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Christmas canters for club

In the battle of the bulge, Weston Athletic Club's members came out fighting this festive period, turned their tails on the turkey and trussed up their trainers.

Just a couple of days before Christmas, 72 of the club's runners lined up for the final prom run of 2016 along Weston's seafront. It was a cold and windy evening, but that didn't stop 310 people turning out to see if they could bag that all important personal best. First to finish for the club were Chris McMillan for the men in a new fastest time of 26.28 and Jules Pflaum for the women in 32.37. Second and third club men and women were Kieron Summers 27.11, Matt Dell 28.25, Phil Richards 34.04 and Michelle Fryer 37.04.

Sixteen members ran their fastest five miler on the night, and special mention must go to Bryan Morley who ran his 100th prom run.

In the junior one mile race Vaughan Clarke crossed the line first in 5.22, followed by Joshua Turner in 5.36 and Evan Brunson in 5.50. Fastest girl was Ellie Redman in 6.08, followed by Stephanie Brooks in 6.15 and Keira Devereux in 6.21.

Boxing Day saw the traditional four mile road race around Clevedon and 58 Weston runners turned out for their final race of the year, and their last opportunity to grab club championship points. Chris McMillan completed his amazing year of running with yet another distance personal best, finishing ninth overall in 20.45. Next for the club was Guy Bradford in 24.22, and Rob Furlong soon after in 24.44. Nia Davies was the club's first female finisher in 28.18, followed by Hannah Moore in 28.54 and Niki Fulstow in 29.33.

New Year's Day set a wet and windy stage for the club's own Hangover 10k around Kewstoke and Sand Bay. Just under 200 runners braved the elements and their headaches to take part. Kieron Summers got the new year off to a great start with fourth place overall and a 34.59 finish time. Ian Connock was next for the club in 36.48 followed by Rob Furlong in 40.14. Nia Davies came out on top again for the club's women in 47.21, followed by Katie Gormley in 48.02 and Genevieve Drinkwater in 51.00.

The next races in the 2016-17 Weston prom run series take place on Thursday January 19. 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.

ENDS

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