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Dozen dash in Devon

A dozen of Weston Athletic Club's members put thoughts of Storm Freya furthest from their minds as they travelled to Devon on Sunday to take on the Bideford half marathon. With only 600 feet of climb along the 13.1 mile course, the race provides a great opportunity for runners to test their pace on a reasonably flat course.

Chris McMillan faced tough competition from a number of local runners but still managed to place seventh overall in 1.13.20. Only a minute separated the club's second and third placed runners with Richard Brent finishing in 1.28.53 and Marc Whiting in 1.29.54.

Jo Coveney was the club's fastest female, completing the race in 1.42.32 and fourth in her category. Sheryl Selway followed soon after in 1.46.53 and Sam Buzza took third club spot in 1.55.43, both earning themselves new half marathon personal bests in the process.

The club's only runner taking part in Sunday's other championship event - the Wimborne 20 mile race - was Julia Withers. Julia put all her hard work in training to good use to finish the course in 3.10.04 standing her in good stead for a marathon PB when she takes on the Great Welsh marathon next month.

Three club members took on the 45 mile Green Man ultra marathon at the weekend - a 45 mile loop of the Community Forest Path circumnavigating Bristol. Congratulations to Emma Lane, Josh Harris and Jason Wyatt.

Four members took part in the Gwent League cross country event at Blaise Castle. Susan Duncan, Michelle Fryer and Katie Gormley formed the club's female team while Adrian Noble represented the men.

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

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