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Seaview survivors

With a name like the Seaview 17, you'd be forgiven for expecting a run of 17 miles, or possibly 17 kilometres, but in West Somerset they do things differently. The Seaview 17 is in fact a 21 mile race, which reputedly got its name from some dubious map-measuring skills in the days before Google Maps.

Starting in Countisbury, just over the county border into North Devon, the course winds its way back along the south west coastal path via Porlock to Minehead. Runners get to enjoy breathtaking scenery along the way and equally breathtaking hills, including one at 14 miles which sees even the fittest runners begging for mercy.

This year's event was hotter than in recent years, so the gentle tail breeze brought some welcome relief for the 15 runners from Weston Athletic Club. First to complete the course from the club was Bex Vaughan in about 3 hours 43 minutes. Julie Bailiss ran her furthest ever distance to finish an excellent second just in front of Helen Diamond.

Paul Cousins was first club man home, followed by Lee Francis and Rob Osment.

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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