

SAC 1 Mile RACES – 18 July 2024

Opportunities to run in a Mile track race are limited, and in near perfect conditions 18 SAC runners ran some fast times in two separate races. Eight performances merited inclusion in the list of Club Best performances and of these, 5 went to the top of the age group listings for their age group - some by a significant margin.

The race results, times, and Club Best status are listed in the two tables below:

Faster Group

	Runner	Time	Club Best
1	Liam McLaughlin	04:49.36	1 st Senior
2	Oloff Van Zyl	04:59.43	1 st M55
3	Guillaume Nineven	05:06.05	2 nd M35
4	Steve Hough	05:12.98	1 st M50
5	Will Palmer	05:30.43	
6	Keith Dowson	05:45.61	2 nd M60
7	Alex Newby	05:52.43	
8	Stuart Stone	05:56.54	
9	Graham Dwyer	05:57.86	

Slower Group

	Runner	Time	Club Best
1	David Killpack	06:01.49	
2	Dan Witt	06:31.30	
3	John Denyer	06:59.92	1 st M75
4	Phoebe Jarman	07:01.98	
5	Jenny Austin	08:22.43	
6	Jim Knight	08:48.79	
7	Peter Dillon	09:51.11	
8	Lesley Knight	11:03.79	New 1 st F70
9	Sylvia Lewis	12:12.54	New 2 nd F70

Many thanks to Andrew Mead and Graham Dwyer for their help with the timing and recording.

John Denyer