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Seconds best for Weston

A cool calm Valentine's Day evening set the scene for the February five mile prom run organised by Weston Athletic Club. An impressive 279 runners ditched the hearts and flowers to test their mettle over the fast, flat route.

First back for the club, and second overall was Chris McMillan, no stranger to a podium position at the prom. Chris finished just three seconds behind overall winner Luke Murray in 26.31. Next for the club was Kieron Summers in 27.35, followed by Will Fuller 10 seconds later in 27.45.

Immy Moroney enjoyed another great race finishing second female overall in 30.07, knocking almost 30 seconds off her previous best, edging tantalisingly close to the coveted sub-30 club. Susan Duncan took second club spot for the women in 31.38, followed by Michelle Fryer in 34.22.

In the junior one mile race, Ollie Campbell was the overall winner in an excellent 5.25. William Sandiford followed in 5.42 and Stan Hemmings just six seconds later. Mary Hemmings was the female race winner in a superb 6.15. Lyla Briffitt was second female in 6.23 followed by Poppy Burton-Dickie in 6.35.

Due to the cancellation of the Two Bays Tough Ten, there were no championship races for club members at the weekend. Instead runners put in the training miles or opted to find their own events to compete in. Special mention must go to Ian Connock who competed at the Dorney Lake winter half marathon on Saturday. Ian ran an excellent race and finished in second place, just under a minute behind the overall winner, in 1.17.16.

The next races in the Weston prom run series take place on Thursday 14 March. 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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