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Kieron cracks course quickest

The weekend was a busy one for Weston Athletic Club runners who got to choose between two races in the club's championship - the Hestercombe Humdinger and the Dursley Dozen.

The Humdinger is a half marathon with a twist at Taunton. It's run on quiet country roads, but it is far from flat and features almost 1,400 feet of climb along its 13.1 mile route. Thirteen Weston runners took it on, and all returned strong performances. Strongest of all was Kieron Summers who is showing huge commitment and discipline in his training for the London Marathon this year. Kieron averaged a six minute mile pace over the course to win the race in a blistering 1.18.54 setting a new course record in the process.

Weston's men continued to excel themselves by earning the team prize at the event. Josh Harris crossed the line in 1.30.39 followed by Phil Tomlinson a minute later in 1.31.40. Michelle Fryer was the club's fastest female, finishing in 1.45.32 and earned herself a new distance personal best. Helen Diamond and Geraldine Hope both set new personal best times for the course, finishing in 1.53.43 and 1.56.41 respectively. Helen's time was the fastest in her age category.

Meanwhile, ten club members travelled to Gloucestershire for the Dursley Dozen. The race is almost entirely off-road and one of the toughest off-road races around. As the name suggests, it covers 12 miles, but very little of that is flat. The first mile is entirely uphill, and then the course continues for a further eight hilly miles before runners arrive at "The Precipice" - a hill so steep that runners have to use a rope to haul themselves to the top. This year's race was made all the more challenging by mile after mile of deep cloying mud along the course, sapping runners' energy at every step.

First to finish for the club was Matt Wheeler in 1.43.33. Matt was followed by Paul Cousins and Bill Green in 1.52.12 and 1.53.03 respectively.

The club's female runners performed strongly with Nia Davies finishing second in her age category in 1.57.41. Carol O'Leary won her age category with her 2.13.31 finish time. The race for third club place was looking like it was going to be a close call with Shaleen Summers and Vanessa Andrews running neck and neck throughout the race. But in the final half mile Shaleen cramped up with a stitch and was forced to hang back allowing Vanessa to finish third in 2.33.10.

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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