



Date: 14 January 2018

Release: immediate

Tales of the Riverbank

Sunday saw the start of the 2018 off-road racing calendar for 21 of Weston Athletic Club's members. The Riverbank Rollick is a nine mile race across fields, through woodland and along the River Severn with a fast downhill finish into a final stretch through a stream.

Conditions for this year's race were better than in previous years with less mud to battle through and only a light wind. This helped many of the club's runners to get impressive course bests. Fastest member was Rob Furlong who completed the course in 1.02.45. Matt Wheeler followed him over the line in 1.04.36 taking second place in his age category in the process. Phil Tomlinson took third club spot in 1.05.40.

Nia Davies, not normally known for her fondness for off-road muddy runs, ran a great race to finish in 1.12.26, also finishing second overall in her age category. Michelle Fryer was second club female in 1.14.40 and Julie Bailiss took third club spot in 1.25.07.

Paul Snelling won the prize for his age category, and Stuart Diamond was runner up in his.

Meanwhile, just up the road in Gloucester, Josh Harris was taking on his 21st marathon. The mainly flat route featured a short out and back section with four 5.5 mile laps. Josh finished in a very respectable 3.17.54 averaging a 7.30 minute mile.

The next race organised by the club is the fourth prom run of the season on Thursday January 25. 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.

ENDS

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