

Congleton Harriers - Results

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Sunday 30th August - Bollington 10K - (287 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Mikko Kuronen	15	38:46	M55	1/27(1st)	81.43% rating (1st.)
Simon Higgins	55	44:39	M40	12/46	
Jo Moss	64	45:47	F40	3/33	F40 prize and 4th Lady
Rob Parkin	83	48:09	M40	17/46	

Saturday 29th August - Ras Beca - Crosswell, Pembs - 5 miles/ 1050 ' ascent - (75 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Charmaine Wood	30	52.03	F	4th Lady	

Tuesday August 18th Horseshoe Hobble (21 ran)

Full Name	Position	Handicap	Handicap Time	Actual Time	Comments
Tony Smith	1	4	49:58	45:58	Trophy Winner
Craig Hewitt	2	14	51:57	37:57	3rd. Fastest Man
Rob Parkin	3	7:30	52:00	44:30	
Rich Benson	4	0	52:09	52:09	
Jo Moss	5	11	52:20	41:20	Fastest Lady
Chris Moss	6	15:30	52:28	36:58	2nd. Fastest Man
Phil Dawson	7	9	52:35	43:35	
Bryan Lomas	8	16:30	52:57	36:27	Fastest Man
Simon Higgins	9	10	53:19	43:19	
Charmaine Wood	10	12	53:44	41:44	2nd. Fastest Lady
Paul Birdsall	11	7	53:52	46:52	
Sarah Jane Poole	12	7	54:48	47:48	3rd. Fastest Lady
Louise Poole	13	3	55:00	52:00	
Nigel Poole	14	7:30	55:13	47:43	
Fliss Doyle	15	3	55:17	52:17	
Chris					
Hewittson	16	12	56:23	44:23	
Nigel Wright	17	7:30	57:30	50:30	
Carolyn Charlesworth	18	8	57:58	49:48	
Polly & Elsie	19	3	61:00	58:00	
Jamilla Gaskell	20	3	61:00	58:00	
Martin Rous	21	7	63:25	56:25	

Saturday August 15th - Race the Train Race - Tywyn - 14 miles - (920 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Mikko Kuronen	86	01:38:58	V55	3/57	
The Train		01:47:46			

Thursday 13th August - Leicester Summer Series- 5K - (130 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Ian Prime	45	22:22	MV50	6/15	

Saturday 8th August - Teggs Nose Fell Race - Macclesfield - 8.0 miles /1722 ' ascent - (122 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Craig Hewitt	24	70:00	MSEN	13/25	
Pete Carvell	29	70:58	M40	4/12	
Dave Taylor	85	92:04	M65	6/7	

SMAC Summer Series Final Results Summary - Qualifying races 7 - 10 race data: 49 miles . 7918' ascent

Full Name	Category Position	Ranking Points	Category	Gender Rank	Comments
Michelle Matthews	5/14	40	F16	16	
Polly Kennerly	2/8	23	F45	15	Prize Winner
Debbie Hill	1=/3	9	F55	14	Joint 1st. Prize
Craig Hewitt	11/29	107	M16	16	
Rob Parkin	10/10	91	V40	65	
Bryan Lomas	3/8	16 *	M45	9	* 6th Vet Team
Paul Crean	7/11	55*	M55	57	
Dave Taylor	4/6	20*	M65	60	
Teams	Category Position	Category			Comments
Michelle Matthews, Debbie Hill, Polly Kennerly	4/9	Open Women			
Bryan Lomas, Craig Hewitt, Paul Crean	8/19	Open Men			
Bryan Lomas, Dave Taylor, Paul Crean	6/10	Vet Men			

Thursday 7th August - Leek Cricket Club (SMAC Summer Series) - 5.00 miles / ascent - (133 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Craig Hewitt	20	36:45	M16	18/35	
Polly Kennerley	76	44:19	F45	3/7	
Nigel Poole	77	44:28	M55	7/14	
Debbie Hill	81	44:55	F55	3/4	
Rob Parkin	90	46:05	M40	11/11	

Dave Taylor	93	46:39	M65	4/6	
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Thursday 7th August - Sale Sizzler - 5 Km - (497 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Mikko Kuronen	143	19:10	V55	4/35	
Ian Prime	297	22:01	V50	25/32	

Wednesday 6th August - Pie & Peas 5 - Winsford - 5 miles - (351 ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Sara Stead	208	41:32	V40	10/27	

Sunday 2nd. August - Dovedale Dipper Challenge Run - Hartington - 26.5 miles/ 4000' ascent -(ran)

Full Name	Position	Time	Category	Pos in Cat	Comments
Suzanne Roebuck		6.03.00			
Ali McNinch		6.16.00			

Saturday 1st. August - Borrowdale Fell Race - 17 miles /6,562 ' ascent - (286 ran)

Full Name	Position	Ranking Points	Category	Pos in Cat	Comments
Pete Carvell	182	4:48:28	V40	35/46	

Saturday 1st. August - Congleton Parkrun (168 Ran)

Full Name	Position	Time	Category	Pos in Cat	Grade %
Mikko Kuronen	12	19:30	VM 55	1/12	79.49%
Nigel Poole	37	23:00	VM 55	5/12	67.97%
Paul Birdsall	66	25:06	VM 40	9/15	55.18%
Steve Dunn	70	25:20	VM 50	3/12	58.68%
Emily Heptonstall	92	27:20	SW 25	1/3	54.21%
Louise Poole	100	27:57	SW 30	1/4	53.14%
Sarah Richards	148	33:48	VW 40	5/6	46.55%
Roja Stevenson	165	41:08	VW40	6/6	37.68%

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