



Date: 17 April 2017

Release: immediate

Chris shatters Shapwick

Easter Monday saw the annual outing of Weston Athletic Club to the Shapwick Bunny Hop - a small local race organised by Shapwick Runners. Celebrating its tenth year, runners who completed the race were rewarded with a memento in the form of a bottle of cider. 23 of the club's runners went on to do just that, but none faster than Chris McMillan.

Chris shattered the course record to complete the 7.5 mile mixed-terrain route in 42.36, 45 seconds ahead of his closest rival. Darren Stacey was the next club member to finish, and sixth overall in 47.00, with Matt Wheeler taking third club spot in 49.47.

Sian Roberts was first Weston female to finish and also won her age category in 59.18. Sarah Harris and Vanessa Andrews took second and third club positions in 1.07.07 and 1.11.29 respectively.

Paul Snelling won his age category in 1.00.56 and John Hinchliffe was runner-up in his in 1.01.45.

At the other end of the running scale, club member Lee Francis completed the 32nd Marathon des Sables last week. The ultra marathon is run over six days across the Sahara Desert. Participants cover the equivalent of six regular marathons during the race, where temperatures reach about 50°C. Final results have not yet been published, but with all but the short final stage to go, Lee had completed five stages, totalling 229km, in 47.43.19.

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

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

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