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Chris bags a brace at Beacon Batch and Beer & Banger

Weston Athletic Club's Chris McMillan has enjoyed another outstanding week of running with two race victories in four days.

Tuesday saw the club hosting its annual Beacon Batch race - a five mile fell run to the highest point on the Mendips with 1,000 feet of climb. Chris broke his own course record to win the race in 34.04 which is particularly impressive given the race was held on one of the hottest days for over 40 years.

Then on Friday he went on to win the Beer and Banger 10k race at Nailsea in 33.45.

Although many club members were helping with the organisation of the Beacon Batch race, 34 runners were still able to represent the club in their yellow vests. Michelle Fryer was the club's first female to finish in 48.54, followed by Lucy Avery in 54.59 and Sheryl Selway in 59.06. Second and third club males were Josh Harris in 40.14 and Rob Furlong just four seconds behind him. Joe Withers was the first to finish in his age category in 44.17.

At Nailsea, as well as Chris, there were three other Weston runners in the race's top five. Kieron Summers was second overall in 35.19, also winning his category, while Ian Connock and Darren Stacey finished seconds apart in 36.30 and 36.40 respectively. There were 31 club members competing altogether, with a really good spread throughout the field. First club female, and also second female overall was club newcomer Fionnuala Quinn who finished in an incredible time of 41.08. Nia Davies followed in 45.00 and Susan Duncan was third club female in 48.23.

Sunday saw a dozen club members head to Devon for the Torbay half marathon. It was a warm day, and the club's runners found the 'out and back twice' undulating course to be a bit of a challenge. Having raced at Nailsea on Friday, Susan Duncan did well to complete the race in 1.47.27. Julie Bailiss was second club female in 1.53.52 followed by Helen Diamond in 1.56.33. For the club's men, Rob Furlong ran fastest in 1.28.22, followed by Richard Brent two minutes later in 1.30.25 and Steve Kibblewhite two minutes later again in 1.32.34.

Entry opens this Saturday for the club's Christmas Cracker 10k which takes place on Sunday December 17. This year is the race's 30th anniversary and anyone wanting to sign-up can enter online at www.westonac.co.uk/christmascracker.

ENDS

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