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Summers siblings seal sweet season send-off

Brother and sister duo Kieron and Shaleen Summers saw-off the final Weston Athletic Club prom run of the 2014-15 season in style, both securing personal bests over the five mile course, and finishing in 28.14 and 45.16 respectively. Kieron was second club male overall, finishing behind Chris McMillan who completed the race in 27.21, just six seconds adrift of the overall winner. Third club male was Dominic Taylor-Jones, in 29.15.

Julia Pflaum, the club's first woman, also secured a personal best, finishing in 32.34 and second female overall. Michelle Fryer took second club spot for the women in 36.11, and Nia Davies third in 38.43.

Other notable performances on the evening came from Darren Stacey, Marc Molloy, Dean Bridges, Simon Andrews, Jason Richards, Wayne Entwistle, Clive Barker, Iain Prideaux, Rachel Andrews, Jo Coveney, Robert Osment, Harry Abbotts, Katherine Fisher, Debbie Vowles, Kate Rossiter, Carol Howell, Sam Thompson and Paula Adderley, who all achieved their personal best times for the distance.

Many of the club's members were running on tired legs, having completed the annual Tyntesfield 10k race the night before. The course takes in an off-road scenic route around the National Trust estate, with a few climbs along the way.

Adrian Noble showed no signs of fatigue from his fell race in Wales just days earlier, and was the club's first male to finish in 42.03. Again, fresh from a half Ironman distance triathlon at the weekend, David Stock ran strong to finish second for the club in 42.23, followed by Matt Wheeler in 43.55.

Michelle Fryer was the club's first female to cross the line, finishing in 49.40. She was followed by Niki Fulstow in 50.37 and Cheryl Valentine in 51.52. Special mention must also go to James Wotton, who ran the race dressed as Shaun the Sheep in a tutu.

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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Note to editors: the picture shows Weston AC members before the Tyntesfield 10k race.

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