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Ultra-amazing result for Phil

Despite some pretty torrid weather conditions to contend with, Weston Athletic Club members were out in force over the weekend taking on a variety of challenges.

A team of seven bravely set off at 8am on Saturday morning for the Green Man Ultra - a 46 mile off-road route that circumnavigates Bristol. All the rain of late made for incredibly muddy and heavy-going conditions. Phil Richards showed her true prowess at ultra running and was the event's female winner in 7.26.37. Nick Briffitt was first club male to finish in 8.23.46. Michael Lawrence completed the day in 10.42.07, followed by father and son duo John and Tobias Hinchliffe in 10.55.34.

At Bideford, nine club members opted for the town's half marathon which promises a fast, flat route. The gusty headwinds over the final few miles provided an extra challenge, but runners still returned impressive times. Richard Brent was the first to finish for the club in 1.27.31, followed by Josh Harris in 1.29.19. Nia Davies was first club female in 1.38.51, followed by Jo Coveney in 1.54.06 and Sheryl Selway hot on her heels in 1.54.59.

At the Burnham 5k on Thursday, Weston dominated the race, making up over half of the runners. Matt Dell won the race in 17.04, and Nia Davies was the female winner in 21.17. Wilf Huxtable placed second in 17.57 and Niki Fulstow third female overall in 21.56. Steve Kibblewhite and Michelle Fryer took third club spots in 18.52 and 21.58. Marc Whiting and Joe Withers also won their age categories.

Finally, Niki Fulstow also completed an ultra marathon at the weekend, running the Imber Ultra across an exposed Salisbury Plain in 45mph winds. The 33 mile route was far from flat and Niki completed it in 6.22.05.

The next races in the 2016-17 Weston prom run series take place on Thursday March 23. 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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