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October sees the best of Summers

Burnham-on-Sea half marathon is always a favourite for Weston Athletic Club members thanks to its great relaxed organisation and fast flat route out around Brent Knoll, Lympsham and Berrow. This year's event was one of the best, with barely a breeze and gin clear skies.

Kieron Summers paced himself brilliantly around the course to execute yet another text book race. He finished second overall, just seven seconds behind the overall winner, but over two minutes ahead of the third placed finisher, in a new personal best time of 1.14.57.

Guy Bradford must've thanked himself for his last minute decision to enter the race when he finished seventh overall in 1.22.27 and earned himself a new personal best and an age category prize in the process. Richard Brent continued his strong form with a 1.27.30 finish.

Having just rejoined the club, Phil Richards ran a great race to finish fifth female overall in 1.35.24 and win her category. Kira Thorpe took second female club spot in 1.46.31 and Geraldine Hope third in 1.50.21. Julie Shergold won her category with a finish time of 2.09.13.

Meanwhile in Portishead, club members looking for extra points in the off-road championship, took on the 10k multi-terrain race organised by Portishead Running Club. Matt Wheeler finished third man, and fourth overall, as well as first in his age category in 41.41. Niki Fulstow also earned herself a category win with her superb 49.22 finish.

Stuart and Helen Diamond were second placed club finishers in 47.12 and 58.06. Paul Snelling took third club spot for the men in 53.08.

A handful of runners pushed their limits even further at the weekend when they took on their autumn marathons. The weeks of hard training miles certainly paid-off. Lesley Bowskill and Laura Radford ran Chester marathon together in 4.19.40 and 4.19.41, both earning themselves convincing new personal bests in the process. Three club members ran the Bournemouth marathon. Jo Coveney completed her first timed marathon in a very impressive 4.15.47 and Lorna-Jane Mallin finished comfortably sub-five in 4.46.15. Jim Wotton crossed the line under the four hour mark in 3.59.23.

At the Cardiff half marathon Elaine Eldridge completed the course in 1.47.30 followed by Mary Nutley in 1.59.35 and Mary Oaten in 2.17.34. Darren Stacey took first club spot in a blisteringly fast 1.19.26, taking three minutes off his previous best, followed by Wilf Huxtable in 1.21.56 also with a new personal best, and Paul Oaten in 2.17.33.

Further afield in Poland, Steve Kibblewhite and Floss Morgan ran the Silesia half marathon, finishing in 1.28.43 and 1.54.52.

The club's 12 mile off-road Mendip Muddle race takes place this Sunday October 9. The race starts at 11am with registration beforehand from 9.30am at the Charterhouse Centre. More information about the race, and online entry is available on the club's website at www.westonac.co.uk/mendipmuddle.

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