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McMillan romps to victory

No stranger to winning at the summer series of races organised by Town and Country Harriers, Chris McMillan joined 20 fellow runners from Weston Athletic Club on Thursday evening to take on the first ever Rowberrow Romp. The six mile route followed almost entirely off-road tracks from Rowberrow to the trig point at the top of Beacon Batch and back again, with 1,000 feet of climb along the way.

Chris cruised to victory in 39.51, with over 90 seconds between him and his nearest rival. Pete Clark from the club finished third overall in 44.21 and Rob Furlong was also inside the top ten, finishing in 47.05. Their performances also earned them top men's team overall.

The club's women narrowly missed out on the team prize to the TACH women, but still returned some strong performances. Michelle Fryer was fastest in 54.31, also finishing third in her category. Julie Bailiss and Helen Diamond followed in 1.03.35 and 1.04.03. Carol O'Leary and Julie Shergold were first and second in their age category.

With no club championship races on offer over the weekend, members opted for their own choice of events with 10ks, half marathons, marathons, 24 hour relay events and half iron distance triathlons all taking place on Sunday. None of these events were as straightforward as they might otherwise have been, thanks to the hot still weather prevailing.

The club had two runners taking part in the Yeovil marathon, both keen to secure good for age times for the London and Boston marathons next year. Returning from injury earlier in the year, Maria Davidson ran a thoughtful and controlled race to finish very strongly, despite the heat, in 3.33.47 - comfortably inside her target time. Sheryl Selway also ran a strong race to finish in 3.58.17 and would certainly have been faster given cooler conditions. Also worthy of mention is Ian Connock's performance at the half marathon. Ian finished second overall in 1.19.52.

The next race organised by the club is the five mile Beacon Batch fell race on Tuesday 19 June. Entry costs just £6 with more details at www.westonac.co.uk/beaconbatch.

ENDS

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