

Congleton Harriers - Results

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Thursday 23rd. July - Oakamoor (SMAC Summer Series) - 4.85 miles / 356 feet ascent (145 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	17	31:34	M45	3/12	
Craig Hewitt	25	33:09	M16	17/38	
Jo Moss	48	35:54	F40	2/14	
Michelle Matthews	62	37:30	F16	6/20	
Rob Parkin	79	39:32	M40	9/11	
Paul Crean	85	40:02	M55	8/14	
Debbie Hill	91	40:34	F55	2/4	
Dave Taylor	98	41:39	M65	3/4	
Lucy Rusbridge	106	42:27	F45	5/10	
Ali McNinch	114	44:01	F45	8/10	

Wednesday 22nd. July - The Black Knight Charge - Ashton -U-Lyne - 6 miles - (186 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Mikko Kuronen	20	40.47	V55	1/12	1st V55

Sunday 19th July - Snowdon International Mountain Race - 10 miles/ 3,300 ' ascent - (603 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Craig Hewitt	166	1:39:31	M.Sen	152/481	
Chris Moss	189	1:40:50	M45	28/71	
Michelle Matthews	395	01:57:10	F.Sen	27/55	
Debbie Hill	434	2:00:43	F55	1/11	1 st. V55
Heather Jackson	522	2:11:41	F45	10/16	
Polly Kennerley	533	2:13:09	F45	11/16	
Sara Stead	567	02:20:18	F40	19/19	
Lucy Rusbridge	568	2:20:19	F45	14/16	
Fliss Doyle	601	2:51:48	F55	11/11	

Sunday 19th July - Trentham 10K - (164 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Charmaine Wood	17	43:31	F35	1/13	1st. Lady as well as 1st. F35
Jo Moss	39	46:22	F40	3/9	
Paul Birdsall	64	50:10	M40	10/17	

Thursday 16th July - Biddulph Grange (SMAC Summer Series) - 4 miles/ascent - 628 feet (145 ran)

(145 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	19	28:33	MV45	4/11	
Graeme Burns	33	30:34	MV45	8/11	
Jo Moss	69	34:44	F40	4/11	
Bill Boynton	70	34:47	MV70	1/4	1st. MV70
Paul Crean	82	36:39	MV55	8/12	
Debbie Hill	89	37:24	F55	1/3	1st. F55
Dave Taylor	91	37:26	MV65	3/5	
Nigel Poole	92	37:27	MV55	9/12	
Fliss Doyle	139	49:05	L55	3/3	
Helen Jeffrey	144	51:27	F16		A warm welcome back

Thursday 16th July - Biddulph Grange (SMAC Summer Series) - Junior Open (20 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Callum Heathcote	2	12:28	JM14	20 ran	

Thursday 16th July - JCB Lakeside 5 mile - Uttoxeter - (243 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Ian Prime	95	39:01	V50	12/28	
Paul Birdsall	111	40:24	V40	33/51	

Sunday 12th July - Peak Forrest Fell Race - 6 miles /650' ascent - (ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	9	44:40	M45	3	
Charmaine Wood	41	51:59	W .Senior		4th Lady

Sunday 12th July - We Love Manchester 10K - (2262 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Mikko Kuronen	68	39:28	MV55	2/59	
Ian Prime	513	48:38	MV50	33/110	
Dave Campbell		55:19	MV50	67/110	
	1057				

Saturday 11th July- Buxton Carnival 4 - 4 miles - (170 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	13	24:20	M45	3/17	
Chris Moss	23	25:26	M45	4/17	
Michelle Matthews	68	29:30	F35	2/5	1st. V35 prize. (1st. Lady F35)
Debbie Hill	104	32:35	F55	3/5	
Dave Taylor	114	33:41	M65	6/7	

Thursday 9th July - Ipstones (SMAC Summer Series) - 5.1 miles - 587 feet ascent(133 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	26	46:48	M45	3/10	Detoured 0.4 mile
Chris Moss	38	48:32	M45	6/10	Also went astray
Craig Hewitt	41	48:46	M16	17/38	"
Michelle					

Matthews	47	49:20	F16	3/15	PB!
Paul Crean	77	53:15	M55	6/11	
Debbie Hill	85	54:03	F55	1/3	Stopped for injured runner
Dave Taylor	87	54:32	M65	2/4	
Mel Worthington	93	56:43	F40	5/10	
Ali McNinch	96	58:12	F45	7/12	
Lucy Rusbridge	103	59:05	F45	9/12	
Fliss Doyle	129	88:26	F55	3/3	Went astray

Thursday 9th July - Wizard 5 - Alderley Edge - (253 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Paul Steel	78	35:31	M45	16/36	
Paul Sellars	99	36:50	M55	4/13	
Rob Parkin	150	40:16	M40	21/30	
Paul Birdsall	154	40:48	M40	23/30	
Ian Prime	157	41:01	M50	17/26	
Adrian Machin	188	43:37	M40	27/30	
Louise Poole	214	45:44	FS	16/21	

Thursday 9th July - Sale Sizzler 5K - (372 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Mikko Kuronen	92	18:58	V55	5/22	Age Grade rating 81%
Bill Boynton	215	21:32	V70	2/6	Age grade rating 84%

Sunday 5th July - Potteries Marathon - (660 ran the marathon)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	10	2:55:16	M45	2/96	
Andy Eaton	341	4:18:44	M	4/13	

Sunday 5th July - Potteries Marathon Relay - (67 relay teams)

Names	Team Position	Time	Comments
Rob Parkin, Ian Prime, Mikko Kuronen, Graeme Burns	3	3:15:09	
Maria Jensen, Emily Heptonstall, Michelle Matthews, Jo Moss	10	3:35:40	

Saturday 4th July - Congleton Parkrun (200 Ran)

Full Name	Position	Time	Category	Pos in Cat	Grade %
Chris Moss	23	20:37	VM45	3/22	68.8
Paul Steel	34	21:41	VM45	5/22	66.95
Jamie Moss	36	21:57	JM11-14	3/10	64.62
Michelle Matthews	59	23:40	VW35	1/10	63.59
Nigel Poole	75	24:35	VM55	3/7	63.59
Louise Poole	104	26:34	SW25	2/4	55.71
Jo Moss	117	27:20	VW40	3/13	57.56
Sarah Richards	169	32:00	VW40	10/13	49.17
Jackie Anne Moss	181	34:00	VW35	8/10	44.12

Charmaine Wood	186	35:09	VW35	9/10	42:67
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Thursday 2nd.July - Rudyard (SMAC Summer Series) -4.9 miles - (181 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Bryan Lomas	12	31:13	M45	2/21	
Mikko Kuronen	20	32:38	M55	1/18	1st. M55
Craig Hewitt	24	33:27	M16	12/35	
Jo Moss	46	36:01	F40	3/15	
Michelle Matthews	72	37:45	F16	4/23	PB!
Polly Kennerley	84	39:07	F45	1/12	1st. F45
Rob Parkin	95	39:50	M40	15/16	
Paul Crean	98	40:02	M55	8/18	
Mel Worthington	107	40:54	F40	6/15	
Sarah Poole	109	41:02	F16	11/23	
Dave Taylor	114	41:56	M65	5/7	
Lucy Rusbridge	124	43:22	F45	6/12	

Thursday 2nd.July - Rudyard Junior Open (SMAC Summer Series) (21 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Callum Heathcote	2	15:08	JM14	21 ran	

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