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Burrington and Burnham burn-ups for Weston AC

Weston Athletic Club members didn't have to travel far last week to experience two very different events.

Twenty of them braved the Burrington Blaster on Thursday evening which is a challenging off-road race covering five miles of tricky ascent then descent on rugged Mendip tracks. Just four days after his 30 mile traverse of the hill range, Nick Briffitt bounced back to finish first for the club, and seventh overall in 36.46. Hot on his tail came Andy Chadburn and Adrian Noble in 37.22 and 38.18 respectively.

Cheryl Valentine showed what Weston AC's women are made of, having completed the 30 miles of the West Mendip Way twice in the previous two weeks. She defied her tired muscles to finish first among the club's females in 45.07. Tamara Bourne took second club spot in 48.52 and Helen Diamond third in 53.40.

The club also came second in the men's team standings, and fourth out of the women's teams. John Hinchliffe, Bruce Bourne, Adrian Noble, Tony Hogg, Nick Briffitt and Liz Green all placed in the top three for their age categories.

Sunday saw an event of a very different kind as the club's triathletes set their alarms for 5am starts to prepare to take on the annual Burnham-on-Sea sprint triathlon. The event features a 500m pool swim, a 20km bike ride around Burnham, Lympsham and Berrow, and finally a tricky 5km run, mainly on the soft sand of the beach.

Phil Tomlinson was the club's first member to complete the event in 1.04.50. Andy Hayes came next in 1.09.02, also winning his age category, closely followed by Simon Andrews in 1.09.44. Rich Ford finished second in his category in 1.10.51. The club also made up two-thirds of the second placed relay team at the event. Lesley Bowskill and Vanessa Andrews were joined by Callum Richards, 15, who swims for Somerset county, and completed the swim in an impressive 6.35 - the fastest at the event - helping the team to an overall time of 1.20.43.

The club's next race is the off-road Beacon Batch fell race on Tuesday June 16 at 7.30pm.

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

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