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Give 'Em Enough Rope...

Rope was a necessary feature of the Worlebury Woods Challenge on Sunday morning. Thirty Weston Athletic Club members rose early from their beds to take on the club event which followed a 5.5 mile route around the woods. It included lots of tricky climbs and descents before the final punishing steep ascent where every runner had to haul themselves up the hill with a rope.

Niki Fulstow won the race for the club's females in just 47.31. Kieron Summers was first male in 37.30. Sian Roberts and Matt Wheeler took the age category prizes in 49.09 and 40.11.

Other club members flew abroad for the weekend for their chosen events. Wayne Entwistle ran the Amsterdam Marathon in 5.31.49 while Sheryl Selway battled the heat in Palma, Majorca to complete the half marathon in 2.38.05.

Closer to home, four members took on the new Mendip Outdoor Pursuits 10k at Sandford. Marc Bostock and Paul Cousins were the club's only male runners, finishing in 1.01.33 and 1.04.57, while Chantelle Thompson and Michelle Lynam represented the female members, crossing the line in 1.21.02 and 1.41.39.

The Grittleton 10k saw husband and wife team Nicky and Paul Baker complete the course in 1.04.26 and 43.52.

The club's next event is the second race in the 2016-17 Weston prom run series on Thursday October 20. The junior one mile race starts at 6.45, followed by the main five mile race at 7.30pm. Race HQ for both events is The Bay Cafe on Weston seafront. Runners can enter on the night, or online at www.westonac.co.uk/promrun

ENDS

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