletic Club's Chris Brown missed his 5 Kilometre personal best of 16:45 in the Bristol Aztec 5K but recorded a best placing in the race series. Finishing 19th in 16:58, his previous best placing was 23rd. Returning to action Steve Hale was Severn's next runner placing 84th in 20:07. Andy Brown(V55) was 88th in 20:24, Alex Jenkins was 100th in 20:47, Kevin Probyn(V45) improved his pb by 2 seconds when 132nd in 22:26. John James(V65) was 178th in 28:44. 182 ran.

Severn 5K Parkrun performances were:

Crystal Palace: 6th Rich Brown 19:14. 283 ran.

Gloucester North: 12th Neil Taylor(V45) 21:56, 14th Andy Brown(V55) 22:02 & 55th Sandra Brown(LV55) 29:02. 121 ran.

Kingsway: 8th Chris Brown 19:18, 48th Kevin Probyn(V45) 22:58, 62nd Phil Reece(V50) 24:02, 80th George Scully(V65) 24:52 & 139th John James(V65) 27:52. 296 ran.



Pic- Kevin Probyn @ Aztec 5K



Pic- Steve Hale @ Aztec 5K

In the Boddington 10K Severn placings were 19th Kevin Probyn(V45) 48:04 & 49th John James(V65) 59:49. 64 ran.



Pic - John James @ Aztec 5K