

Date: 6 October 2013

Release: immediate

Prom Run season off to flying start

Weston AC's legendary five mile prom run returned for the first of nine races in its annual series at the end of September. The race, going strong after 31 years, saw first club member home, Chris Old, in third place achieving a personal best time of 27:09.

Dom Taylor Jones, Pete Clark, David Stock, Jamie Tottle and Kieron Summers all ran strongly to romp back in under 30 minutes.

First female club runner to finish was Tamara Bourne in a time of 38:25.

Ahead of the main race, 29 younger runners lined up for the one mile juniors run. First boy back was Henry Cox in a blistering 4:53, closely followed by first girl Lucy Maine in overall third place, in five minutes dead.

The main race attracted upwards of 280 runners. The next race starts at 7.30pm on Thursday October 24 with registration beforehand in the Pavilion Bar, Knightstone Road.

The club also welcomes junior runners to take part in the free one mile run starting at 6.45pm, before each of the main prom runs. The minimum age for entry to the race is seven.

Entry information and dates for all the club's future events are available from www.westonac.co.uk.

The next club race is the 12 mile off-road Mendip Muddle this weekend on Sunday October 13.

ENDS

Picture credit: Charles Whitton Photography