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Weston runs for cheese

Last week's prom race, the seventh in the current series, saw runners tackle the five mile course with near-perfect race conditions. Cool conditions and the lightest of breezes favoured those looking to better their previous performances, and Weston Athletic Club's members were not disappointed.

Three of the club's runners finished inside the top ten, and a further three returned in under 30 minutes. First to finish the five mile pan-flat course was Chris McMillan in 27.09. Club newcomer Matt Dell followed in 27.27, with Kieron Summers just six seconds later, both setting new personal bests in the process.

First club female to cross the lines was Jules Pflaum in an impressive 32.24. Nikki Fulstow and Nia Davies followed in 34.44 and 35.06, and all three secured new fastest times for the distance.

In the one mile junior race, William Fuller won the race in 5.25. Joe Withers followed ten seconds later with Vaughan Clarke in hot pursuit and a 5.42 finish. Harriet Emery of Westbury Harriers was the first girl to complete the course, and fourth overall in 5.47. Connie Ballentine followed in 6.11, and Sarah Carr took third in 6.32.

The weekend saw runners take on longer distance events, including challenging off-road climbs. Cheddar Running Club's Big Cheese race takes in a 15 mile horseshoe route featuring over 2,000 feet of climb over the Mendips. Adrian Noble was first to conquer the hills and make the final descent to finish in 1.55.09, winning his age category and a large piece of cheese. Club newcomer Artur Osicki followed in 1.56.37 and Wilf Huxtable took third club place in 1.58.52.

Cheryl Valentine, always strong on hilly off-road races, did not disappoint, finishing in 2.16.54. Jo Coveney, tackling the course for the first time, finished in a very respectable 2.46.11.

Meanwhile at the Forest of Dean Half Marathon, the Diamonds did the double with Stuart finishing in 1.32.08, and Helen returning from injury to complete the scenic course in 1.54.58. Mark Hill and Michael Lawrence finished in 1.39.18 and 1.56.13 respectively. But most impressive of all was Sara Butcher's performance. Currently training for an ultra-marathon, she completed the race in 2.03.50 having run 30 miles the day before.

The club's next event is the penultimate race in the current prom run series on Thursday April 14 at 7.30pm. The main race is preceded by the junior one mile event at 6.45pm. For more information about club membership and all the club's future events visit www.westonac.co.uk.

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