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Susan runs fastest half

Weston Athletic Club records tumbled on Sunday when Susan Duncan took on the Bath half marathon and ran an exceptionally strong race to finish in an impressive time of 1.25.59. In doing so, she not only beat her own previous best time by almost a minute, she also became the club's fastest female over the distance, knocking 24 seconds off Pip Stephens' record which had stood for ten years.

The full force of Storm Gareth made for challenging racing conditions on Thursday night for the 288 runners who lined up to take on the seventh race in Weston Athletic Club's five mile prom run series. With the club's two fastest runners pegging their pace back ahead of a Saturday race, the field opened up for other runners. Fastest from the club on the night was Will Fuller with a new fastest time of 26.55. Kieron Summers still won his age category with his 28.24 finish, followed by Chris McMillan in 29.16.

Susan Duncan finished third overall with her 32.14 time, followed by Michelle Fryer in 33.51 and Katie Gormley in 35.32.

Meanwhile the one mile junior race was dominated by the Sandiford siblings with William winning in 5.51 closely followed by Joseph in 6.07. Joseph did well to make it to the line before Olivia Maidment who followed just a second later in 6.08. Seb Leaney was next in 6.09 followed by Mary Hemmings in 6.26, Jacob Forsbrook in 6.30 and Lyla Briffitt in 6.36.

Sunday saw nine of Weston's members heading to Quedgeley for the three lap undulating course of the Gloucester 20 mile road race. First to finish for the club was Toby Andrews in 2.31.16, followed by John Davidson in 2.44.41 and Vicki Wilkins in 3.03.54. Natalia Casey followed just a few seconds later in 3.04.07, John Cunningham crossed the line in 3.09.16 and Kate Rossiter took sixth club spot in 3.25.00.

Special mention must also go to Shaleen Summers who guided unsighted runner Teresa Cryer round the course in 3.40.34 all in preparation for doing it all again on the streets of London at the marathon next month.

Although not a club championship race, another 20 mile race attracted the attention of more club runners, with 11 deciding to take on the Fission 20:20 event at the power station. It proved a profitable decision with race and category wins and many earning themselves new personal best times for the distance.

Chris McMillan and Kieron Summers ran together for the first 15 miles leading the way for the field of 430 runners. Then Chris pulled away to take overall race victory just over two hours in 2.00.15. Kieron came second overall and won his category with his 2.01.08 finish. Ben Haines took third club position and finished tenth overall and second in his age category with his 2.08.31 finish. Along with Chris Shergold's 2.32.17 time, the men also claimed the overall male team prize.

The club's fastest female was Helen Diamond who completed the course in 2.49.43. Sam Buzza took second club female position in 3.04.06 while Julie Shergold and Lesley Bowskill crossed the line together in 3.14.14.

The next races in the Weston prom run series take place on Thursday 25 April. 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 at the Bay Cafe at the Tropicana.

ENDS

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