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Weston AC nail the Knoll

It was a record turnout for Weston Athletic Club's members at the Brent Knoll off-road race on Sunday, with 39 yellow-vested runners lining up to take on the six mile, hilly course to the top of the knoll and back. Making up almost a quarter of the field, it was a great opportunity for some healthy competition between club members in the final short off-road race of the year.

Conditions were good, if a little soggy underfoot in places. This set the pace fast from the start and enabled many of the club's members to achieve their quickest times for the race.

Having run consistently well throughout the year and maintaining his position at the top of the club championship from the start, there was no stopping Matt Wheeler who ran a strong race to finish fifth overall and first in his age category, in an impressive time of 40.28. Hot on his heels throughout was Pete Clark-Yalland, who couldn't catch him but still placed inside the top ten with his 41.12 finish, as did Rob Furlong just 18 seconds later.

Michelle Fryer enjoyed another speedy performance and completed the route in 46.57, winning her age category in the process. Katie Gormley took second club spot in 49.20 and Nia Davies third with her 51.06 finish, both also earning themselves age category wins.

The race was also the final one of the year in the Somerset Series of races - a collection of 19 events spread throughout the year across the county. As well as the chance to earn prizes in each individual race, runners also compete for awards for the best performances throughout the year. The results were good for Weston's runners with Michelle Fryer finishing second overall, Geraldine Hope winning her age category and Helen Diamond achieving the runner-up prize. For the club's men Paul Snelling won his category and Stuart Diamond came third in his.

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 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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