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McMillan Wins For Weston

The Weston Athletic Club championship race on Sunday was one of the toughest in the calendar, the Exmoor Stagger. This gruelling off-road challenge begins at sea-level on the outskirts of Minehead and covers 15.1 miles and 3267 feet of climb across the Exmoor national park, includes scrambling to the peak of Dunkery Beacon and punishing long and rocky descents.

Guy Bradford was third in his age category and first club finisher in 2:09:41. Matt Wheeler took a hard tumble en route but still maintained second in 2:22:42 and Tony Hogg was third in 2:26:15. Teresa King claimed second in her age category and first club female in 2:32:49, Cheryl Valentine was second in 2:37:53 and Vanessa Andrews third in 3:25:11.

Chris McMillan back in action at the Grittleton 10K near Castle Coombe on Sunday. The cool conditions and fast, flat, rural course perfectly suited Chris as he claimed the win by a margin of 26 seconds in a blistering time of 34:34.

Sunday also saw three club members race in the beautiful Dutch city of Amsterdam, Stuart and Helen Diamond took on the challenge of the Amsterdam Marathon, both achieved personal best times of 3:36:51 and 4:10:14. Meanwhile Wayne Entwistle tackled the Half Marathon, crossing the line in 2:01:14.

Closer to home, Ray Broadhurst and Simon Lund competed in the 33rd running of the Abingdon Marathon. Simon put in a consistent performance, finishing in 3:29:34 while Ray posted a time of 4:38:40, a new personal best showing that all the hard work in training has paid off.

On Sunday 11 October father and son Danny and Chris McMillan travelled to Bridgend to represent Weston Athletic Club in the first of the season's races in the Gwent Cross Country League. Against some very strong competition Chris completed the tough 10,125 metre course in 33:26, finishing 23rd, Danny finished in 51:53. No doubt both are preparing for the second race on 8th November in Cardiff.

Entry is open for the Hangover 10K on New Year's Day, the fast course on country lanes around Kewstoke provides the ideal way to end the party season and put your new year's resolutions to the test. Race HQ is Kewstoke Village Hall and the race starts at 11am. Entry is available on the club website and costs just £8 (£6 for affiliated runners).

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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