

Congleton Harriers - Results

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Sunday 27th September - Macclesfield Half Marathon - (655 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Brian Evans	9	1:24:52	M50	1/59	Prize Winner
Paul Steel	90	1:38:09	M45	15/62	
Lucy Rusbridge	401	2:00:45	F45	11/32	
Ali McNinch	496	2:08:16	F45	18/32	

Sunday 27th September - Macclesfield 5K - (156 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Jo Moss	17	21:17	F40	1/10	4th Lady
Helen Jeffrey	79	30:05	F35	5/16	

Sunday 27th September - Berlin Marathon - 27,900 finished

Full Name	Postion	Time	Category	Pos in Cat	Comments
Jack Sargeant	8790	03:37:47	MH		PB

Saturday 26th September - North Staffs CC League - Winsford

Ladies 3.2 miles - 202 ran - Team total score, top 4, 243 - 7th Position in Division 2

Full Name	Postion	Time	Category	Pos in Cat	Comments
Jo Moss	28	23:49	W40	9/46	
Michelle Matthews	43	24:52	W35	7/30	
Vicii Kirkpatrick	82	26:41	W40	22/46	
Maria Jensen	90	27:10	W35	14/30	
Mel Worthington	102	27:49	W40	27/46	
Debbie Steel	109	28:11	W40	28/46	
Fliss Doyle	157	31:43	W55	9/14	
Beth Cliff	166	32:10	SW	43/46	
Jamilla Gaskill	177	33:21	W35	28/30	

Mens 6.5 miles - 300 ran - Team score , top 6, 669 - 10th Position in Division 1

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	59	41:21	M45	5/52	
Chris Moss	87	42:53	M45	10/52	
Mikko Kuronen	92	43:04	M55	4/19	
Pete Carvell	104	43:34	M40	23/56	
Alex Till	125	44:58	SM	59/104	
Phil Dawson	202	49:10	M60	7/13	

Carl Taylor	239	52:45	SM	94/104	
Paul Crean	266	55:45	M55	15/19	
Paul Birdsall	273	57:22	M40	54/56	
Steve Pullen	284	60:26	M60	11/13	
Dave Taylor	288	61:08	M65	10/10	

Sunday 20th September - English Half Marathon - Warrington - (2191 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Rob Parkin	479	1:42:10	V40	142/490	7 min quicker than April

Sunday 20th September - The Grand Aintree 10K - (693 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Ian Prime	101	45:44	M50	8/41	
Carolyn Charlesworth	173	49:28	L40	3/45	
Paul Birdsall	208	50:57	M40	21/55	
Louise Poole	334	55:36	FSEN	31/119	

Saturday 19th September - 3 Shires Stones Fell Race 12.4 miles - 4004ft climb)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Pete Carvell	132	02:50:00	M40		

Saturday 19th September - Lantern Pike - Hayfield - 5miles/1050' ascent- (151 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	14	38:37	V45	2/14	V40 prize winner
Mikko Kironen	18	40:04	V55	2/15	

Sunday September 13th - Gawsworth 10K - (348 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Mikko Kironen	11	40:48	V55	1/19	Won more wine
Simon Higgins	39	45:50	V40	5/27	
Paul Sellers	54	47:50	V55	5/19	
Michelle Matthews	58	48:11	L35	4/40	
Rob Parkin	82	50:17	V40	13/27	
Paul Moses	114	52:51	V50	14/24	
Carolyn Charlesworth	125	53:52	L40	4/26	
Rob Soames	158	56:09	V40	22/27	
Sara Stead	261	64:41	L40	15/26	

Sunday September 13th - Gawsworth 5K - (75 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Helen Jeffrey	35	35.62	L35	2/4	

Sunday September 13th - Great North Run - Newcastle -U- Tyne - 13.1 miles -(40880 finished)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Sarah-Jane Poole	7392	1:52:51	L20-34	507/6966	PB

Thursday September 10th - Bramhall Food Bank 5K - 5.5 K ! - (132ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Rob Parkin	48	27.5	V40	14/26	

Sunday September 6th - Shelf Moor Fell Race - Glossop - 5.7 miles/1499' ascent - (98ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	27	55:04	M45	3/10	
Michelle Matthews	62	64:21	Fsen	3/7	5th Lady
Gayle Evans	70	65:43	F45	1/4	1st. F45
Debbie Hill	73	67:20	F55	1/2	1st F55
Jo Moss	82	69:46	F40	4/7	
Lucy Rusbridge	93	82:14	F45	5/5	

Sunday September 6th - Salford 10K - (2785 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Carolyn Charlesworth	938	51:17	FV40	35/237	

Sunday September 6th - Sandbach 10K - (139ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Mikko Kuronen	7	39:01	M50	1/12	1st. M50
Craig Hewitt	19	42:43	MS	9/38	

Saturday September 5th - Congleton Parkrun (185 Ran)

Full Name	Postion	Time	Category	Pos in Cat	Grade %
Chris Moss	13	19:08	VM 45	2/16	74.13
Ian Prime	33	21:52	VM 50	4/17	67.45
Jamie Moss	35	22:15	JM11-14	2/5	63.75
Matt Plummer	53	23:40	VM 40	8/17	58.10
Jackie Ann Moss	139	28:59	VW 35	5/12	51.35
Helen Jeffrey	150	31:12	VW 35	8/12	48.08
Sarah Richards	185	47:30	VW 40	7/7	33.12

Saturday September 5th - Longshaw Fell Race - 6 miles/1000-'ascent - (130 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	17	47.45	M40	6/27	No M45 category

Friday September 4th. - Great Longstone Fell Race - 4.8miles/900' ascent - (96 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	12	32.29	M40	5/37	No M45 category

Tuesday September 1st. - Barrel Inn Fell Race - Eyam - 6.5 miles/1518 'ascent - (123 ran)

Full Name	Postion	Time	Category	Pos in Cat	Comments
Bryan Lomas	11	47.02	M40	4/35	No M45 category

