



Date: 7 October 2018
Release: immediate

Bumper Bests at Burnham

Weston Athletic Club members journeyed twice to Burnham last week for two club championship races close to home. Thursday evening saw the first in the series of 5k races organised by Burnham-on-Sea Pool. This is always a great opportunity for club members to test their speed over a short distance, and Thursday provided the best racing conditions with cool and calm autumnal air.

It was a strong field from Weston with 21 members representing the club, and a third of them achieved new personal best times for the distance at the race. First female club finisher was Susan Duncan, who continues to improve thanks to her dedication to training. Susan finished in 19.09, and in the process became the fastest club female ever over the 5k distance. Michelle Fryer finished next in 21.29 and Jo Coveney third in 22.08.

Fastest club male on the night was Pete Clark-Yalland who crossed the line in 18.00. Hot on his heels came Matt Wheeler just ten seconds later in 18.10 and Rob Furlong in 18.41.

Sunday again proved ideal for racing, and this time 31 members toed the line at the start of the Burnham half marathon. Ian Connock enjoyed a great race, finishing third overall in 1.17.14. Dean Bridges was next from the club to finish in 1.23.19 followed by James Bertenshaw in 1.24.50.

Unsurprisingly, Susan Duncan was the club's first female to complete the fast, flat course in 1.27.02. And in a reversal of positions from Thursday, Jo Coveney finished next in 1.39.38 and Michelle Fryer third in 1.41.55.

Meanwhile, in Cardiff, Carol O'Leary ran an incredibly strong race at the city's half marathon, only a week after completing her 45 mile ultra marathon. Carol completed the race in 1.42.46 making her the second fastest female in her age category at the event, and also knocking a minute and a half off her best time. Wendy Wilfan also ran and finished in 2.10.01 also securing a new personal best in the process.

The club's next race is the toughest in its calendar - the 12 mile off-road Mendip Muddle with 420 metres of climb along the pretty route. The race takes place this Sunday 14 October at 11am, starting from the Charterhouse Centre. For more information visit www.westonac.co.uk/mendipmuddle.

ENDS

For more information and photos contact vanessa.andrews@westonac.co.uk
Follow the club on Facebook [/westonathleticclub](https://www.facebook.com/westonathleticclub)