







Two runners from Severn AC travelled to Lanzarote to compete in the 4 race series over 4 days.

<https://www.clublasanta.com/en/sports/events/lanzarote-international-running-challenge/runningchallenge>

Results 29th LANZAROTE International. - Running Challenge 2017

November 26th-29th. 4 RACES (10k, 13k, 5k, 21k)

MULTI-TERRAIN(OFF ROAD, BEACH, ASPHALT)

| Place | Name                       | Age   | Nat. | 10K      | 13K      | 5K       | 21K      | Total    |
|-------|----------------------------|-------|------|----------|----------|----------|----------|----------|
| 1st   | 199 KASPER LAUMANN HARTLEV | 25-29 | DEN  | 00:32:29 | 00:48:16 | 00:18:33 | 01:08:01 | 02:47:17 |
| 24th  | Richard Brown              |       |      | 03:20:54 |          |          |          |          |
| 67th  | Andrew Brown               |       |      | 03:46:16 |          |          |          |          |

223 completed all four races.

Age Group: 35-39

| Place | Name                  | Nat. | 10K      | 13K      | 5K       | 21K      | Total    |
|-------|-----------------------|------|----------|----------|----------|----------|----------|
| 1     | 356 PETER MACKRELL    | GBR  | 00:36:10 | 00:51:51 | 00:19:59 | 01:16:34 | 03:04:33 |
| 2     | 4 GARETH MURRAN       | IRL  | 00:36:25 | 00:54:23 | 00:19:42 | 01:15:37 | 03:06:06 |
| 3     | 267 DOMINICK BRANIGAN | IRL  | 00:36:53 | 00:54:07 | 00:20:20 | 01:20:02 | 03:11:20 |
| 4     | 95 LEONARD MOONEY     | IRL  | 00:37:47 | 00:55:13 | 00:20:22 | 01:19:00 | 03:12:21 |
| 5     | 370 RICHARD BROWN     | GBR  | 00:38:29 | 00:57:54 | 00:21:13 | 01:23:20 | 03:20:54 |

Age Group: 55-59

| Place | Name             | Nat. | 10K      | 13K      | 5K       | 21K      | Total    |
|-------|------------------|------|----------|----------|----------|----------|----------|
| 1     | 295 WOUT MENSINK | NED  | 00:39:35 | 00:58:44 | 00:22:49 | 01:24:04 | 03:25:10 |
| 2     | 46 PAUL CATES    | GBR  | 00:40:18 | 00:59:50 | 00:22:29 | 01:26:58 | 03:29:34 |
| 3     | 369 ANDREW BROWN | GBR  | 00:44:21 | 01:05:32 | 00:24:02 | 01:32:22 | 03:46:16 |

Forest Of Dean Parkrun: (18/11/2017) 3rd Kyran Hale 19:03. 159 ran.

Kingsway Parkrun: 10th Dave Lander(V50) 20:01, 15th Steve Hale 21:15, 54th Phil

Reece(V50) 25:21 & 94th John James(V65) 29:08. 170 ran.

Gloucester North Parkrun: 13th Andy Brown(V55) 21:55. 90 ran.

Stonehouse Parkrun: 4th Andy Munro(V45) 20:26. 44 ran.

Severn Athletic Club will be organising the 55th Christmas Morning 3 Mile Handicap Race.

The start time will be 10:30 (report 10:00) and will start/finish either side of the Northern By pass/ Tewkesbury Road Junction by the Longford Inn.

Christmas 4 Mile Road Race Wednesday December 27th 11:30 at Elmore Village Hall.

Details: <https://severnac.com>

