



Date: 30 October 2017  
Release: immediate

## **Weston take the rough and the smooth**

Races very different in nature have occupied Weston Athletic Club's runners over the past week - from the pan-flat prom to the moorland of Dartmoor and the mountains of Snowdonia.

Thursday's prom run attracted a record number of entrants at both the main five mile race and the junior one mile version. Conditions were great with a cool dry evening setting the scene. The race was won by the club's Chris McMillan who breezed over the line in 26.23. Kieron Summers was the next club member to finish, sixth overall and first in his age category in 27.26, and Ian Connock took third club spot in 28.36.

Fastest female representing the club on the night was Phillippa Stephens who finished in 34.39. She was followed by Nia Davies in 34.55 and Susan Duncan in 35.19.

A new course record was set by Ollie Lock at the junior race in an incredible 4 minutes and 53 seconds. Alice Bridger Morales was fastest female finisher and third overall in 5.37.

Grace Ashurst and Poppy Burton-Dickie crossed the line hot on Alice's heels in 5.46 and 5.48 respectively. Josh Turner was the second to finish the race in 5.15 and Louie Brunsdon took third male position in 5.49.

The weekend saw club members swap the flat shorter distance for a hilly half marathon and marathon.

A handful of members travelled to Devon for the Dartmoor Vale Half Marathon, a small event with just over 200 runners. Phil Tomlinson was the first to finish in the club's distinctive yellow vest in 1.31.39. Dave Groves took second club spot in 1.54.02, closely followed by Rachel Andrews in 1.54.47. Julie Monaghan crossed the line in 2.09.22 with Lisa Acton close behind in 2.10.55. All the club's runners finished inside the top ten of their age categories at the event.

The weekend also saw a great turnout in North Wales for the club at the Snowdonia marathon, with car loads of members making the ten hour round trip to take part. The route is far from flat with almost 3,000 feet of climb along the way, and two tricky downhill off-road sections with breathtaking mountain scenery at every turn. The final punishing climb at the 22 mile mark was followed by a slippery off-road descent before finishers were greeted to a hero's welcome by the crowds in Llanberis.

Having missed last year's race due to illness, Steve Kibblewhite put his hard work in training to good use at the event and finished in 3.19.08. Chris Shergold chose Snowdonia for his marathon debut and set an impressive time of 3.40.51. Mark Bowskill took third position for the club in 4.08.51.

Maddie Cook was the club's fastest female on the day and finished fourth in her category overall in 4.30.52. Rachel Stacey took second club spot in 4.42.51 followed shortly after by

Vanessa Andrews in 4.43.22. The other impressive performance of the day came from Julie Shergold, who despite having hardly slept the night before due to illness, still managed to finish fifth in her category overall in 5.15.35.

The next race organised by the club is the third prom run of the season on Thursday November 23. 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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