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Capital efforts all round

After four months of long training runs through rain, snow, wind, hail and ice, 26 runners from Weston Athletic Club toed the line for the start of the 38th London Marathon on Sunday. Temperatures soared to the hottest ever recorded at the race, reaching the mid-twenties. These unusually hot running conditions affected even the elite runners, and the masses replaced their hopes of personal bests with a renewed focus on staying hydrated and finishing in one piece.

Weston's fastest marathoner was Kieron Summers, who without doubt had shown total commitment to his training over the winter months. Kieron's efforts during training put him on target for a race day personal best, and he would certainly have achieved this had it not been for the heat. As it was, he finished just three minutes off his 2017 time in 2.42.30. While his time may not have been quicker, he improved his finishing position in the race by 83 places on last year to cross the line 207th overall, comfortably inside the top one per cent of finishers.

The club's fastest female was Phil Richards. Despite the heat, Phil still managed to run her fourth fastest marathon in an incredible 3.18.14 and placed 33rd overall in her category.

Second and third club male places went to Ian Connock and Ben Haines. There was little to separate them throughout the race, with Ian finishing in 2.58.53 and Ben in 2.59.26, both inside the coveted sub-3-hour yardstick for male club runners.

Susan Duncan was second placed club female, finishing in 3.29.19 and earning a new personal best in the process. The club's third female finisher was Carol O'Leary, who despite developing an extremely painful back spasm during the closing miles of the race, still managed to finish 18th overall in her category in a time of 4.10.27.

Mention must also go to the club's runners who as well as training for the marathon were also working hard to raise money for their chosen charities. Between them, Kate Rossiter, Rob Osment, Dawn Chapple, Wayne Entwistle, Sarah Wheatley and Claire Newman raised £15,000.

The next race organised by the club is the sixth prom run of the season on Thursday April 26. 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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