

On a Tuesday evening you will usually find Congleton Harriers setting off on a training run from the leisure centre, but last Tuesday 22 of them were at the Horseshoe Inn at Astbury for the internal club handicap race known as the Horseshoe Hobble, each runner is graded based on previous race results and sets off on the two lap, 5.8 mile course, slower runners set off first the faster ones later everyone with an equal chance of winning the coveted 3 horseshoes trophy. Bryan Lomas was the fastest man finishing the course in 37:06 but with after his time was adjusted by 16 and half minutes!! he was in 8<sup>th</sup> place, a similar fate for fastest woman Jo Moss with her 42 minute finishing time adjusted to 53:30 it put her down to 6<sup>th</sup> place. It fell to Rob Soames to come away as the evenings winner, crossing the line in 50:50 with only a further 60 second time adjustment meant there was mantelpiece clearing to do when he got home.

Combining cycling with running and you have the sport of Duathlon, and four Congleton Harriers were at Darley Moor race track in Derbyshire on Sunday to take on the 5km run, the 20km bike ride followed by a further 5km run. Gareth Evans bagged the top spot of the four, finishing an impressive 20<sup>th</sup> overall with a total time of 1:13:34 placing him 2<sup>nd</sup> in his age category, Chris Moss was 27<sup>th</sup> and 3<sup>rd</sup> in his age category with a total time of 1:16:26. Jack Sargeant was also third in his age category finishing 49<sup>th</sup> overall in 1:26:57. Beth Cliff was 58<sup>th</sup> overall with a time of 1:34:14 which saw her walk away with first prize in her age category.



*Beth Cliff, Chris Moss, Jack Sargeant and Gareth Evans at Darley Moor Duathlon 28.08.2016*

Earlier in the year a number of Harriers had driven over to Bollington to do a recce' run of the 10k course, on Sunday it was the race for real and the practice paid off with a number of quality performances. The first mile is relatively flat before the long climb over the next mile as the runners make their way out of Bollington towards Pott Shrigley, fortunately what goes up in this case also comes down and the final 3.5 miles are quite kind to the 279 that took part. Mikko Kuronen was the leading Harrier and the sixth finisher overall in a time of 38:45 taking first prize in his age category and nearly two minutes clear of his next age category rival. Paul Steel was the next yellow vest to finish, crossing the line in 43:25 for 29<sup>th</sup> place, Rob Parkin was 84<sup>th</sup> in 49:06 just ahead of Mike Stanley in 87<sup>th</sup> who, with his 49:11 time took over 3 minutes of his 10k PB. Nigel Poole was 94<sup>th</sup> in 50:11, Emma Hall was 154<sup>th</sup> with a new PB time of 55:16 and Louise Poole was 173<sup>rd</sup> in 56:45.



*L-R Nigel Poole, Louise Poole. Rob Parkin, Emma Hall, Mikko Kuronen, Mike Stanley*

Congleton Harriers run three times a week from the leisure centre and always welcome new members for more information visit their website [congleton-harriers.co.uk](http://congleton-harriers.co.uk)