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### **Eleven go mad in Dorset**

Eleven Weston Athletic Club members took on the Charmouth Challenge at the weekend - an eight mile fell race with over 1,400 feet of climb, which takes in Golden Cap - the highest point on the South Coast.

Race conditions were good, if a little hot, and all the club's runners conquered the three seemingly neverending climbs, as well as the steep descents. Kieron Summers maintained his current run of top form and completed the course in 59:30. Adrian Noble took second for the club in 1:02:51, and Matt Wheeler finished next in 1:04:20.

Phil Richards continues to impress, and finished first for the club females at Charmouth in 1:12:43. Vanessa Andrews took second club spot in 1:35:31, and Julia Withers finished third in 1:39:43.

Triathlon is becoming increasingly popular for club members looking to push their fitness to new levels, and David Stock has returned from Nice with another Ironman event under his belt. David completed the 2.4 mile swim, 112 mile bike ride, and full marathon in an impressive 10:58:52, finishing comfortably in the top 25 per cent of the field.

Entry is now open for the new season of Weston AC's five mile prom runs - a series of nine races from September to May on Weston seafront. More information on all the club's races and becoming a member can be found at [www.westonac.co.uk](http://www.westonac.co.uk).

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