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Scorching results in the sun

A bumper weekend of racing was enjoyed by Weston AC runners as the autumn race season moved into top gear. On an unseasonably hot and sunny Sunday, the club enjoyed strong results at Burnham, Cardiff and the London Royal Parks half marathons, and at Portishead multi-terrain 10k.

First WAC man home in Burnham was Simon Lund finishing strong in a blistering 1:22:30, closely followed by Guy Bradford and Kieron Summers less than a minute behind him. It was another good weekend for Nick Cook who, having done the double at Weston Triathlon and Half the previous weekend had enough left in his legs to set a new PB of 1:43:49. The sun shone on Mary Nutley who bettered her Bristol result from last month with a new PB of 1:49:18.

A sun-drenched Cardiff provided the perfect setting for a brace of PBs for first WAC woman and man back as Steph Shute crossed the line in 1:50:32 and Barry Walker shaved seven minutes off his previous best with 1:44:46.

And London was the setting for two more capital half marathon bests with Amanda Hunter romping home in 1:44:29 and Kevin Knight not far behind her in 1:47:36.

Dominic Taylor-Jones didn't disappoint either, sailing home in overall second place at Portishead 10k in a very impressive 38:37. Niki Fulstow was first WAC female back in 52:26.

All good preparation for the club's own Mendip Muddle off-road 12 mile race on Sunday - more details at www.westonac.co.uk.

ENDS