

**CLUB PRESS RELEASE**

**Ashford Long Distance Runners Dominate**

Ashford Athletic Club was out in force for the Ashford and District 10km last Sunday with a resounding win by Will Knight, who dominated the race throughout.

The Ashford & District 10K marks the start of the marathon season for some and the racing season for others. It is a chance for marathon runners to sharpen legs up with a bit of speed and for others to have a good run out on a challenging course.

Ashford AC had a very successful outing with all six senior men inside the top 22. Will Knight was joined by 2 other first places, Ian King winner of the over 50s finishing overall 4th and Freddie Newing finishing as top under 18 in 46th position.

Ashford Athletic Clubs long distance coach Gerard O'Sullivan said *" In this race in 2016 I took a young but very determined Will through the snow to the last 400m in under 37 minutes. Even as a kid Will had the legs on me and I could not outsprint him. Class shows and fast forward five years it was no surprise to me to not only see him win the race but to dominate it winning by nearly two minutes."*

Results:

Will Knight 1st 32.28

Ian King 4th 35. 38- 1st Over 50

Sahil Sood 9th 37.29

Richard Huckstepp 12th 38.22

Gerard O'Sullivan 18th 39.45

Andy Davies 22nd 41.20

Freddie Newing 46th 45.17 – 1st under 18

**www.ashfordac.org.uk**