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City & Country Welcomes Runners

Bath & Newport half marathons as well as the infamous 'Grizzly' in Seaton took place last weekend.

After almost 20 miles of tough running Nick Briffitt was the first club member to run down into Seaton in 2:40:30 followed by Guy Bradford in 2:48:30. Tony Hogg was third man in 3:05:47.

A strong performance from Cheryl Valentine enabled her to go under 3:30 for the first time in the event. Sarah Styles was the only other lady who competed finishing in 4:13:55.

Nine club members run through the streets of Bath with Andrew Sandiford taking the honors for the club in 1:29:58. Stuart Diamond ran a personal best to take second in 1:31:55 with Steve Kibblewhite securing third in 1:37:47. Helen Diamond secured top spot for the ladies in 1:56:13 followed by Elaine Eldridge in 1:58:09.

Wayne Entwhistle and Colin Lintern both ran the brilliantly named 'Slay the Dragon' 10k at Hinton St George in 55:06 and 1.01:49 respectively. Finally one lonely WAC member Iain Prideaux ran the Newport half marathon in a time of 2:05:02

The weather was kind to 53 Weston AC members who raced the prom last Thursday with almost half of them achieving personal bests.

Only six seconds separated the first three men from the club with Chris McMillan finishing first for the club in 28:21. Dominic Taylor-Jones secured second place in 28:23 with Kieron Summers just four seconds behind in 28:27.

The first three ladies Julia Pflaum (33:51), Zoe Barber (34:22) & Hannah Moore (35:27) all obtained personal bests.

In the mile race Jaylan Bacon once again stormed home first in 5:11 with Indeigh Winterson taking first girl in 6:10.

The club's next race is the Weston prom run on Thursday March 26. The main five mile race starts at 7.30pm, and is preceded by the one mile race at 6.45pm.

For more information about all the club's races, and becoming a member, visit www.westonac.co.uk.

ENDS

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