

## **SEVENOAKS TRACK 1 MILE RACE – 28 JULY 2016**

### **Race 1**

	<b>Runner</b>	<b>Time</b>	<b>GP/WMA score</b>
1	Dan Witt	05:31.70	71.5
2	Ryan Donaldson	05:33.10	67.4
3	Marco Mion	05:33.10	67.6
4	Julian Ward	05:52.70	69.9
5	Ted Scott	06:06.20	73.6
6	Adnan Van-Dal	06:26.80	60.6

### **Race 2**

	<b>Runner</b>	<b>Time</b>	<b>GP/WMA score</b>
1	Simon Willems	06:16.90	62.5
2	Geoffrey Kitchener	06:57.70	69.9
3	Kym Herregods	07:12.20	65.0
4	Sam Znetyniak	07:31.40	59.5
5	Jim Fitzmaurice	07:58.50	67.2
6	Frank Mason	08:04.70	56.1
7	Jenny Austin	08:21.60	52.5
8	Richard Pitcairn-Knowles	09:48.10	66.9

The race has been held every year since 1999, and this year produced a very close finish in Race 1 with Dan Witt chasing down the early race leader and newcomer on the night, Ryan Donaldson, on the final lap. Ryan then just held off Marco Mion for a very close second place. The only time on the night to enter the list of Club Best performances was that of Kym Herregods who produced the 3<sup>rd</sup> best time for an F45-50.

For those unfamiliar with the WMA scoring system which compares the time run with the World Best for the distance and age see <http://www.7oaks-ac.org.uk/sac-grand-prix>