



Date: 15 January 2017

Release: immediate

Weston runners bag the gongs

Weston Athletic Club members have got the New Year off to a great start in the first of the club's championship races of 2017 with some sterling performances.

In the Burnham 5k race, the club claimed first and second overall winners as Chris McMillan and Kieron Summers romped home in 16.08 and 16.41 respectively. Rob Furlong also finished inside the top ten in 19.05.

Nia Davies ran well to finish in 22.18 taking the club's first female finisher spot. She was followed by Michelle Fryer and Helen Diamond in 23.48. The race also produced new personal bests for two of the club's runners with Robert Osment and Shaleen Summers both running their quickest ever 5k races.

On Sunday, a group of the club's runners travelled to Thornbury to take on the first race of the year in the off-road club championship. The Riverbank Rollick follows an almost entirely off-road course for nine miles in the countryside around Thornbury, including a one mile stretch along the riverbank towards the old Severn Bridge and plenty of testing muddy and slippery terrain.

Niki Fulstow and Paul Snelling both ran superbly to win their categories - Niki in 1.21.03 and Paul in 1.23.04.

Matt Wheeler was first club finisher overall in 1.06.30, with Stuart Diamond and Paul Cousins following in 1.13.30 and 1.18.21. Chantelle Thompson and Helen Diamond took second and third club female positions in 1.34.54 and 1.35.44.

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

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

Follow the club on Twitter @Weston_AC and on Facebook /westonathleticclub