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All set for night at the prom

The skies cleared, and the wind dropped to set the stage for the sixth race in Weston AC's five-mile race series last Thursday. The club's runners were out in force among a strong field of 257 runners all keen to do battle with the fast flat course.

This month's spoils went to Nicolas Saillard of North Somerset AC who just nudged home under the 27 minute mark in 26.59. First woman back was Serane Stone of Tiverton Harriers in 29.54, finishing in under 30 minutes for the third time.

Chris Old was first Weston male to finish, in overall fourth place, and four seconds clear of January's time in 28.10. Dominic Taylor-Jones was next in 28.33, and Kieron Summers took third in 28.57, both also tearing chunks off the previous month's times.

Phil Richards is showing no signs of taking a back seat for the prom, finishing first for Weston's women for the fifth month in a row, taking over a minute off January's time and storming through the line in 32.55. Second and third female club places went to Tamara Bourne in 37.54 and Mary Nutley in 42.12.

Lesley Bowskill and Julie Shergold were hot on Mary's heels both earning new personal bests of 42.26 and 42.36 respectively. Chris Edwards bagged a personal best for the second month in a row, finishing under the nine minute mile pace in 44.47.

Jaylan Bacon retained his winning position in the junior one mile race, finishing in 5.34. Callum Smith and Oliver Cunningham swapped places this month finishing in 5.50 and 5.59 respectively.

Connie Ballentine won for the girls this month in 6.46. Freya King took second in 6.51 and Annabell Cunningham was right behind her in third, five seconds faster than last month in 6.57.

The next races in the prom series take place on Thursday March 27. The one mile race starts at 6.45pm, and is free for junior runners aged 7 to under 16. It's followed by the main five mile Weston Prom Run at 7.30pm. Runners can enter on the night at the race HQ at the Pavilion Bar, Knightstone Road, and find out more at www.westonac.co.uk.

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