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Second's best for Weston runners

No strangers to victory, Susan Duncan and Chris McMillan had to settle for second place at the Charmouth Challenge on Saturday. The eight mile fell race starts at sea level and climbs over 1,600 feet to the highest point on the South Coast at Golden Cap. This year's race was even warmer than usual, with little in the way of cloud or breeze to cool the overheated runners.

Often ahead from early in the race, Chris had to settle for following in someone else's footsteps this year with a former UK Athletics trail running champion in the field. Chris crossed the line almost a minute behind him in 53.10.

Susan ran a very strong race to finish in 1.07.24, but again was up against strong competition with a high ranking runner from Totton taking part.

Second overall for the club was Rob Furlong, just over the hour in 1.00.15 with a top ten placing. Marc Whiting followed in 1.08.50.

Sheryl Selway was the club's second female to finish, with a new-found enthusiasm for off-road running. Sheryl finished in 1.23.35 followed by Julia Withers in a convincing personal best of 1.29.29.

Thursday saw one of the club's runners head over to the Wye Valley for the Tintern Trot, a 10k off-road evening run organised by the Chepstow Harriers. Adrian Noble finished in 45.11 winning his age category in the process.

Two of the club's members took on an ultra-distance challenge at the weekend at the Unicorn Frolic. The race sees runners taking on as many 4.4 mile laps as they can in 12 hours. Liza French completed 10 laps in 12.13.34, topping the results for solo runners at the event. Carol O'Leary was fifth overall completing eight laps in 9.39.52.

Entries are now open for the 2019/20 Weston prom run series. The five mile races are held every month on Weston's seafront from September to May. Early bird discounted entries are available until the end of August, working out at less than £3 a race. Enter online at www.westonac.co.uk/promrun.

ENDS

For more information and photos contact vanessa.andrews@westonac.co.uk
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