



Severn AC Runners Weekly 9th July

THIS WEEK's Race News

In the Frampton 10 Kilometre Road Race Severn Athletic Club's top duo Chris Brown and James Rose featured prominently in the group chasing down the leaders. Brown challenged former club mate Mark James, who took third in 34:55. Brown was fourth in 35:20. Rose started slower then pulled through to finish seventh in 35:56. Other Severn finishers were: 61st Andy Brown(V55) 41:47, 137th Kevin Probyn(V45) 47:11 & 347 John James(V65) 58:46. 486 ran.

Results - <http://www.runbritainrankings.com/results/results.aspx?meetingid=197898>

Over a demanding Evesham 10K route Brown again challenged for third until halfway, then slipped to sixth in 36:59. Andy Brown(V55) was 59th in 44:05. 571 ran.

Results - <http://www.racetecresults.com/results.aspx?CI=16418&RI=369>

In the Beckenham Place Parkrun Rich Brown ran a PB to take first place in 17:41. 154 ran.

In the Lydney Parkrun Les Davis lowered his own V70-75 course record by 3 seconds to 23:26. His grandson Alex Rawlings was fourth in 19:41 and daughter Emma Rawlings(LV40) 41st in 25:38. 117 ran.

Kingsway Parkrun: 50th Greg Leyshon(V65) 23:08, 58th Kevin Probyn(V45) 23:29, 81st George Scully(V65) 25:08 & 132nd John James(V65) 28:04. 258 ran.

Gloucester North Parkrun: 10th Andy Brown(V55) 22:53. 109 ran.

THIS WEEK's Club News

Club kit - Just to clarify, we have received new stock of club vests, these are the same as the original ronhill other than the blue trim is now gone.

New technical t-shirts - These are now in stock and are made from the same fabric as the vests, so very lightweight and ideal for running in... would be great to see these down at Parkruns to help promote the club

All Club kit can be found here <https://severnac.com/club-kit/>