



## LEEDS ABBEY DASH 10km

Sunday 15 November

The Leeds Abbey Dash 10km once again was selected as the English Championship and attracted a strong field. The race is over a fast flat out and back course from Leeds to Kirkstall Abbey but the damp breezy morning took the edge off of times this year. Sam Rahman of Ilford AC put in a strong run to place 273th in a field of over 9000 finishers in 35 mins 58 secs, just missing his personal best time. Further back in 2723th was club endurance coach Rob Sargent who was pleased to clock 48m 33s.

