

A choice of two popular races for Congleton Harriers to choose from last Thursday, with two opting for Wizard 5 race at Alderley Edge organised by Wilmslow running club. The mixed terrain course took the 241 runners through woodland and trails and on to the National Trust land over Hare Hill. Chris Moss placed 23rd overall in 31:36 and was 3rd in his age group and there was a welcome return to racing for Rob Parkin, who after four months out due to a knee injury was pleased with his 172nd place in 43:48.

Meanwhile the Staff.Moorlands Summer Series reached its sixth round of eight with the most local of the venues at Biddulph Country Park. In good conditions, twelve Harriers embarked on the four mile route, last year a number of runners picked up ankle injuries but pleased to report all Harriers made it through unscathed. Anthony Allan was again at the head of the bunch finishing seventh overall in 26:44, with Charmaine Wood next in 57th in 32:53 followed by Steve Webb 70th in 33:17 cheered on by his son Conall who made the team photo this week. Mel Worthington lead the way for her age category seeing off twelve rivals to finish 73rd in 33:33. The other places went as follows; Polly Kennerley 78th 33:46, Alice Nimmo 80th 33:51, Lucy Rusbridge 82nd 34:17, Debbie Hill 106th 36:33, Tony Smith 112th 37:12, Harry Stubbs 124th 38:01, Dave Taylor 136th 39:33 and it was excellent to see Rich Benson back in a Congleton Harriers vest racing again after four years in 154th 41:38.



Harriers at Biddulph Summer Series with chief cheer leader Conall Webb

The International Snowdon race has long been drawing Congleton Harriers to its challenge, the ten mile race starting in the village of Llanberis and taking the path of the same name up to the summit and back down again is now in its 42nd incarnation. It was damp morning down at the start and conditions on the mountain were bleak with strong cross winds, rain and fog. The race attracts a top-quality field of elite runner from the home nations and Italy and indeed it was Italian Davide

Magnini who won it in a time of 1:06:42, first woman to finish was England's Annie Conway in 1:20:15. Two Congleton Harriers made the trip across the border to take part, both with the intention of completing the race with its 1,085m of ascent in under two hours, a target that was smashed by both runners with Emma Weston crossing the line in 212th place in 1:39, 2nd in her age category and Jo Moss 324th in 1:48 5th in the same age category.



Emma Weston and Jo Moss at Snowdon International Race 2017

On Sunday Chris Moss and Dave Taylor were taking on a race of just 3.4 miles but the 'Up the Nab fell race features 1,150ft of climbing and just 45 other competitors joined them. The early rain departed and by the time the race started at 11:00 conditions were good. Moss put in a fine performance to finish 9th overall in 33:53 and was first in his age group. Taylor lost some time and possibly positions as he took a minor deviation from the marked course and ended up 42nd in 48:18.



Chris Moss (203) at Up the Nab fell race 16.07.2017



Dave Taylor at Up the Nab fell race 16.07.2017

Congleton Harriers run three times a week from the leisure centre and if you would like more information please visit congleton-harriers.co.uk