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Chris does the double at Tough Ten

Chris McMillan came back from winning last year's Two Bays Tough Ten to retain his crown at Sunday's event. Chris led right from the start of the race and held off all competition convincingly to win the race in 58.35.

Chris was joined by 57 other Weston Athletic Club members taking on the ten mile route from the Grand Pier to Sand Point and back again through Weston Woods. Conditions were good with a cloudless sky, although at only a couple of degrees above freezing, with a keen breeze, it took runners a while to warm-up.

Phil Tomlinson and Matt Wheeler were next to finish for the club in 1.08.27 and 1.09.23 respectively, also taking first and third place in their age category. Nia Davies was the club's fastest female, also finishing first in her age category in 1.17.20. Michelle Fryer and Sian Roberts took second and third club female places in 1.20.08 and 1.25.15. Carol O'Leary won her age category, finishing in 1.28.24.

Taking place at the same time was the Friendly Five race, covering half the distance, but still an undulating course through Weston Woods. Eighteen of Weston's runners opted for the shorter route, and the decision was a wise one for Niki Fulstow who went on to win the female race in an excellent time of 37.11. Niki was followed by Maria Turvey in 43.34 and Julia Withers in 46.37. Niki and Maria also won their age categories. There was only one male club runner in the race and Thomas Burrows finished in 42.20.

Thursday night was the fifth race in the current Weston prom run series. Again, racing conditions were good with a crisp and clear evening and over 300 runners finished the race, 80 of them from Weston AC. Weston's first three runners home all finished comfortably inside the top ten with Kieron Summers finishing second overall in 27.21. Benjamin Haines and Ian Connock took second and third club positions in 27.59 and 28.06 respectively, both earning new best times in the process.

Susan Duncan continues to go from strength to strength as she prepares for the London Marathon, and as well as finishing first among the club's females at the prom run, she also took third place overall with a new personal best time of 31.56. There was nothing to separate the club's next two finishers with Nia Davies and Phil Richards crossing the line together in 33.42, leading to a new best time for Nia.

The junior one mile race saw 71 runners take part, with some impressively fast times achieved. Josh Turner won the boys' race in 5.13 while Stephanie Brooks won for the girls in 5.42. She was followed by Poppy Burton-Dickie in 6.00 and Mary Hemmings in 6.16. Ollie Campbell was second for the boys in 5.22 followed by Charles Broadhurst in 5.37.

The next race organised by the club is the sixth prom run of the season on Thursday March 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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