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### **Weston Athletic Club give it their level best**

Representing over 10 per cent of the field, Weston Athletic Club members were out in force at this year's Clevedon 10k, eager to set new personal best times on the notoriously fast flat course. This year's race was much cooler than usual too, making for great running conditions, although breezier at times than some would have liked.

Chris McMillan was third overall in 33.58, followed by Kieron Summers in 34.32 taking sixth spot and winning his age category. Darren Stacey took third club spot in 37.08 closely followed by Allan Fuller 12 seconds later earning third place in his category.

Susan Duncan was fastest senior female with her strong 39.37 finish. Michelle Fryer was second club female in 42.19 followed by Nia Davies in 42.38, placing second in her category. Carol O'Leary bagged yet another age category win to add to her burgeoning collection with her finish time of 46.52.

Of the 58 club members who ran, 32 earned new fastest times for the distance.

The weekend saw three of the club's women test their strength and determination to the limit.

Emma Lane took on the Hope 24 race in Devon - a 24 hour event of continuous five mile laps. Emma ran 105 miles in 23 hours to finish overall winner in the solo event.

Following her 145 mile event last month, Sara Butcher decided to take it comparatively easy at the Endure 24 running event in Berkshire. Sara achieved 60 miles within the 24 hour period, including squeezing in a sleep overnight.

Mention must also go to Sam Buzza who ran a marathon of a very different kind on Sunday. Sam joined 100 runners on 78 continuous laps up and down the stairs and corridors of Shepton Mallet prison, finishing in 6.28.47.

ENDS

For more information and photos contact [vanessa.andrews@westonac.co.uk](mailto:vanessa.andrews@westonac.co.uk)  
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