



Release: Immediate
Date: November 30, 2014

Sparks fly on Weston's prom

November's five mile prom run, organised by Weston Athletic Club, coincided with the Christmas lights switch-on festivities in town. This meant an altered route for the 315 runners who took on the race, but the added bonus of a 15 minute fireworks display over Weston Bay as they ran.

Despite the extra turns, and the allegedly slightly-longer-than-normal course, there were still some fast performances returned on the night. It was all change at the top this month for Weston's men, with Chris McMillan putting in a blistering performance and finishing in 28:23. Hot on his heels came Dominic Taylor-Jones in 28:40, and Kieron Summers in 29:09.

All new to the club, the first three Weston females proved ones to watch. Zoe Barber completed the distance first in 35:02, with Julia Pflaum working hard to catch her in 35:09. Hannah Moore took third spot in 36:00. Wilf Huxtable and Rachael Vincent both recorded new personal bests for the distance.

On Sunday, clear blue skies greeted the Weston runners tackling the annual Brent Knoll race, which features a six-mile off-road route from Burnham, to the top of the knoll and back again. The route started flat and muddy, before the steep climb up the hill kicked in. The descent back to the finish provided an additional challenge with runners sliding their way down the steepest section using a variety of techniques.

First to finish the course in 44:37 for Weston's men was Matt Wheeler, who has performed consistently well off-road all year. Gerry King finished second in 45:12 and Andy Chadburn finished third in 46:40.

Phil Richards was the club's first female to finish in 49:12, unbeaten in all her club championship off-road races this year. Katie Gormley and Michelle Fryer continue to run well, and finished in 54:14 and 55:10 respectively.

The club's next race is the annual Christmas Cracker 10k event this Sunday, which starts at 11am on the beach by the Grand Pier. Although the race is full, with over 2,200 runners signed-up to take part, the event is great for spectators, with a myriad of fancy dress outfits on display. There will also be collections on the day for Weston Hospicecare, the race charity.

For more information about all the club's activities visit www.westonac.co.uk.

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