

# Congleton Harriers - Results

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## Saturday 30th July - CONGLETON PARKRUN (190 ran)

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Arron Abdi Tehrani	16	19:57	M15	4/6	67.67%
Nigel Poole	45	23:15	M55	3/15	67.81%
Steve Dunn	54	24:27	M50	8/22	61.28%
Rob Soames	69	25:09	M40	8/11	55.07%
Emma Hall	79	25:39	F35	1/3	59% 1st Park Run
Louise Poole	101	27:16	F25	1/2	54.28%
Ian Prime	102	27:17	M50	12/22	54.49%
Andy Billingsley	120	28:35	M50	14/22	52.89%

## Saturday 30th July - MEERBROOK 15K - (338 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Craig Hewitt	104	74:36	M		
Rob Parkin	154	79:39	M45	26/54	
Steve Webb	178	82:44	M40	29/58	

## Wednesday 27th July - MILLBROOK MONSTER - Stalybridge Country Park - 10k - (213 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Rob Parkin	113	56:12	M45	16/21	M45 debut !

## Wednesday 27th July - BLACK KNIGHT CHARGE - Daisy Nook - 6 miles - (106 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	9	40:20	M55	1/7	Race PB by 27 seconds
Ian Prime	65	51:28	M50	8/12	

## Saturday 23rd July - CONGLETON PARKRUN (157 ran)

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Mel Worthington	18	21:42	F40	1/15	72.5% PB! and 3rd lady
Nigel Poole	45	23:29	M55	4/14	67.14%
Nick Budd	47	23:34	M50	8/17	64.14%
Steve Dunn	59	25:19	M50	11/17	59.18%
Paul Birdsall	61	25:23	M40	5/11	55.02%
Rob Soames	62	25:31	M40	6/11	54.28%
Louise Poole	96	27:58	F25	2/4	52.92%

Andy Billingsley	99	28:20	M50	15/17	53.35%
Harold Pinkney	111	29:26	M60	5/5	56.46%

**Thursday 21st. July - WETTON (SMAC SUMMER SERIES) - 5.5 miles/990' ascent - (122 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Nigel Poole	73	57:16	M55	5/9	
Steve Webb	96	65:12	M40	18/19	Return from injury
Harry Stubbs	101	66:13	M65	4/4	

**Wednesday 20th July -FOREST 5 - Langley - 5.5 miles- (130 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	15	39:02	M50	2/17	Charity race - no prizes
Jo Moss	45	45:32	F40	3/19	4th Lady
Mel Worthington	68	48:11	F40	7/19	
Ian Prime	73	48:48	M50	11/17	
Nick Budd	82	50:16	M50	13/17	
Mike Stanley	86	51:12	M40	28/33	
Nicole Richards	91	51:39	F	11/21	
Rob Soames	98	53:44	M40	32/33	
Maria Jensen	100	53:53	F	13/21	
Claire Cheetham	105	54:59	F	15/21	
Dave Taylor	106	55:09	M60	12/14	
Louise Poole	109	56:21	F	18/21	
<b>Interclub Challenge:</b>					<b>Congleton Harriers 3rd.</b>

**Sunday 17th July - TRENTHAM 10K - (184 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Chris Moss	24	42:12	M45	6/23	
Jo Moss	55	46:27	F45	2/6	7th Lady
Tim Harden	118	55:28	M45	21/23	

**Saturday 16th July - SNOWDON INTERNATIONAL MOUNTAIN RACE- 9.6 miles / 3261' ascent - (534 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Michelle Stevens	344	1:51:02	F	20/46	
Polly Kennerley	374	1:54:49	F45	7/20	
Ali McNinch	487	2:10:19	F45	13/20	
Suzanne Roebuck	509	2:17:13	F45	16/20	Fell, Badly cut, but finished
Lucy Rusbridge	514	2:19:20	F45	17/20	

**Saturday 16th July - CONGLETON PARKRUN (189 ran)**

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Bryan Lomas	4	18:41	M45	1/17	76.45%
Chris Moss	25	21:54	M45	4/17	65.22%
Mike Stanley	29	22:27	M45	5/17	63.62%
Paul Crean	30	22:37	M55	2/10	70.30%
Nigel Poole	42	23:51	M55	4/10	66.11%
Dave Taylor	74	26:39	M65	3/5	63.54%

**Thursday 14th July - BIDDULPH COUNTRY PARK (SMAC SUMMER SERIES) - 4 miles -(157 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	15	28:42	M45	2/23	
Chris Moss	23	29:30	M45	4/23	
Paul Steel	54	33:04	M45	10/23	
Jo Moss	60	33:14	F45	4/13	
Charmaine Wood	88	35:58	F23	4/12	
Nigel Poole	90	36:06	M55	4/8	
Dave Taylor	111	39:21	M65	2/4	
Harry Stubbs	128	42:16	M65	4/4	
Harold Pinkney	148	46:53	M60	7/8	
Sarah Poole	DNF				Badly sprained ankle
<b>Junior Race (25 ran)</b>					
Jamie Moss	6	15:04	JM 15	2/2	

**Sunday 10th July - PEAK FOREST FELL RACE- 6 miles - (71 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	6	45:23	M45	2/	
Craig Hewitt	12	49:30	M		
Jo Moss	26	54:05	F45	2/	4th. Lady
Michelle Stevens	38	56:47	F	3/	

**Saturday 9th July - BUXTON CARNIVAL 4 - 4 miles - (174 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	18	24:31	M45	3/17	
Rob Parkin	52	29:52	M40	9/24	

**Saturday 9th July - CONGLETON PARKRUN (175 ran)**

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Paul Steel	20	21:09	M45	2/18	69.19%
Michelle					

Matthews	38	23:04	F35	1/5	65.61%
Ian Prime	45	23:29	M50	10/21	63.31%
Maria Jensen	57	24:23	F35	2/5	62.34%
Steve Dunn	60	24:36	M50	14/21	60.91%
Paul Birdsall	68	25:23	M40	9/12	55.02%
Jackie Moss	87	26:33	F35	3/5	56.69%
Andy Billingsley	107	28:20	M50	19/21	53.35%

**Thursday 7th July - THE WIZARD 5 - Alderley Edge - 4.6 miles - (246 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	15	31:19	M55	1/7	V55 prize
Paul Steel	45	34:48	M45	10/26	
Nick Budd	68	36:50	M50	8/22	
Ian Prime	71	37:04	M50	9/22	
Rob Parkin	86	37:56	M40	15/26	
Michelle Matthews	105	38:59	F35	5/13	
Claire Cheetham	124	41:02	F		
Dave Taylor	145	42:42	V65	4/5	
Louise Poole	156	43:47	F		
Paul Birdsall	158	43:50	M40	25/26	

**Sunday 3rd July -SOUTHPORT HALF MARATHON - (1142 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Laura Stubbs	397	1:47:41	F	21/111	

**Sunday 3rd July - POTTERIES MARATHON - 1483' ascent ! - (414 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	10	3:03:18	M45	2/45	
Rob Parkin	90	3:47:40	M40	19/55	

**Sunday 3rd July - ALDERLEY BYPASS 5 MILE - (750 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	33	30:34	M55	1/27	1st M55 prize
Jo Moss	82	33:34	F45	2/57	PB. 7th of 371 Ladies
Paul Steel	100	34:23	M45	16/64	
Nick Budd	120	35:51	M50	16/55	
Mike Stanley	137	36:12	M45	23/64	PB
Paul Crean	150	36:46	M55	7/27	PB
Nigel Poole	174	37:33	M55	8/27	
Jackie Moss	365	43:13	F	41/148	PB
Paul Birdsall	367	43:15	M40	57/71	
Dave Campbell	467	46:37	M55	23/27	

Cathy Dean	560	50:05	F	95/148	
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### Saturday 2nd July - CONGLET ON PARKRUN (240 ran)

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Arron Abdi Tehrani	12	19:29	M15	2/4	69.29% PB!
Craig Hewitt	23	20:17	M30	3/9	64.67% 20 Pacer
Chris Moss	35	22:11	M45	6/30	64.39% 22 Pacer
Ian Prime	36	22:19	M50	6/24	66.62%
Nigel Poole	38	22:27	M55	1/16	70.23%
Steve Dunn	78	24:36	M50	11/24	60.91%
Rob Soames	81	24:45	M40	6/16	55.96%
Bryan Lomas	86	24:56	M45	15/30	57.29% 25 Pacer
Lucy Rusbridge	99	25:55	F45	3/13	61.86%
Helen Jeffrey	134	27:29	F35	2/7	54.58%
Jackie Moss	143	28:03	F35	3/7	53.65% 28 Pacer
Louise Poole	181	30:59	F25	5/8	47.77% 31 Pacer
Nick Budd	210	34:13	M50	24/24	44.18% 34 Pacer

### Saturday 2nd July 00:00 hrs - ULTIMATE TRIALS - Ambleside and beyond - 67 miles - (211 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Simon Higgins	58	16:59:00			Rained all day !

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