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### **30 under 30 for Weston AC**

Conditions were perfect for the 30 Weston Athletic Club members who lined up on Burnham's esplanade to take on the November 5k race organised by the Swim and Sports Academy. The club dominated the race, accounting for almost half the field.

Kieron Summers was first from the club to finish, and second overall, battling against two junior runners from Taunton for his podium place. His 16.38 finish was only two seconds off his PB set at the same race last October. William Fuller and Phil Tomlinson were the club's second and third finishers and both earned themselves new 5k personal best times of 17.20 and 18.32 respectively.

Nia Davies was the club's fastest female on the night, but it was a closely fought race for the top three positions with Susan Duncan following Nia by just two seconds in 21.09 and Michelle Fryer in 21.18. Susan and Michelle both ran their fastest 5k races and were joined by another 10 club members all setting new personal bests for the distance. The stakes will be high for the final 5k of 2017 next month.

There were no races in the club's championship at the weekend, which gave two of the club's members the opportunity to run the Gordano Round marathon organised by Portishead Running Club. The 26.2 mile route follows mainly trail, grass and coastal path and features about 2,500 feet of climb. Guy Bradford was the first from the club to complete the course and tenth overall in 4.24.24. Josh Harris finished in 4.36.49. Both would have been quicker if they hadn't gone the wrong way.

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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