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Weston race for cake

On Wednesday evening 19 members from Weston Athletic Club took on the three mile Crook Peak Cake Race, which sees runners tackle 800 feet of climb to the top of the peak and along Wavering Down, before the final steep descent to the finish line. Chris McMillan and Michelle Fryer finished second overall among the men and women at the race in times of 20.24 and 28.02 respectively.

Second and third spots for the club's men were hard-fought with Kieron Summers and Marc Molloy finishing in 22.14 and 22.28. Tamara Bourne took second club female position in 29.25 followed by Julie Bailiss in 32.26.

Sunday proved to be a busy day with members taking part in four different events.

In Langport members ran the annual Battle Of Sedgemoor 10k road race. Guy Bradford was the first to finish for the club in 38.03. He was followed by Steve Kibblewhite, fit again after a spell away from racing due to injury, in 40.50 and Paul Snelling in 42.09. Paul also placed third in his age category.

Michelle Fryer ran well, clearly recovered from the cake race, to finish in 47.16. Geraldine Hope took second spot in 49.40 and Jo Coveney third in 52.39.

Meanwhile, a few club members took advantage of the bridge closure to compete in the Severn Bridge Half Marathon. Andy Chadburn worked hard to finish sub-90 minutes in 1.29.41. Carol O'Leary ran a fantastic race to cross the line in 1.48.18 taking second place overall for her age category.

Wayne Entwistle, Mary Nutley, Belinda Wilson and Luke Buchan also ran, finishing in 1.56.02, 2.09.50, 2.10.40 and 2.18.06.

Four of the club's fastest runners competed in the Avon Club 5k Road Relay race at Cleeve. The team comprised Chris McMillan, Wilf Huxtable, Darren Stacey and Marc Molloy and they finished fourth overall.

Phil Tomlinson took part in the Ironman 70.3 World Championship race in the Austrian Alps. He completed the 1.2 mile swim, 56 mile bike ride and half marathon in an overall time of 5.54.31. His most impressive discipline was his swim which he finished in 27.14, seventeenth overall in his age category.

Finally, on Bank Holiday Monday Kieron Summers ran the Baltonsborough five mile road run in a new personal best time of 28.10, second overall.

Entry is now open for the five mile Weston prom run series. Runners can enter all nine races, or individual ones if they prefer. The first race in the series is on Thursday September 24.

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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