



Date: 29 April 2018

Release: immediate

Weston runners qualify for London

A staggering 71 runners from Weston Athletic Club completed last week's five mile prom run, with their distinctive yellow vests making up over a quarter of the field. Conditions were good with a cool breeze and no rain, and 13 of the club's runners seized the opportunity to run their personal best for the distance.

Quickest on the night, and with a convincing lead from the start, was Chris McMillan. Chris won the race in 26.03. Despite having run London marathon only days earlier, Kieron Summers was the club's next finisher, and third overall in 28.04. Will Fuller followed in 29.07.

Phil Richards was the club's fastest female in 33.27. Michelle Fryer followed in 34.06 and Phillippa Stephens soon after in 34.27.

Meanwhile, the junior one mile race continues to grow in popularity, and the April event attracted its biggest numbers yet. Competition was close between the boys and girls for victory. Luke Ashurst was the overall winner in 5.43. Stephanie Brooks followed just six seconds later in 5.49. Oliver Andrews took second male spot in 5.57 followed by Poppy Burton-Dickie fourth overall in 6.01. Seb Leaney was the third boy to finish in 6.10 and Sophie Carratt third girl in 6.46.

While there were no championship races for the club's runners at the weekend, Newport was the destination for a handful of members keen to put their spring marathon training to the test on the new fast flat route. Conditions were good with much cooler temperatures than experienced at London the weekend before. Guy Bradford ran a strong race to finish in 2.58.06 earning himself good for age qualification for next year's London marathon and finishing third overall in his age category. Also qualifying for London were Nia Davies who crossed the line in 3.28.56, eighth overall in her category, and Jo Coveney in 3.41.23, 16th in her category out of 208.

Second placed club male was Gareth Weaver in 3.56.48, followed by Jim Wotton in 4.05.20. Teresa Whatty was the club's third female to finish and crossed the line in 6.13.47, just eight minutes behind the club's other runner at the event, Chris Edwards, who finished in 6.05 exactly.

The next race organised by the club is the final prom run of the season on Thursday May 24. 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

For more information and photos contact vanessa.andrews@westonac.co.uk
Follow the club on Twitter @Weston_AC and on Facebook /westonathleticclub