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Beers, bangers and beasts for Weston AC

Exercising in the heat is never easy, but racing when the temperature's hitting 28 degrees is particularly tough. This was the situation faced by the 45 runners from Weston Athletic Club who took on the Nailsea Beer and Banger 10k on Friday evening. The course follows a two lap route with plenty of undulations along the way, making for a challenging event in any conditions.

First to finish for the club, and in third place overall, was Ben Haines. Ben was only nine seconds behind the overall winner, and also won his age category. Next for the club, and second in the same category, was Alan Fuller in 39.43. Matt Wheeler took third spot, and first in his category, in 40.15.

In her first club championship race of the year, Francesca Rawlings showed she's running at the top of her form with her no-nonsense finish time of 43.03. This placed her third female overall, and first in her category. Susan Duncan followed a minute later, second in her category, in 44.06. Nia Davies appeared over the line soon after and won her category with her 44.34 finish.

Sunday saw the turn of the club's off-road enthusiasts to test their skills at the Quantock Beast - a 5.5 mile route with 750 feet of climb.

The club's leading man was Matt Wheeler who finished sixth overall and second in his category in 39.40. There was little to separate him and Rob Furlong who followed just five seconds later, with Josh Harris taking third club position in 42.25.

Nia Davies ran a strong race to finish second female overall and win her category in 46.53. Gerry Hope was next to cross the line from the club's women in 52.52. Sarah Harris followed two minutes later in 54.58.

Entry is now open for the 2018 Christmas Cracker 10k race on Weston's beach and seafront. This year's race takes place on Sunday 9 December at 11am. The main race will be preceded by a junior 2k version on the beach at 10am. For more information visit www.westonac.co.uk/christmascracker.

ENDS

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