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Cook and Haynes do the double

There were two reasons to celebrate at the weekend as Nick Cook and Stuart Haynes from Weston Athletics Club competed in the Weston triathlon and the Weston half marathon on consecutive days.

Nick completed the tri in 1:13:56 and Stuart in 1:17:16. The event comprised a 400m swim in Marine Lake, a 20km bike ride and a 5km run. The duo achieved times of 1:46:09 and 1:54:44 in Sunday's half marathon.

After Saturday's triathlon Nick said: "It was great to compete in my home town and have so much local support."

Other members from the club who competed in the inaugural Weston sprint triathlon event were: Phil Tomlinson 1:00:32, Andy Hayes 1:05:54, Richard Ford 1:10:04, Simon Andrews 1:15:11, and Chris Edwards 1:34:02.

The second Weston half marathon on Sunday saw WAC out in force with 17 members competing. First club runner home, finishing a very impressive third overall, was Chris Old in a time of 1:14:33. Other runners were: Paul Dwyer 1:34:55, David Elliott 1:35:05, Marc Bostock 1:35:26, Jamie Tottle 1:36:45, John Hinchcliffe 1:38:53, Tobias Hinchcliffe 1:38:55, Michael Reep 1:39:12, Ian Hughes 1:46:37, Nia Davies 1:49:21, Mary Oaten 1:52:21, John Oaten 1:52:21, Madeline Cook 1:53:56, Chris Cox 2:01:04 and Pete Bartlett 2:06:19.

ENDS

Picture of Nick Cook after Saturday's triathlon event attached.