

After the excitement of the Summer Series and many club members being on holiday the number of races has reduced. However things are hotting up for this year's Sting-in-the-Tail half and quarter marathons which are hosted by Congleton Harriers. The event is being held on Sunday 5th October starting at 9.30 from Congleton High School on Box Lane. There will be a technical t-shirt for all finishers along with a goody bag and chip timing will be used as last year. There will be a sweeper system in operation making this an event suitable for keen club runners and novices alike. All proceeds from the race will go to the University Hospital of North Staffordshire critical care unit charity to fund specific items of equipment to help ensure better outcomes for its patients. The races are on-line entry ONLY although swaps are allowed www.congleton-harriers.co.uk/half

Charmaine and James Wood, whilst enjoying their summer holiday in Wales, near Aberystwyth, took advantage of having babysitters to hand and a race on their doorstep. They entered the Borth Beach 10k which consisted of running along the sandy beach from Borth down to the dunes at Ynyslas and back. The start time of the event coincides with low tide with the challenge being to avoid getting wet feet although some runners use the sea for cooling on hotter days. This year the wind was more of the dominating feature and coffee and cake more welcome than a cool drink. Charmaine was 36th out of 109 in 48:22. She was only 14 seconds behind the winning lady and therefore picked up the 2nd Lady prize. James, who now runs for Staffs Moorlands, had a good run and was 5th overall in 39:40.

On 17th August, Jo Moss was the only Harrier to take part in the hilly Leek Half. The 13.1 mile course is tough with constant undulations. Moss was pleased with her time of 1:45:31 particularly as it also earned her the accolade of second LV40.

Two days later on Tuesday 19th August, was the club annual Horseshoe Hobble. This is a handicapped event taking in two laps made up of the lanes around the Horseshoe Inn at Astbury. For added fun the route includes the rather dark and muddy canal bridge tunnel. The fastest runner on the night was Chris Moss in 37:14 and the winner, finishing in a time of 46:56, well ahead of his predicted handicap was Jim Bradbury.

A number of Harriers took part in the weekly Congleton Parkrun on Saturday 23rd August. The results are available on the Parkrun website.

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