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Susan soars on seafront

It was victory for Susan Duncan of Weston Athletic Club on Thursday as she took the spoils at the Burnham 5k esplanade run in 19.34. There was little to separate fellow club members Michelle Fryer and Nia Davies with their 20.48 and 21.00 finish times, and Nia enjoyed an age category win in the process. Success for the Weston men too with Ben Haines, Matt Wheeler and John Hinchliffe all winning their categories. Ben crossed the line fifth overall in 16.46. He was followed by Matt Dell in 16.59 and Chris Selman in 18.04.

Meanwhile on Sunday, 20 members headed down to Bideford to take on the half marathon. With a reputation for producing fast times, this year's event didn't disappoint and many of Weston's runners were rewarded with new personal bests.

Nia Davies was the first to finish in 1.33.04, and second overall in her category. She was followed a minute later by Bill Green in 1.34.09 with James Davies taking third club spot in 1.44.08. Sam Buzza was second club female in 1.50.48, followed by Sarah Ridout in 1.56.27. Jim Wotton finished third club male in 1.53.06.

In Loughborough, Chris McMillan was selected to represent Avon and Somerset at the UK inter counties cross country 10k. Chris ran a very strong race to finish 89th out of a field of 293 in his time of 42.26.

The club's next races take place on Weston's prom on Thursday 19 March with two junior one mile events ahead of the main five mile race at 7.30pm. More information on the club's website at www.westonac.co.uk/promrun.

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