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Twenty go mad in Dorset

Ten men and ten women headed down to the Jurassic Coast at the weekend to take part in the annual Charmouth Challenge event. The race is almost entirely off-road, and follows an eight mile hilly course with breathtaking views along the coastline. Classified as a fell race, the course includes over 1,500 feet of climb, and this year's challenge was made even more so by the rising temperatures in full afternoon sun.

While most members conceded to the heat, and ran a little slower than usual, the club's first male and female both bettered their previous times. Chris McMillan had a nasty fall towards the end of the race, but carried on regardless and still finished third in 52.31. Michelle Fryer ran a strong race to cross the line in 1.17.56.

Rob Furlong and Adrian Noble took second and third club positions for the men in 1.01.35 and 1.04.11. Susan Duncan was the club's second female finisher in 1.24.08, while Julie Bailiss and Helen Diamond crossed the line together in 1.29.51.

Thursday night was another hilly-off road affair for the club as 21 members took part in the Dundry Thunder Run. The race starts in the village at the top of Dundry Hill and follows a fast track downhill for about a mile. There's a steep climb through fields followed by an equally steep drop, before runners have to retrace their steps for over a mile back up the hill to the finish. Race conditions were great though, and the cooling breeze and light rain towards the end of the race brought welcome relief.

Kieron Summers had a great run and finished third overall in 42.45. Darren Stacey also ran strongly to take fifth place overall in 44.22. Josh Harris finished just outside the top ten in 46.27 while Adrian Noble won his age category in 48.01.

Sian Roberts was the club's fastest female on the night and crossed the line in 55.21. Michelle Fryer followed in 57.47 and Sarah Harris in 1.05.20. Michelle's mum Jill Naughton was the first to finish in her age category in 1.10.34.

Entry is now open 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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