



Date: 7 October 2018

Release: immediate

### **Summers represents England**

Weston Athletic Club's Kieron Summers got to wear an England vest on Sunday as he represented the country at the 2018 England Age Group Masters Marathon at Chester. Having qualified for the event last year, Kieron has devoted much of his spare time to training in preparation for the race.

Running between 60 and 100 training miles a week in recent weeks, Kieron executed a text book training regime to make sure he was at the peak of his fitness as he lined up to start the race.

For the first 20 miles of the race, all was going well, and Kieron's average pace per mile was under six minutes. But at mile 20, cramps set-in in his left calf causing him considerable pain, and slowing his pace. He clung on though, and dug deep to continue to the end, with his average pace in the last 6.2 miles not exceeding a 6.18 minute mile. This determination saw him cross the line in 2.38.57, a new personal best time for the marathon distance.

Kieron's performance saw him finish 23rd overall out of a field of 2,820 runners, and fifth in his category, a great achievement against tough competition.

Speaking after the event, in his usual humble style, Kieron said: "I consider myself very lucky to have joined this club, and am indebted to so many at Weston Athletic Club, and of course my long-suffering family, who have supported me over the years - to me this means more than today's England chance."

ENDS

For more information and photos contact [vanessa.andrews@westonac.co.uk](mailto:vanessa.andrews@westonac.co.uk)

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