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Weston AC go the distance

The annual mob match 10k along the Avon Gorge towpath attracted a smaller field of runners from Weston Athletic Club this year with many choosing to rest ahead of the Seaview race a couple of days later. Niki Fulstow and Paul Cousins were the first female and male club runners to finish in times of 45.51 and 42.44 respectively. Second and third club male spots went to Rob Mountford and Joe Withers in 42.57 and 44.40. Jo Coveney was second club female in 48.26, followed by Vicki Wilkins in 52.24.

Sunday saw a race of a very different nature with 23 of Weston's runners lining up in the rain for the start of the Seaview 17. The race covers 21 miles of hilly terrain from Countisbury near Lynton back along the coast path to Minehead. Kieron Summers ran an extremely strong race to finish less than 30 seconds behind the overall winner in an impressive 2.39.04. Matt Wheeler ran his quickest time for the course yet in 3.00.06, followed soon after by Josh Harris in 3.03.42.

Helen Diamond was the club's quickest female, crossing the line in 4.01.12. Sarah Styles followed a couple of minutes later in 4.03.37 and Julie Shergold and Lesley Bowskill finished together in 4.39.48.

The most memorable finish of the race though, was Andy Chadburn's. Not wanting to waste any time replenishing the thousands of calories burned during the race, Andy stopped off at a famous burger chain on his way to the finish line and crossed it holding two burgers and a milkshake.

Having had only a couple of days for their aching muscles to recover, a handful of the Seaview team were back in action again midweek for the Haselbury trail 10k race in South Somerset. The course is two laps of an undulating off-road route across fields and along tracks.

Rob Furlong's recent move into his new racing age category proved a winning formula with his 42.48 finish, while second and third places were a repeat of Sunday's result with Matt Wheeler racing to the line in 43.56 with Josh Harris in hot pursuit finishing just 11 seconds later.

Michelle Fryer was the club's first female to finish in 49.27. Nia Davies and Gerry Hope took second and third in 51.20 and 58.20.

Entry is now open for the 2018/19 Weston prom race series - nine races along Weston's seafront following a completely flat five mile course. As well as the five mile option there is also a monthly one mile option for junior runners. For more information visit www.westonac.co.uk/promrun.

ENDS

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