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Hills, hills and more hills for Weston runners

Weston Athletic Club's members have tackled three events with varying degrees of hills involved over the past few days as the spring racing season has got into full swing.

The most popular race among members was the annual Tyntesfield 10k which winds itself around the fields and rocky tracks of the National Trust estate land, featuring some testing climbs along the way. A now familiar race finish order emerged for the club's first three men, Chris McMillan completed the course in 37.42, second overall and just eight seconds behind the winner. Kieron Summers followed in 40.05, taking first position overall in his category. Nick Briffitt took third club spot in 40.39 and second in his category.

Niki Fulstow showed no signs of fatigue from her marathon at the weekend and came back strong to finish second overall in her category and first among the club's women in 50.20. Michelle Fryer and Elaine Eldridge took second and third club positions in 54.23 and 54.31.

Saturday evening saw a much smaller field of the club's runners dodge the showers to take on the Ninesprings 10k event at Yeovil. Paul Snelling was the club's first finisher, and second in his category in a time of 50.56. He was followed by John Hinchliffe in 51.14 and Pete Bartlett in 57.25.

There was not a great deal of distance between the club's three female finishers. Debbie Brooks took first position in 1.03.08, followed by Rachel Hedges 50 seconds later, and Julie Shergold 20 seconds after that.

Saturday was also the day for the annual Cader Idris fell race at Dolgellau in Snowdonia. The race covers a distance of about 10.5 miles, out and back along the same route from the town square to the summit of Cader Idris, with a climb approaching 3,000 feet en route to the top.

Eight of Weston's members took on this category A fell race, and all made it round in more or less one piece. Chris McMillan ran exceptionally well to finish sixth overall in 1.35.07 among a field of seasoned fell runners. Guy Bradford followed in 1.46.36, taking a whopping 18 minutes off his 2015 finish time. Darren Stacey finished third for the club in 1.50.55.

For anyone else who fancies trying a spot of off-road hill running, entry is 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.

ENDS

For more information contact vanessa.andrews@westonac.co.uk