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Sixty take on Bristol 10k

Weston Athletic Club fielded a 60-strong field of runners to take on the annual Bristol 10k race on Sunday. Always popular, the race offers something for all runners, from those looking to achieve new personal bests to those wanting a big race atmosphere on closed roads near to home.

Conditions were excellent on Sunday with a light breeze and no rain, if a little warmer than some would like. The majority of the runners representing the club were women, with 39 lining up to take part. Having recovered from her recent marathon at Newport, Jo Coveney returned to the shorter distance event to earn herself a new personal best, crossing the line in 45.35. Helen Diamond followed, also with a personal best in 47.09 and Claudine Mercer took third female spot in 47.56.

No surprise that the fastest man for the club was Chris McMillan in 32.37. Although not his fastest 10k, Chris was running off the back of a new 5k personal best time at Yeovilton earlier in the week, and still managed to finish 14th overall. There was little to separate the club's next two male finishers with Ian Connock crossing the line in 35.27 and Ben Haines just 11 seconds later in 35.38.

Overall, the race was a successful one for the club with 17 members earning themselves new fastest times for the distance.

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.

Entry is also now open for the club's Beacon Batch five mile fell race on Tuesday 19 June. Entry costs just £6 with more details at www.westonac.co.uk/beaconbatch.

ENDS

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