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## **Fast daps at Bristol 10k**

Over 11,000 runners lined up for the Bristol 10k on Sunday and 55 of them were sporting the distinctive yellow vests of Weston Athletic Club. The 6.2 mile route follows an out and back course along the Portway before snaking its way round the city centre to finish just off the centre on Anchor Road. Conditions were favourable for the race with a light breeze and mild temperature.

First Weston man and woman to finish were Chris McMillan and Fran Rawlings. Chris ran his fastest 10k yet and finished twelfth overall in a blistering 33.07, knocking 15 seconds off his previous best. Fran ran a strong race to finish in 42.35.

Rob Furlong and Richard Brent were second and third club males to cross the line in 38.19 and 39.11 respectively. Carol O'Leary was second club female in 48.28 and Helen Diamond took third club spot in 49.23.

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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