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Power surge for Summers

Sunday saw a dozen runners from Weston Athletic Club take on the Oldbury Power Station 10 mile race, which follows a fast, pan-flat course around country lanes, ending up back at the power station. Conditions were near perfect, and the club's members seized the opportunity to put their summer training into effect.

Kieron Summers surged over the line first for the club in a new personal best time of 59:34, and finished sixth overall. Dave Stock came back fresh from his summer triathlons to finish next in 1:02:33, and Steve Kibblewhite bagged yet another personal best, taking third spot in 1:05:39.

Phil Richards was first to finish for the club's females, running her best time for the distance in 1:11:58. Nia Davies took second spot in 1:18:50 and Steph Shute put her recent injury worries behind her to power to the finish in 1:27:48.

Steph joined Matt Wheeler, Andy Chadburn, Vanessa Andrews and Mandy Nash with new personal bests for the distance.

Entries are set to sell-out for the annual Christmas Cracker before the end of the month. This year's 10k race takes place on Sunday December 7, and the new season of Weston AC's five mile prom runs starts tonight at 7.30pm. More information on all the club's races and becoming a member can be found at www.westonac.co.uk.

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