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Podium places for Weston runners

After a week with no races, there were plenty of running events, of all shapes and sizes, to occupy Weston Athletic Club's members last week.

The Burnham 5k on Thursday evening returned some great results for the club, with three placings overall. Kieron Summers and Wilf Huxtable finished second and third with impressive times of 17.05 and 17.20 respectively, sealing a new personal best for Wilf in the process. Michelle Fryer was third female overall, finishing in 23.32. Julie Bailiss and Jo Coveney were next to finish in 23.40 (personal best) and 24.12. Matt Wheeler was third club male to complete the course in 18.55 and seventh overall. Rob Furlong also achieved a new personal best for the distance, and Marc Whiting and John Hinchliffe were the first to finish in their age categories.

Saturday saw a team of club members head to Brecon for the final day of events in the Gwent League cross country season. The runners were split into categories for races of varying distances, all equally muddy and undulating. First to run were the club's women. Charlie Hurcum ran a strong race and saved some energy for the final mile to outrun much of the competition around her. Second and third club places went to Vanessa Andrews and Julia Withers.

Next to run was Joe Withers, taking on his first race in a Weston AC vest, and although more used to road-running, Joe kept up the effort all the way round to finish the 2.2 mile course in an impressive 15 minutes. Finally, the men's race saw Chris McMillan finish in the top 20 overall, which is a hugely impressive result given the calibre of competition at the event. Jamie Tottle, John Hinchliffe and Chris's dad Danny were next club men to finish.

The Bideford half marathon was Sunday's championship race, and while many club runners were out completing marathon training runs, five members opted for shorter mileage to test their pace. Josh Harris crossed the line for the club first in 1.27.05 making it his fastest half marathon of the 17 he's run. Andy Chadburn and Richard Brent also romped home under the 1h30m mark in 1.28.17 and 1.29.43 respectively, also clocking fastest times for the distance. Carol Hughes and Mary Nutley were the club's only women competing at the race, and finished with seconds to separate them in 2.08.41 and 2.08.56.

Last, but by no means least, the week's most impressive result was achieved by Nick Briffitt, who participated in the Green Man Ultra event at the weekend - a 45 mile ultra marathon which circumnavigates Bristol along the community forest path. No stranger to ultra-running, Nick completed the gruelling course in just over seven hours, earning himself third place overall.

The club's next event is the seventh race in the 2015-16 Weston prom run series on Thursday March 17. The junior race starts at 6.45, followed by the main race at 7.30pm. Race HQ for both events is The Bay Cafe on Weston seafront. Runners can enter on the night, or online at www.westonac.co.uk/promrun

ENDS

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