

## Successful weekend of racing for Congleton Harriers

Two days of competitive road racing saw 17 yellow vested Congleton Harriers taking part across two events over the weekend. The Langley 7 road race is very popular event organised by Macclesfield Harriers and is always well attended by Congleton Harriers, this year the club had 13 entrants on the start line for a race that as club chairman Bryan Lomas described as having “only has one hill in it, but it’s a good one”. In the results and in the prizes, Brian Evans was 23 seconds faster than last year finishing this time around in 44:36 for tenth place overall and beating the 25 competitors in his age group to take first spot. Bryan Lomas was 16<sup>th</sup> and 4<sup>th</sup> in his age category finishing in 45:32. Mikko Kuronen was 17<sup>th</sup> and second in his age category in 45:51, Craig Hewitt was 46<sup>th</sup> in 49:45, Paul Steel was 58<sup>th</sup> in 50:46, Mel Worthington 80<sup>th</sup> 52:49, Polly Kennerley 97<sup>th</sup> 54:12, Rob Parkin 138<sup>th</sup> 58:08, Debbie Hill 150<sup>th</sup> and second in her age category 59:31, Mike Stanley 154<sup>th</sup> 59:58, Tony Smith 163<sup>rd</sup> 60:44, Martin Rous 183<sup>rd</sup> 62:23 and Dave Taylor 227<sup>th</sup> 66:39.



*Brian Evans at Langley 7 5.11.2016*

*pic Bryan Dale*



*Tony Smith at Langley 7 5.11.2016*

*pic Bryan Dale*



*Debbie Hill at Langley 7 5.11.2016*

*pic Bryan Dale*

The following day at Standon in Staffordshire, four Harriers were lining up alongside 237 others for the 10 mile 'Flying Fox' organised by the Stone Master Marathoners running club, the race was first held in 2003 and now draws to an end the annual North Staffs Road Runners association programme of events. Set on quiet rural roads, this race also features a significant incline from between the fifth and seventh miles, with an icy headwind at times for the runners to battle against. First of the quartet of Harriers to cross the line was Chris Moss taking overall 31<sup>st</sup> place and 4<sup>th</sup> in his age category in 66:06. Jo Moss beat her previous best time for the distance by over six minutes completing the race in 70:11 and was an impressive 53<sup>rd</sup> overall, first in her age category and a brilliant 3<sup>rd</sup> female finisher. Emma Weston was close behind in 70:39 for 58<sup>th</sup> place and second in her age group and Nicole Humphreys fresh from completing the Snowdonia marathon the weekend before was 134<sup>th</sup> in 80:46.

Congleton Harriers run three times a week from the leisure centre as well as organising many away runs and social events, to find out more on the benefits of running for a club visit [congleton-harriers.co.uk](http://congleton-harriers.co.uk) for more details.