

Last Saturday Bryan Lomas made another appearance in the Manchester Cross Country League, with a trip out to Kenworthy Woods, the last round before the Christmas break with the final two fixtures coming in the New Year. Over four hundred were on the start line for the men's race held over a distance of approximately six miles. A small loop to start followed by three larger laps all of which took the runners through the start/finish areas multiple times where the bulk of the crowd were on the side-lines to cheer vociferously and spur every contender on. 41 minutes and 53 seconds later it was over, and Lomas placed 175<sup>th</sup> in what he felt was a disappointing performance but there's always Woodbank and Wythenshawe park fixtures to look forward to in 2018.



*Bryan Lomas at MCCL fixture Kenworthy Woods 02.12.2017*

The following day Lomas was joined by four of his club mates for the multi terrain, Newcastle Dales Dash, now in its 14<sup>th</sup> year the race attracted 242 runners. It really is a true multi-terrain event with surfaces changing from tarmac, limestone paths across grass and some wooden boardwalks as the 10k course weaves through Apedale and Lymedale. Anthony Allan was the fastest Harrier on the

day, crossing the line in 13<sup>th</sup> place in a time of 41:57, Chris Moss was 21<sup>st</sup> in 43:41 with Bryan Lomas 35<sup>th</sup> in 45:31. Jo Moss and Lucy Rusbridge were 6<sup>th</sup> and 7<sup>th</sup> female finishers overall with Moss 78<sup>th</sup> in 50:10 and Rusbridge 89<sup>th</sup> in 51:01.



Anthony Allan at Newcastle Dales Dash 03.12.2017

photo Bryan Dale



Jo Moss at Newcastle Dales Dash 03.12.2017

photo Bryan Dale

Over in Stockport, four Harriers took on the 10 mile undulating course, with a start/finish at the Woodbank Stadium, the course has two challenging climbs, one at the halfway point and the other

with just a mile and half to go. Jason Jones the quickest of the quartet finishing 268<sup>th</sup> in 1:14:57, Helen Jeffery 426<sup>th</sup> in 1:19:55, Rob Soames 510<sup>th</sup> in 1:24:36 and Rob Parkin 598<sup>th</sup> in 1:25:50



*Soames, Parkin and Jones at Stockport 10 03.12.2017*

Congleton Harriers run three times a week from the leisure centre for more details take a look at their new website at [congleton-harriers.co.uk](http://congleton-harriers.co.uk)