

Midweek racing for six Congleton Harriers last Wednesday, four of them were taking on the Forest Five multi terrain race, a change of route for this year meant it was closer to being a Forest Six. The race started at the Leather's Smithy pub and immediately the 126 runners made their way up into the forest for the first two miles before coming out at Standing Stones carpark, a downhill section followed toward Ridgegate reservoir before a hairpin turn and a sprint for the finish line back at the visitors centre. Chris Moss was 13th overall in 43:22, after just three full days of rest having taken part in the International Snowdon race Jo Moss was 33rd overall and 5th female finisher in 48:14, Rob Soames was 87th in 57:54 and Martin Sands was 92nd in 58:10. This year the race was held in memory of former Macclesfield Harrier John Kershaw who recently died, proceeds from the race are being donated to Cheshire East Hospice.

Over in Bramhall, two more Harriers were taking part in the Foodbank 5k, the second of a three-race series with the final round on August 23rd. Another multi terrain event run on paths and trails of the Happy Valley, donations and funds are passed on to Stockport foodbank. Rob Parkin was 87th in 31:11 making good progress on his return from injury and Beth Cliff marked her racing return after also being out injured by coming 119th in 34:54.

On Thursday night, it was the penultimate round of the Summer series, with runners taking on 5.5 miles of road, field and fell and the hill at Wetton. A dozen Harriers were in the field of 145, with Anthony Allan putting in a top five performance crossing the line in 41:39, James Yates was 49th in 50:27 and Charmaine Wood was 56th in 51:10 just a couple of places ahead of Steve Webb who finished in 52:03. Polly Kennerley was 61st in 52:20 and Mel Worthington won her age category again as she finished in 52:53 for 63rd place, the other six finishers were as follows; Lucy Rusbridge 69th 53:15, Paul Crean 77th 54:41, Alice Nimmo 78th 54:53, Dave Taylor 110th 60:25, Harry Stubbs 112th 61:00 and Helen Jeffery 116th 63:10. The Summer series takes a break this week with its final race at Leek Cricket club on August 3rd.

Congleton Harriers were in action in the Snowdonia national park for the second week running with a trio taking part in the gruelling trail marathon. From the fog and driving rain a week previous, the 478 who finished the race started under cloudless skies and rising temperatures, Debbie Hill was the first to cover the marathon course, although all of the competitors could reasonably argue they'd completed an ultra with watch measurements coming in closer to 30 miles than the traditional 26.2. Hill finished 340th and third in her age category in 6:45:52, Suzanne Roebuck and Polly Kennerley were 429th and 430th in 7:13:39 and 7:13:42 respectively. Afterwards experienced ultra runner Roebuck, said it was toughest route ever and never again, which pretty much guarantees she'll be back next year!



I-r Roebuck, Hill and Kennerley at Snowdonia Trail Marathon 23.07.2017

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