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The height of Summers?

Sunday saw the culmination of months of preparation and hundreds of miles in training as Weston Athletic Club's members lined-up alongside 40,000 other runners to take on the 37th London Marathon.

Conditions on the day were near perfect with temperatures reaching the low teens and very little breeze. The club was represented by 22 members all keen to achieve their best times.

Kieron Summers proved once again that you get out what you put in, and no-one has put in more than Kieron with his total focus and dedication to training. He knocked over two minutes off his already impressive marathon best to finish in 2.39.20. This placed him 291st overall and 39th in his age category.

Francesca Rawlings was the club's first female to finish the race in 3.35.41, followed by Nia Davies in 3.44.10 and Carol O'Leary in 3.57.45. All three earned themselves qualification for next year's race with 'good for age' times.

Adrian Noble ran an incredibly strong race to finish in 3.02.28. Andrew Chadburn took third club position for the men in 3.04.06, earning a new personal best time in the process. Along with Kieron, Adrian and Andrew also qualify for next year's race, as do Richard Brent, Steve Kibblewhite and Phil Tomlinson, all finishing in under three and a quarter hours.

As if running 26.2 miles isn't hard enough anyway, Paul Cousins added to the challenge by taking on a world record attempt to become the fastest person to complete a marathon while dressed as a helicopter. He achieved his goal in 5.03.15 and raised £4,400 for the Bone Cancer Research Trust.

Closer to home, 331 runners took on the eighth race in the Weston prom run series on Thursday night. Chris McMillan ran well again to finish second overall and first for the club in 26.26. Ian Connock and Matt Dell fought it out for second and third club positions, finishing in 28.52 and 28.56.

Phil Richards was first club female to finish in 32.57, followed by Sian Roberts in 37.23 and Susan Duncan in 38.02.

In the junior one mile race Evan Brunson won the race in 5.19, closely followed by Vaughan Clarke in 5.24 and Louie Brunson in 6.00. Poppy Burton-Dickie was the fastest girl on the night and finished in 6.02, followed by Stephanie Brooks in 6.12 and Keira Devereux in 6.22. 63 juniors took part in this month's race.

The final races in the 2016-17 Weston prom run series take place on Thursday May 18. 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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