

Date: 1 December 2013

Release: immediate

## **Explosive prom run**

Well they say a change is as good as a rest, and this proved to be the case for last week's increasingly popular Weston Prom Run. A record number of 296 runners took on the five mile race which had to be re-routed due to the seafront fireworks display. But the brief diversion onto the road, and the extra turns thrown in for good measure did not stand in the way of some blistering performances.

Against a backdrop of stunning fireworks, the first three to finish were Ben Robinson of Bristol and West AC in 26.35, Chris Old of Weston AC in 27.00, and Russell Forsbrook of Cheltenham AC right behind in 27.15.

The first three females back were Serane Stone of Tiverton Harriers in 29.46, Phil Richards of Weston AC in 32.24 and Julie Poole of Clevedon AC hot on her heels in 32.26.

Following two silvers for Weston AC, the next male club members home were Dominic Taylor-Jones in 28.55 and Kieron Summers in 29.24. Second and third placed WAC females were Cheryl Valentine in 36.27 and Tamara Bourne in 37.21.

Too many club members to list achieved personal bests at the race, but particular mention must go to race stalwarts Mike Vowles and Chris Edwards who both put in their speediest runs to date, finishing in 46.03 and 46.48 respectively.

And if the race itself wasn't exhausting enough, two club runners, Pete Bartlett and Maddy Cook, took it upon themselves to run 14 miles the very next morning.

The one mile junior run saw Jaylan Bacon, Oliver Cunningham and Ollie Lock come back in 5.36, 5.54 and 5.55 respectively for the boys. And for the girls, the spoils went to Lucy Maine, Eleanor Redman and Connie Ballentine in 6.00, 6.33 and 6.40.

The fourth five-mile Prom Run in the series takes place next week on Thursday December 12 at 7.30pm. As usual, it will be preceded by the one mile race at 6.45pm, which is free for under-16s. More information about race entries and all the club's other activities can be found on the club's website at [www.westonac.co.uk](http://www.westonac.co.uk).

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