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Weston dominate at Burnham

The final race in the Burnham 5k series took place on Thursday evening, and once again the field was dominated by the bright yellow vests of Weston Athletic Club. There wasn't a lot of space between Wilf Huxtable and Matt Dell who finished second and fourth overall in 17.38 and 17.40. Rob Furlong took third club position in 18.51. Nia Davies was first club female in 21.03, followed by Michelle Fryer in 21.37 and Helen Diamond in 23.34.

The evening also saw prizes awarded for the top performances of the series, and Weston's members took over half the accolades available. Michelle and Helen were second and third female overall, while Matt and Wilf were first and second male. Julie Bailiss, Joe Withers, Rob Furlong and Marc Whiting all won their age categories.

The sun shone on Sunday in Salisbury for the small number of club members who travelled for the annual 10 mile race. Chris McMillan executed another brilliant run to win the race in 56.08, beating his nearest rival by 47 seconds. Anne Cross was first club female in 1.32.56 followed by Vicki Wilkins in 1.38.19 and Kate Rossiter in 1.47.06.

The weekend was quieter on the marathon front with just four members taking on the 26.2 mile distance. In Brighton Stuart Diamond overcame his frustrations of not finishing the event two years ago to run an excellent race in 3.27.38. Helen Diamond followed in 4.15.48 and Carly Bush in 5.41.53. Meanwhile Maria Davidson overcame the added challenge of a spring heatwave in Paris and finished her first marathon in 3.58.28.

The next races in the 2016-17 Weston prom run series take place on Thursday April 20. 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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