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Weston AC overcomes the beast of Exmoor

The Seaview 17 is a race not for the faint-hearted, and shows no mercy over its 21 mile route and 3,000 feet of brutal climb. A perennial favourite in the Weston Athletic Club running calendar, the race starts at Countisbury, just outside Lynton, and then wends its hilly way back along the coast path to Minehead.

Only nine members braved the challenge this year, but their fortitude paid-off, and all earned themselves valuable points in the club's off-road championship. First to complete the distance, and win the race, was Kieron Summers, who returned to Minehead in a phenomenal 2.39.30 - the second fastest finisher in the race's history. This result is even more impressive given that Kieron is not known for his love of off-road running or hills.

The first club female to finish the course was Jo Coveney, who gathered a collection of cuts and bruises along the way thanks to the challenging terrain, but still managed to cross the line with a smile on her face and an impressive time of 4.33.36.

Josh Harris and Matt Wheeler took second and third spots for the club's men in 3.02.45 and 3.15.35. Julia Withers finished second for the club's women in 4.56.02, while Rachel Hedges and Julie Shergold completed the race holding hands in 5.15.43 while claiming they'd never do it again.

Meanwhile, in the Netherlands, Nick Cook was competing in his first full Ironman event in Maastricht. He executed a well-planned race, and showed that all his hard work and commitment to training over the past six months has paid dividends. Nick completed the race in an impressive 12.04.12.

Closer to home, Niki Fulstow completed the 10k Brean Down Challenge, finishing second female overall and first in her age group in 54.37. Rob Furlong was ninth overall in 46.42 and Maria Davidson finished in 1.05.16.

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.

ENDS

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