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### **Kings and Queens of the Hills**

Weston Athletic Club members conquered a series of lung-bursting climbs at their most recent events, and achieved over 2,500 feet of climb in two races in the space of 48 hours.

The weekend took them to the Dorset coast for the annual Charmouth Challenge, an unforgiving fell race that rewards those suffering from the effects of the climbs with beautiful views over Golden Cap and beyond. The off-road event covers eight miles and takes in almost 1,700 feet of brutal ascents.

The club's women excelled themselves, and worked hard to achieve the overall female team prize for their efforts. Niki Fulstow was the club's fastest female finisher and completed the course in 1.14.26. Sian Roberts followed in 1.18.27 and Michelle Fryer less than a minute later in 1.19.13.

Chris McMillan showed no signs of fatigue from recent races, and outshone all the competition to win the race in 53.16, crossing the finish line three and a half minutes in front of the second placed finisher. Guy Bradford was next to finish for the club, a respectable eighth place overall in 59.47. Matt Wheeler took third club position for the men in 1.03.56 and fourteenth overall.

Dundry Thunder Run on Thursday evening almost lived up to its name, but fortunately the rain held off while the runners tackled the 10k largely off-road route with almost 900 feet of climb. Full results were not available at the time of writing, but the most notable performances on the evening came from Chris McMillan who was first man overall, Nick Briffitt and Jill Naughton, who both won their age categories, and Adrian Noble and Bruce Bourne, who came second in theirs. The club's men were the second team overall at the race.

Entry is now open for the 2016-17 Weston prom runs, a series of nine, five mile races on the seafront. Runners can enter online at [www.westonac.co.uk/promrun](http://www.westonac.co.uk/promrun).

ENDS

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