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Weston remember the fallen

Every year, the Sodbury Slog race takes place on Remembrance Sunday, and every year it is preceded by a two minute silence. Always poignant, but never more so than this year marking the centenary of the signing of the Armistice.

This year, a thousand runners assembled to pay their respects before taking on the gruelling 10 mile course across muddy fields, ditches and hills. The recent rainfall made the course particularly challenging, but the conditions underfoot were balanced out by the glorious blue skies above.

The turnout of yellow vests from Weston Athletic Club was strong this year, with 37 members taking part. Overall fastest in her category was Susan Duncan in a time of 1.18.34, also finishing fifth female overall. Michelle Fryer was the next club female to finish in 1.28.11, followed by Cheryl Valentine in 1.30.54. Carol O'Leary also enjoyed another strong race finishing second overall in her category with her 1.34.27 finish.

Fastest male club member was Rob Furlong in an impressive time of 1.14.22. Having been hampered by injury lately, Marc Whiting did very well to complete the race in 1.19.15. Dave Groves ran a strong race to take third club male spot in 1.22.52.

The next races in the Weston prom run series take place tonight, Thursday 15 November. The main five mile race at 7.30pm is preceded by the junior one mile race at 6.45pm. Runners can enter online at www.westonac.co.uk/promrun or in person on the night at the Bay Cafe at the Tropicana.

ENDS

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