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Weston runners win big home and away

It's been a week of all round excellent performance for Weston Athletic Club members, with two races where they have been able to put all their efforts in training to the test.

The fifth Weston half marathon on Sunday proved a popular choice, with 53 club members lining up on a very chilly prom to take on the 13.1 mile course. And for half of them, it was their fastest timed half marathon, which is particularly impressive considering the challenging northerly wind blowing along the prom all day. Perhaps the greatest performance improvement came from Sarah Hicks who knocked a massive 20 minutes off her previous best to finish in 1.56.21.

Kieron Summers maintained his run of top form with a third placed finish in the race and an impressive time of 1.15.46. Hannah Moore was the club's first female to finish the race in 1.41.10, and seventh female overall.

Darren Stacey and Ian Connock paced each other throughout the race to finish just 19 seconds apart in 1.19.55 and 1.20.14, and also second and first in their age categories. Meanwhile for the females, Elaine Eldridge ran a personal best time in 1.44.32 - which was remarkable given that she ran Snowdonia Marathon the weekend before, and Maria Davidson achieved another quickest time in 1.48.35. John Hinchliffe won his age category in 1.43.58.

Thursday evening saw 33 club runners tackle the latest race in the Burnham 5k winter series, in a late bid for valuable extra club championship points. Just as they did in October, Matt Dell and Wilf Huxtable took second and third spots overall in 16.56 and 17.22. Matt Wheeler was third club finisher, and fifth overall in a new personal best time of 18.29.

Despite recent injury worries, Michelle Fryer battled through to finish first among the club's women in 22.59. There was plenty of competition for second and third club positions, with four members in the running. It was Rachel Andrews and Geraldine Hope who hung on til the end to finish in 23.22 and 23.35 respectively.

Marc Whiting won his age category and earned a new personal best time of 19.05.

The club's next home event is the third race in the 2016-17 Weston prom run series, taking place on Thursday November 24. The main five mile race starts on the seafront near the Tropicana at 7.30pm and is preceded by the one mile junior race at 6.45pm. Runners can enter on the night or online at www.westonac.co.uk/promrun.

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