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Staggering achievements for Weston runners

Climbing from sea level in Minehead to Dunkery Beacon, Somerset's highest point, is not for the faint-hearted. But this didn't put-off the 20 runners from Weston Athletic Club who took on the Exmoor Stagger race on Sunday. The route covers 16 miles with almost 3,500 feet of climb along the way. Sunday's clear skies and light breeze provided perfect racing conditions and far-reaching views from the top of the moor.

First from the club to descend back to Minehead was Matt Wheeler in 2.15.55, a full ten minutes quicker than his previous best time for the course. This result earned him valuable bonus points in the club championship, and surely an unassailable lead at the top of the board.

Rob Furlong was next to finish in 2.19.22, followed ten minutes later by Phil Tomlinson in 2.29.36.

Fastest Weston females in the race were Emma Lane and Cheryl Valentine, who ran the race together. Emma finished in 3.04.20, and Cheryl two seconds later. Sarah Styles followed in third club spot in 3.18.13.

Returning from injury, Adrian Noble opted for the shorter six-mile 'Stumble' version of the race, and still managed to return first in his age category with a time of 52.00.

Meanwhile, in Portsmouth, two of the club's members were taking on the ten mile road course of the Great South Run. Susan Duncan returned another stellar performance, finishing in 1.04.57. This result makes her the fastest club female over that distance, to add to the other club records she has broken already this year. She finished second overall in her age category, seventh female in the fast-paced category, and 21st in the elites category. Dawn Stone also competed at the event and earned herself a new personal best time for the distance with her 1.59.37 finish.

The club's next Weston prom races take place this evening (Thursday October 25). The main five mile race at 7.30pm is preceded by the junior one mile race at 6.45pm. Runners can enter on the night at the race headquarters at the Bay Café at the Tropicana, and find out more at www.westonac.co.uk/promrun.

ENDS

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