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### **Top results for Weston runners**

Weston Athletic Club's members had the pick of two championship races last week with five and ten mile distances available. The November five mile prom run on Weston's seafront suited most runners, with 77 lining up to start the race. Conditions were cold and dry with a light wind, providing a good racing environment.

Imogen Moroney ran a superb race to be the first female runner home overall in 31.30. Her performance is believed to be the only time a Weston female has won the women's race in the club's history. Susan Duncan was third female overall in 31.53 and Michelle Fryer took third club spot in 34.46.

Kieron Summers was the first male club member home in fifth place overall and first in his age category with 27.12 on the clock - his fastest prom in the last two years. Will Fuller, returning from injury, was second club member over the line in 28.44 and Ben Haines third in 29.26.

The second race of the week was the Wimborne 10 mile road race. Pride of place again went to the Weston AC females with category placings and personal bests. Nia Davies was first club female home and second in her age category with her 1.15.26 finish. Jo Coveney was second in a new personal best time of 1.16.00 and Helen Diamond third club female, also with a new personal best of 1.20.31. Julie Shergold enjoyed her second personal best in four days finishing in 1.31.06 and second overall in her category.

Matt Wheeler was the first club male to finish in 1.05.52, Stuart Diamond followed in 1.09.08 just a few seconds off his personal best and Phil Tomlinson was third Weston man in 1.10.56.

On Saturday three club runners went to Wales to take on the 46 miles of the Brecon Beacon Ultra. Nick Farrant was an excellent 16th overall in 7hr 47, Dan Speakman 85th overall in 9 hr 30 and Emma Lane 193rd overall in 12 hr 49, a fantastic achievement for all of them.

Sunday saw five members travel to Wiltshire to take on the Chilly 10k - a three lap course of the Castle Combe race circuit. The flat course and favourable weather made for excellent conditions and both Paul Baker and Lesley Bowskill achieved new personal best times. Wendy Wilfan, Rachel Hedges and Tina Burrows also enjoyed fast times.

The next races in the Weston prom run series take place on Thursday 13 December. 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](http://www.westonac.co.uk/promrun) or in person on the night at the Bay Cafe at the Tropicana.

ENDS

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