

# Congleton Harriers - Results

[Home](#)[About](#)[Diary](#)[Races](#)[Competitions](#)[Results](#)[Contact](#)[Links](#)

[Home](#) > [Results](#) > June 2016

**Press Reports:** [August 7th](#) [August 14th](#) [August 21st](#) [August 28th](#)

**Tuesday August 30th - QUEENS PARK 5K RACE SERIES(RACE 3) - Crewe - (160 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	23	18:48	M55	1/11	82.89%
Chris Moss	24	18:51	M45	1/12	75.95%
Paul Steel	50	20:22	M45	3/12	71.85%
Jo Moss	53	20:32	F45	2/11	76.54% and PB
Mel Worthington	66	21:18	F40	4/17	73.16% and PB
Ian Prime	76	22:21	M50	5/9	
Nigel Poole	81	22:57	M55	5/11	
Sarah Poole	85	23:07	F	8/15	PB
Rob Parkin	90	23:40	M45	7/12	
Paul Birdsall	101	25:02	M40	12/12	
Harry Stubbs	119	26:47	M65	2/3	

**Tuesday August 30th - BARREL INN FELL RACE - Eyam - 6.5 miles/1509' ascent - (164 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	21	48:25	M40	6/42	No M45 category

**Sunday August 28th- DARLEY MOOR DUATHLON - 5k run / 20k bike / 5k run- (65 ran / biked)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Gareth Evans	20	01:13:34	M45	2/4	
Chris Moss		01:16:26	M45	3/4	
Jack Sargeant		01:26:57	M20	3/4	
Beth Cliff		01:34:14	F25	1/1	

**Sunday August 28th- BOLLINGTON 10K - (279 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	6	38:45	M50	1/34	
Paul Steel	29	43:25	M40	8/35	
Rob Parkin	84	49:06	M40	25/55	PB
Mike Stanley	87	49:19	M	26/55	
Nigel Poole	94	50:11	M50	17/34	
Emma Hall	154	55:16	F35	9/21	PB

Louise Poole	173	56:45	F	16/40	
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### Saturday 27th August - CONGLETON PARKRUN (196 ran)

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Chris Moss	15	19:43	M45	1/16	72.44%
Rob Parkin	57	23:28	M45	5/16	60.44%
Nigel Poole	62	23:47	M55	4/12	66.29%
Paul Birdsall	121	28:02	M40	17/22	49.82%

### Tuesday August 23rd - Horseshoe Hobble - 5.9 miles - (22 ran)

Full Name	Position	Handicap	Handicap Time	Actual Time	Comments
Rob Soames	1	1	51:50	50:50	Trophy Winner
Emma Hall	2	0	51:54	51:54	
Emma Weston	3	08:30	52:36	44:06	3rd fastest lady
Paul Steel	4	10:30	53:13	42:43	
Sarah Jane Poole	5	4	53:23	49:23	
Jo Moss	6	11:30	53:30	42:00	Fastest lady
Mel Worthington	7	10	53:36	43:36	2nd Fastest Lady
Bryan Lomas	8	16:30	53:36	37:06	Fastest Man
Nigel Poole	9	06:30	53:47	47:17	
Stuart Rider	10	13:30	53:52	40:22	3rd Fastest Man
Chris Moss	11	15:30	54:55	39:25	2nd Fastest Man
Louise Poole	12	1	55:23	54:23	
Tony Smith	13	4	55:24	51:24	
Craig Hewitt	14	15	55:29	40:29	
Paul Birdsall	15	2	56:47	54:47	
Debbie Hill	16	4	57:14	53:14	
Martin Rous	17	2	57:44	55:44	
Harry Stubbs	18	2	57:59	55:59	
Suzanne Roebuck-Lawrenson	19	4	58:29	54:29	
Rob Parkin	20	10	58:43	48:43	
Arron Tehrani	21	13	59:28	46:28	
Ellie Linsell	DNF	05:30			Took a wrong turning and didn't complete the course

### Sunday 21st August - BELPER RUGBY ROVER - 30K - (184 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan					

Lomas	10	2:20:23	M40	4/47	No M45 category
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### Sunday 21st August - BIRCHWOOD 10K - (1012 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Jo Moss	143	42:32	F45	2/59	
Craig Hewitt	144	42:35	M	72/264	
Paul Steel	164	43:12	M45	19/85	
Paul Crean	291	47:06	M55	14/44	
Michelle Stevens	476	52:27	F35	20/62	
Paul Birdsall	492	52:51	M40	61/95	
Tim Harden	496	52:52	M45	52/85	

### Saturday 20th August - CONGLETON PARKRUN (171 ran)

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Arron Abdi Tehrani	16	20:26	M15	3/5	66.07%
Emma Weston	34	22:16	F40	1/9	70.66% PB!
Ian Prime	39	22:50	M50	4/14	65.11%
Craig Hewitt	40	22:51	M30	4/8	57.40%
Nigel Poole	51	23:36	M55	3/11	66.81% 100th Park Run!
Paul Birdsall	70	25:54	M40	7/11	53.93%
Louise Poole	100	28:11	F25	3/11	52.51%

### Saturday 20th August - RACE THE TRAIN - Tywyn - 14 miles - (834 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	53	01:41:13	M55	1/46	M55 Winner
The Train		01:48:00		1/1	

### Saturday 13th August - CONGLETON PARKRUN (195 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Jo Moss	18	21:26	F45	1/12	74.11%
Jack Sargeant	22	21:43	M20	1/5	59.40%
Mike Stanley	28	22:14	M45	4/18	64.24%
Nigel Poole	35	22:52	M55	2/14	68.95%
Tony Smith	51	24:11	M60	1/3	66.92%
Ellie Dick	57	24:32	F35	2/13	61.35%
Steve Dunn	56	24:29	M50	6/15	61.20%
Rob Soames	68	25:26	M40	7/12	54.46%
Louise Poole	116	28:34	F25	1/6	51.81%
Ian Prime	180	35:15	M50	15/15	42.17%

**Saturday 13th August - TEGG'S NOSE FELL RACE - Sutton - 7.8 miles/ 1722' ascent - ( 117 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	17	62:31	M55	2/10	M55 winner 58:20 -4th
Stuart Rider	34	67:54	M	13/23	
Craig Hewitt	40	69:03	M	15/23	
Dave Taylor	93	86:13	M65	5/5	M65 winner 68:57 !
Grant Silk	108	98:06	M60	9/9	

**Wednesday 10th August - 2nd Bramhall Foodbank 5k (142 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Ian Prime	65	28:12	M50	10/21	
Rob Parkin	74	29:03	M40	24/29	
Beth Cliff	102	32:09	F	9/11	

**Sunday 7th August - BLACKPOOL AIR SHOW 10K - (253 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Mikko Kuronen	21	39:29	M55	3/22	

**Sunday 7th August - LEEK HALF MARATHON - (163 ran)**

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	10	1:28:17	M45	2/28	
Emma Weston	60	1:48:29	F40	2/8	First Harriers Race

**Saturday 6th August - CONGLETON PARKRUN (192 ran)**

Full Name	Position	Time	Category	Pos In Cat	% for age + Comments
Paul Crean	40	21:54	M55	2/15	72.60%
Bryan Lomas	48	22:13	M45	5/21	64.82% Pacer
Maria Jensen	54	23:12	F35	1/9	65.52% PB!
Emma Weston	61	24:07	F40	2/9	65.24%
Steve Dunn	67	24:19	M50	10/18	61.62%
Emma Hall	80	24:52	F35	2/9	60.86% PB!
Jack Sargeant	89	25:17	M20	7/8	51.02% Pacer
Nick Budd	112	27:59	M50	16/18	54.02% Pacer
Louise Poole	151	30:57	F25	4/4	47.82% Pacer
Craig Hewitt	177	33:42	M30	7/7	38.92% Pacer

**SMAC SUMMER SERIES - Final Results Summary - 7 races to qualify.**

Full Name	Position	Time	Category	Pos In Cat	Comments
Nigel Poole	59/90		M55	4th	10 races
Harry					

Stubbs	82/90		M65	4th	8 races
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### Thursday 4th August - LEEK CRICKET CLUB (SMAC SUMMER SERIES) - 5 miles/ 650' ascent - ( 137 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Bryan Lomas	9	34:46	M45	2/18	
Paul Crean	70	42:52	M55	4/10	
Nigel Poole	82	44:29	M55	5/10	
Dave Taylor	102	47:37	M65	3/5	
Harry Stubbs	118	50:11	M65	5/5	

### SALE SIZZLERS 2016 RACE SERIES - 5km

Full Name	Position	Time	Category	Pos In Cat	Comments
<b>June 30th - (446 ran)</b>					
Ian Prime	246	21:40	M50	16/25	
<b>July 14th - (467 ran)</b>					
Mikko Kuronen	96	18:33	M55	1/28	Age Grade 84.01%
Ian Prime	266	21:45	M50	22/31	
<b>July 30th - (444 ran)</b>					
Ian Prime	291	22:34	M50	25/39	
<b>August 11th - (487 ran)</b>					
Ian Prime	293	22:03	M50	17/30	
Rob Parkin	350	23:25	M45	41/50	
Beth Cliff	421	26:02	F	48/59	

### Monday 1st August - CROSSGAR 10K - Northern Ireland - (176 ran)

Full Name	Position	Time	Category	Pos In Cat	Comments
Ian Prime	35	45:27	M50	N/A	PB by 4 seconds

[Home](#) > [Results](#) > [August 2016](#)

[Home](#) - [About](#) - [Diary](#) - [Races](#) - [Competitions](#) - [Results](#) - [Contacts](#) - [Links](#)