



Date: 9 September 2018

Release: immediate

Second best at Oldbury

Weston Athletic Club fielded a strong team of 23 runners to take on the Oldbury Power Station road race on Sunday - a fast flat ten mile course on country lanes which is popular with those wanting to test their pace over a longer distance ahead of autumn half marathons.

Although temperatures were higher than ideal for a comfortable run, the club's members put their summer training gains to good use, and returned some excellent results. Kieron Summers and Susan Duncan took second male and second female positions with their times of 57.16 and 1.06.47. Kieron also won his age category, and Susan earned a new personal best for the distance.

Ben Haines finished only 32 seconds behind Kieron, and Rob Furlong and Matt Wheeler followed in 1.02.36 and 1.04.38. All three earned new 10 mile personal bests, and with Kieron, won the race's male team prize, and the Avon Championships team prize. Matt also won his age category for the race and the Avon Championships along with John Hinchliffe who was also rewarded with a championships category win.

After Susan, the next club member to finish was Jo Coveney in an impressive 1.16.17, earning herself an age category win for the race and the Avon Championships. Genevieve Drinkwater finished soon after in 1.17.26 and joined 14 of the club runners who earned new ten mile personal best times.

At the same time, 15 of club members were heading south to Martock to take on the Ash Excellent Eight, a tricky eight mile multi-terrain race run across fields, along rutted droves and also including tarmac sections. The hot humid conditions slowed the field down with previous participants all recording slower times than last year. But the race still netted the club some great results.

Michelle Fryer finished fourth female overall in 1.07.00, and Josh Harris was fifth overall in 57.40, also winning his age category. Phil Tomlinson finished just inside the top ten, and just inside the hour in 59.27, while Bill Green took third club spot in 1.02.18. Second club female to complete the course was Gerry Hope in 1.16.05 closely followed by Pam Withers just seven seconds later. Paul Snelling was also rewarded with an age category win thanks to his 1.12.02 finish time.

Next Thursday evening, September 20, see the first race in 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

For more information and photos contact vanessa.andrews@westonac.co.uk

Follow the club on Facebook [/westonathleticclub](https://www.facebook.com/westonathleticclub)