

Over an unusually hot bank holiday there were plenty of Congleton Harriers in action and despite the heat there were some impressive performances on show.

Pride of place goes to James Briscoe, who ran in the Tatton Park 10k, part of the 2018 "run through" series. The race is run on an undulating closed road route through the grounds of the beautiful Cheshire park. James set a fast pace of 35:57 to take first place out of a field of 500. Keeping James company at Tatton was Jenni Armitt who finished 237th in a time of 57:05.



James Briscoe

Photo: Run Through



James Briscoe Photo: Run Through

A large number of Harriers were in action at the 10th Bollington Brewing 3 Peaks fell race on Saturday; Officially the only fell race in the country to start and finish at a brewery, the race sees seasoned fell runners compete alongside relative novices. Set over 5.7 miles of challenging terrain, runners face a 1200 ft ascent traversing Kerridge Hill, White Nancy and Nab Hill. As compensation, however, the £10 entry fee also covers a free pint along with a tasty helping of chilli and a goody bag! No wonder it proves a popular draw for many runners! Out of the 285 who completed the race Antony Allan was the first of the eleven Harriers back with a top 10 finish, crossing the line in 8th place in a time of 43:43 followed by Charmaine Wood in 66th place and the 3rd lady home in a time of 51:59. Then came Dave Clark 74th in 52:29, Emma Weston 90th in 54:37, Paul Steel 106th in 57:24, Alice Nimmo 141st in 1:00:48, Helen Jefferey 160th in 1:02:42, Harry Stubbs 227th in 01:11:34, Sandra Jackson 237th in 1:13:00, Malcolm Jackson 238th in 1:13:04: 238 and Dave Taylor, continuing his return to racing, 259th in 1:15:46.



*Harriers enjoying a well-earned beer at Bollington*

Claire Cheetham, living and working in Spain, but still donning the yellow Harriers vest, competed in the Cruz Roja Valencia 5k, clocking a time of 21:32 in equally hot conditions to finish as 10th lady in 89th position.

Jo Moss was the sole Harrier today at the Uttoxeter half on Sunday. The half is part of a festival of running including a 10k and kids fun run put on by Uttoxeter Road runners. The course, which starts and finishes on Uttoxeter race course, is undulating with a steep climb at 7 miles and winds through country lanes. A well supported race by Uttoxeter's local residents makes this a race high up on Jo's favourites list. This year with temperatures well in to the 20s and not a cloud in the sky the undulating nature of the course was not the main challenge but keeping hydrated and avoiding over-heating was. Jo's time of 1.45 was some 10 minutes slower than her last running of the race in 2016. But as the heat had similar impact on other runners, was enough for Jo to come in as 8th lady and 1st V45.

Being the first Saturday of the month, it also meant the Congleton Harriers were back on Pacing Duty at the Congleton Park Run at Astbury Mere pacing at 22, 25, 28, 31 and 34 minutes (thanks to Brian, Michelle Louise, Louise, Rob and Nick). Park run only works because of the volunteers who give up their time to marshal & time record and this week

the duties were taken up by our local friends from Mow Cop Runners who also took the opportunity to plug the return of their Killer Mile race which takes place this Thursday; an event that is sure to interest a lot of Harriers.

Congleton Harriers run three times a week from the leisure centre on Monday, Tuesdays and Thursdays and always welcomes new members. Full details are on the Congleton Harriers website: [Congleton-harriers.co.uk](http://Congleton-harriers.co.uk).