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### **Chris conquers the crest**

Weston Athletic Club dominated the field at Sunday's Brent Knoll race. With a team of 35 runners, the club accounted for more than a quarter of race finishers and ensured a good spread of bright yellow vests throughout the event. The six mile race starts at Burnham's rugby club, and lulls runners into a false sense of security along flat country tracks before they reach the bottom of the knoll and have to climb to the top encountering plenty of mud and biting winds along the way.

Leading from the start, Chris McMillan extended his advantage every step of the race, and eventually crossed the line over five minutes clear of his nearest rival in 36.31. Josh Harris was next to finish for the club, in 42.56, also earning himself first place in his category. Rob Furlong couldn't catch him and followed just 11 seconds behind.

Michelle Fryer executed an excellent race and finished second senior female overall in 50.40. Nia Davies won her age category and followed less than a minute later in 51.36. Teresa King took third club spot in 52.14.

The race proved very lucrative for Tony Hogg, Joe Withers, Niki Fulstow and Madeline Cook who all finished second in their age categories, and especially so for Paul Snelling who won his.

Thursday evening saw the third race of the current five mile prom race series on Weston seafront. The weather was particularly unkind to the runners with wind and rain throughout the evening. It was another successful event for Chris McMillan who finished third overall and first for the club. Kieron Summers took second club spot, and first place in his category, while Rob Furlong finished third again.

The club's women performed well on the night, and there was great competition between the fastest females. Phillipa Stephens crossed the line just four seconds ahead of Susan Duncan, while Phil Richards and Nia Davies tied for third club spot.

At the junior one mile event, the top ten finishers all crossed the line in under six minutes. Ollie Campbell was fastest in 5.28, followed by Max Davies in 5.36 and Stephanie Brooks just behind in 5.38. Grace Ashurst followed in 5.44, and Poppy Burton-Dickie 11 seconds later in 5.55. Third fastest male was Louie Brunsdon in 5.53.

Special mention must go to Michelle Lynam who travelled all the way to Florence at the weekend to take part in her first marathon and finished just over the five hour mark in 5.01.16.

The next race organised by the club is the fourth prom run of the season on Thursday December 14. 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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