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Clean sweep for Weston runners

Fuelled by Easter eggs and hot cross buns, Weston Athletic Club's runners claimed victory after victory over the bank holiday weekend.

A perennial favourite for the club is the Shapwick Bunny Hop, held by tradition every Easter Monday. A trail run of about 7.5 miles around the lanes and footpaths of Shapwick and Shapwick Heath, the runners had to contend with strong winds, mud and a few trees down along the course.

It was a clean sweep for Weston, with Nick Briffitt and Niki Fulstow winning the race for the men and women in times of 47.46 and 59.25 respectively. Nick was almost four minutes ahead of the second placed runner. Nick and Niki both also won their age categories, and were joined by Paul Snelling and Sian Roberts who won theirs too.

Josh Harris was fourth overall, and second club member to finish in 52.16. He was followed for the men by Dave Baxter in 59.59. Sian Roberts was third woman overall and second club female, finishing in 1.01.05. She was followed by Jo Coveney in 1.11.06.

Easter Sunday saw Chris McMillan outshine all the competition by some distance at the Hanham Horror - a six mile muddy and hilly multi-terrain event. Chris completed the course in an extremely fast time of 37.04 - over two minutes in front of his closest rival.

Saturday saw four of the club's members travel to Cardiff to take on the World Half Marathon Championship race. While none of the club's runners could quite match Mo Farah's sub-hour performance, their efforts didn't disappoint. Even though he is preparing for Paris marathon at the weekend, Stuart Diamond still managed to run his fastest ever half in 1.28.42, earning his place in the sub 1h30m half marathon club. Carol O'Leary finished the race in 1.47.46 achieving fourth place in her age category. John Hinchliffe and Helen Diamond have both had setbacks from injury recently, but still ran great races to finish in 1.46.17 and 1.56.30 respectively.

The club's next event is the eighth race in the 2015-16 Weston prom run series on Thursday April 14. 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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