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### **Weston's women win at the prom**

A field of over 300 runners lined up last week for the first five mile prom of 2019 organised by Weston Athletic Club. And it was an impressive showing of yellow vests with 85 of the runners representing the club. The cool, calm evening made for excellent racing conditions with many of the runners achieving personal best times as a result.

The club's females overshadowed the men taking both of the top two spots in the women's race. Immy Moroney won in 31.06 with Susan Duncan in hot pursuit finishing in 31.24. Susan also bagged a new personal best by a second. Michelle Fryer took third club spot with her 34.19 finish.

The race also netted an age category win for Pam Withers with her 39.47 finish and second place in hers for Helen Diamond with a time of 36.53. Adrian Noble also came second in his category with his 31.34 finish.

No stranger to a prom podium finish, Chris McMillan fought hard to the line and crossed it in 26.41, just three seconds behind the overall winner from Clevedon. The club's next finisher was Kieron Summers in seventh place overall, narrowly achieving a new personal best time of 26.56 by a second, and winning his age category. Will Fuller took third club spot in 28.24.

In the one mile junior race, there were 75 finishers with some familiar names taking the top spots. The first three girls and first three boys all represented North Somerset Athletic Club. Poppie Burton-Dickie was fastest girl in 6.09, followed by Mary Hemmings in 6.17 and Lyla Briffitt in 6.31. Winner for the boys was William Maine in 5.02, followed just two seconds later by Ollie Campbell in 5.04 and Oliver Andrews in 5.30.

The next races in the Weston prom run series take place on Valentine's Day (Thursday 14 February). 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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