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### **Deadly Sixty hit Bristol**

Thirty-five women and 25 men from Weston Athletic Club descended on Bristol on Sunday to take on the Great Bristol 10k - now part of the 'Great Run' series. Conditions were fair, if not a little on the warm side as the 60 club members pounded the tarmac alongside 10,000 other runners.

Spring training has clearly paid-off for many of the club's runners, with no fewer than 37 recording new personal best times for the distance. While there's not room to list them all, Kate Rossiter does deserve mention. Kate has been taking on the 10k distance regularly, and trying for months to finish under the hour mark. She has come frustratingly close on a few occasions, but on Sunday achieved her goal with a time of 59.15.

The first three club men to finish the race also achieved new best times. Following the arrival of new baby Miles on Friday, Steve Kibblewhite managed to complete the course in 38.58. Rob Furlong followed in 39.37, and James Bertenshaw in 40.46.

Jo Coveney showed no signs of her recent injury worries troubling her as she ran her fastest 10k yet in 50.29. Sara-Jayne Cronje and Charlotte Denning finished with just a second between them in 51.15 and 51.16.

Closer to home, Thursday evening saw the final races in this season's Weston prom runs. The junior runners were rewarded with race series t-shirts as they took on their final mile along the seafront. William Fuller won the boys' race in 5.22 and Connie Ballentine claimed victory for the girls in 6.04. Vaughan Clarke and Louie Brunsdon took second and third spots for the boys in 5.37 and 6.07, while Stephanie Brooks and Keira Devereux did likewise for the girls in 6.27 and 6.38.

The final five mile race attracted 282 runners, a quarter of them from the club. The evening's heat sapped the PB potential for many, but there were some strong runs nonetheless.

Chris McMillan finished second overall, and first for the club, in 27.24. Kieron Summers finished fifth overall and first in his category in 29.09 and Nick Briffitt took third club spot in 30.03.

Jules Pflaum was the club's first female to finish the course in 33.46. Katie Gormley and Katherine Roberts were separated by just two seconds, finishing in 38.00 and 38.02 respectively.

Many other club members took part in running and triathlon events at the weekend, but particular mention must go to Niki Fulstow who tackled the Transvulcania Marathon on La Palma in the Canary Islands. The event includes 1,884m of climbing, and Niki finished the gruelling course in 7.40.13. Stuart Feltham ran the half marathon event in 5.05.49.

Entry is also now open for the Beacon Batch race - an off-road five mile race on the Mendips - on Tuesday 21 June at 7.30pm. More information and entry details are at [www.westonac.co.uk/beaconbatch](http://www.westonac.co.uk/beaconbatch).

ENDS

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