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Weston dominate Nailsea

A swarm of yellow vests descended on Nailsea last Friday night to take on the town's annual 10k race organised by Nailsea Running Club. Sixty Weston Athletic Club members dominated the event and produced some impressive results, resulting in the club walking away with the overall team prize.

Kieron Summers worked hard to place fourth overall and first for the club and his age category in 35.49. Darren Stacey followed in 38.54 and Matt Wheeler took third club spot in 39.28, also snapping up an age category award. Paul Snelling was also rewarded for his efforts and took second prize in his category.

Jules Pflaum, clearly untroubled by recent injury niggles, won the race for the women in a blistering time of 41.44 setting a new personal best for the distance. Nia Davies and Michelle Fryer were neck and neck throughout the race and finished in 47.19 and 47.26 respectively.

Also setting new personal bests on the night were Richard Scott, Kie Booth, Leanne Gardner, Derek Almond, Kath Amor, Rebecca Stafford, Ruth Goddard, Fiona Hazzard, Sue Foot, Deborah Meredith, Lorraine Smith, Simone Davey, Tony Morledge and Karen Morledge.

The weekend saw club runners compete in a variety of challenges. Devon proved popular with four members taking on the Torbay Half Marathon. Dean Bridges finished in 1.32.55, followed by Niki Fulstow in 1.43.47. Jason Richards claimed third spot in 1.47.20, and Elaine Eldridge fourth in 1.53.48.

Meanwhile, at the challenging and hilly North Devon Marathon, Stuart Diamond shone bright and finished in 4.20.13 followed shortly afterwards by Cheryl Valentine in 4.35.37. Caroline Holt completed the half in 2.30.39.

Closer to home, Wayne Entwistle, Karen Potter and Sam Thompson ran in the Cheddar Challenge on a hilly off-road course. Wayne completed the half marathon in 2.39.41 and Karen and Sam finished together in 1.58.10 and 1.58.14.

Entry opens on Friday July 3 for the club's Christmas Cracker 10k event on Sunday December 6.

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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For more information contact vanessa.andrews@westonac.co.uk