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Double celebrations for Chris

The past week has been a memorable one for Weston Athletic Club's Chris McMillan with a new fastest time over five miles and a race victory all within four days.

Chris was joined by 361 other runners on Thursday evening at the fifth race in the current series of Weston prom runs. Conditions were better than expected for the time of year allowing runners the chance to achieve good times. Chris did not disappoint, and finished third overall in 25.56, 10 seconds quicker than his previous best. Kieron Summers was next to finish from the club in sixth place overall with a time of 27.24, placing second in his category. Ian Connock pipped Benjamin Haines at the line by a second to finish in 28.11 earning himself a personal best in the process.

The club's women ran well on the night with Phil Richards winning her age category in 32.33. Susan Duncan proved that her hard work in training is paying off with a colossal personal best of 32.43 - two and a half minutes faster than her previous best time, while Nia Davies was the club's third fastest on the night in 34.16, also her quickest time for the distance and second in her category.

The junior one mile race attracted 64 runners, all eager to run their best times. Ollie Campbell was fastest boy in 5.32 and Keira Devereux won the girls' race in 5.53. Charles Broadhurst only just beat her to take second place for the boys in 5.50, while Samuel Hollway equalled Keira's time to finish third for the boys. There was little to choose between Millie Redman and Poppy Burton-Dickie who both ran excellent races. Millie just inched ahead at the line to finish a second ahead of Poppy in 6.17.

Sunday's club championship race was a very different affair, and attracted a much smaller field of 13 Weston AC runners. The Slaughterford 9 features nine miles of extremely muddy and hilly terrain across beautiful countryside near Chippenham. This year's race was the muddiest in years thanks to all the recent rain and runners had a battle to stay upright - particularly on the steep slippery mud climbs.

Having finished second last year, Chris McMillan was thirsty for victory. Despite only having had a couple of days to recover from his prom run efforts, he took the lead three miles into the race and then held it all the way to the finish line six miles later in 55.09. Matt Wheeler earned himself a new course best finishing second for the club in 1.06.14 followed by Phil Tomlinson in 1.09.38.

The race produced some strong results for the club's females, with Susan Duncan earning herself another notable result finishing third in her category in 1.16.33. Nia Davies followed in 1.19.03 and Michelle Fryer in 1.21.52. Carol O'Leary won her age category with her 1.33.30 finish time.

The next race organised by the club is the sixth prom run of the season on Thursday February 22. 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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