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## Chris is king of the forest

Hot on the heels of his county call-up for the national cross country event the previous weekend, Chris McMillan of Weston Athletic Club was back in the racing saddle again on Sunday at the Forest of Dean spring trails half marathon. The course follows forest trails and gentle inclines throughout its 13.1 mile route. Chris excelled himself yet again and won the race in 1.14.39, two minutes in front of his nearest rival. Second and third club positions went to Andy Chadburn in 1.28.44 and Stuart Diamond in 1.35.49.

Michelle Fryer was the quickest club female on the day and finished the race in 1.51.23. She was followed by Lucy Avery in 1.54.54 and Maddie Cook in 1.58.23. The race was a personal best for Lucy and also for Michelle Lynam who finished in 2.22.34.

Meanwhile, at Gloucester, 22 club members put their spring marathon training to the test at the annual 20 mile road race organised by Gloucester Athletic Club. The route follows a three lap course on mainly quiet country roads and is as much a test of mental stamina as it is a physical challenge.

Kieron Summers ran a text-book race, clearly demonstrating that his dedication to training is paying off. He finished third overall, first in his category, and averaged under six minute miles to cross the line in 1.59.41. He was followed by Wilf Huxtable in 2.16.54 and Adrian Noble in 2.19.31. Adrian finished third in his category.

Francesca Rawlings was the first club female to finish the race, and fourth overall in her category, finishing in 2.36.02. Nia Davies followed just three minutes later in 2.39.17 and Niki Fulstow in 2.44.44, also fourth in her category.

For a number of the club's runners it was their first race over such a long distance, but all remained determined to the end and completed the course. As a result, 13 members achieved 20 mile personal bests.

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](http://www.westonac.co.uk/promrun).

ENDS

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