

Another busy week of racing for the Harriers with plenty of mid-week action as the summer racing season gets into full swing.

Tuesday kicked off with the Round the Runway race starting from Mobberley. The five-mile race run on a slightly undulating course follows trails and paths that skirt round the perimeter of Manchester Airport. There were 7 Harriers amongst the 341 aviation fans competing. Charmaine Wood was first home for the Harriers flying round the course in 34:24 to finish first in age category, 7th lady home and 84th overall. There were no delays with the rest of the Harriers and next to land were Paul Steel, 103rd in 35:50, Mike Stanley 121st in 36:58, Helen Jeffery 194th in 40:51, Beth Cliff 223rd in 42:39, Martin 226th in 42:47 and the last scheduled Harrier was Liz Smart in 303rd place 50:41.

On Wednesday, Nick Budd was the sole Harrier facing the Wrekin Streak in Shropshire. A short but tough dash to the trig point and straight back down is the highlight of this 2.75m race with a continual 810' ascent. After a nightmare race last year, Nick was much happier with his performance this year reaching the top without stopping and returning home in a time of 27:59 finishing 94th out of 120 runners.

As predicted there were a good few Harriers at the Mow Cop Killer Mile event on Thursday – one of North Staffordshire's most famous runs and arguably one of the toughest boasting a one-mile ascent straight up to Mow Cop that includes a 550' continual climb and, in places, a 25% gradient. This is a course which certainly challenges runners mentally as well as physically. Stuart Rider put in strong performance to knock off the mile in a time of 8:56 finishing in 13th place out of 114 runners. Emma Weston was the next Harrier home completing the course in 10:32, crossing the line in 49th place followed by Steve Webb in 11:25 (49th), Archie Rusbridge in 11:25 (55th); Ben Lane in 11:37 (58th), Owen Burdett in 11:46 (60th) and Rob Soames in 12:05 (64th).

On Sunday Charmaine Wood was the single Harrier who made the long journey to the Blackpool to compete in the Fylde Coast Runners' Blackpool Beach 10k which is run on mainly hard packed sand from Blackpool's south pier to St Anne's pier and back - running on sand certainly requires stamina as it apparently burns about 30% more calories compared to a normal road run. Charmaine, however, was in fine form finishing 17th out of 112 runners, coming in as second lady home in a time of 39:41.

Also running on Sunday were Helen Jefferey, Suzie Kelly and Jackie Moss in the Market Drayton 10k, a very popular and well recognised race within the UK running community which is borne out by the field of 2263 runners taking part this year. Three great performances saw Helen achieve a new personal best of 48:30 to finish in 430th place, 12th out of 256 in her age category. Suzie followed her home in a time of 52:07 in 652nd place and Jackie crossed the line in 60:36 and 1180th place.



*Suzie Kelly, Helen Jeffery and Jackie Moss*

*Photos: S. Kelly and J Moss*

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).