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Two wins in three days for McMillan while Duncan racks up four stellar performances in under a week

With three championship races to contend with and their own race to organise, all within six days of each other, last week was a busier-than-usual one for Weston Athletic Club.

Tuesday night saw the running of the unseasonably-muddy Beacon Batch five mile fell race, organised by the club. Starting and finishing in Burrington Combe, the race takes in over 1,000 feet of climb including a leg and lung-punishing climb to the highest point of the Mendips - the trig point on Beacon Batch. 84 runners completed the course, and two of Weston's own members achieved top three placings. Chris McMillan was first overall in 35.39, only two seconds ahead of the second placed runner from Wells, while Susan Duncan was third female overall in 44.55. Chris and Susan's efforts, accompanied by those of Toby Norman, Cameron Slater, Katie Gormley and Julia Withers earned the club the winning team prizes.

It was back to the same turf on Thursday for the Rowberrow Romp and barely having had time to get his vest clean and dry from Tuesday, Chris McMillan was at it again winning the race in 41.57. Chris Selman was second Weston finisher in 46.01 just ahead of Matt Wheeler five seconds later. Susan Duncan was fourth overall in 51.11, followed by Michelle Fryer in 53.12 and Julie Bailiss just under the hour in 59.59. Adrian Noble finished second in his category and Helen Diamond third in hers.

Friday night saw the yellow shirts back in action at the Nailsea Beer and Banger 10k race - a strictly tarmac affair. And it was a race dominated by the club's women with a podium placing for Susan Duncan, second overall in 41.38 and first senior female. Michelle Fryer was second club female in 43.51 and second in her category. Jo Coveney crossed the line in 45.28 earning a second place in her category. Pam Withers won her category while Katie Gormley was third in hers.

Rob Furlong was first male from the club to finish in 37.56. Alan Fuller followed in 38.19 and Stephen Powell in 39.12.

Paignton and Torquay hosted Sunday's Torbay half marathon. Cameron Slater was the club's first finisher in 1.24.50 with Matt Wheeler following in 1.30.12 and Susan Duncan close behind in 1.30.57. Susan showed little sign of fatigue from the previous few days' efforts and placed tenth overall and third place overall in her category which is particularly impressive in such a large competitive race.

Marc Whiting was the club's third man home in 1.33.04, while Sue Dyer and Michelle Lynam took second and third club female spots in 2.09.11 and 2.21.32 respectively.

Saturday also saw two long distance events with Rob Stokes completing the longest one running 54 miles off-road in the Race to the Kings ultra marathon finishing in Winchester. The second marathon-plus distance event, off-road with eight big hills totalling nearly 4,000 feet climb, was

the Giant's Head marathon in Dorset. Guy Bradford, Kie Booth, Carol O'Leary, Julia Withers, Vanessa Andrews, Cheryl Valentine, Emma Lane, Paul Cousins and Kate Wilson all finished the gruelling course made much harder by the hot weather. It was great to see Guy back on form after his illness last year, while Carol finished second in her category.

Entry opens this weekend for the 2019 Christmas Cracker 10k race. This year's race takes place on Sunday 8 December. Early bird discounted entries are available until the end of July. Enter online at www.westonac.co.uk/christmascracker.

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