

There was a choice of Road or Fell on Wednesday 16th May with two races both gaining popularity with Congleton Harriers. On the road it was the second outing for the Stone 5m, established last year as a charity event to raise funds for the Lymphoma Cancer Association. Bryan Lomas finished in 6th place out of the 262 runners, taking 1st place in the M45 category in a time of 32:19, Jo Moss followed in 30th place, 3rd lady overall and second in the F45 category, Lucy Rusbridge was next with a PB in 50th place in 38:57, then Ian Prime in 84th place in 43:30 and two places later Suzy Kelly in 43:35, also achieving a PB. Out on the hills, there were three Harriers at the Shining Tor Fell race. Dave Clark was first of the three Harriers home finishing 58th in a time of 49:08 on this 6.2-mile race which features three sequential climbs and a total ascent of 1020'. Dave was followed by Nick Budd in 169th place just sneaking home in under an hour in 59:18 and then by Helen Jeffery in 197th place in a time of 61:06.



Ian, Jo, Bryan, Lucy and Suzie at Stone

Photo Bryan Lomas

On Friday night Charmaine Wood put in another outstanding performance at the Hayfield May Queen fell race; a great little route up and down Lantern Pike just shy of 3 miles with about 580' of ascent. Charmaine's run saw her achieve her first ever fell race victory as first lady home in a time of 27:57 finishing in 38th place overall out of the 90+ runners taking part.

Hayfield proved to be a popular venue this week for the Harriers as Bryan Lomas and Lucy Rusbridge were back in action on Saturday at the Mount Famine fell race from Hayfield. At only 5 miles but with 1850' ascent it's a hard race. Warm and sunny weather also made for

hot racing conditions on a route that took the racers up to Mount Famine, then onto South Head, a long descent to the bottom of Dimpus clough before a return to the summit of Mount Famine and a final run back to Hayfield village. Bryan's ran well to get 20th place in a time of 57:03 which was also gave him first M45 on the day, so a good return to racing for Bryan. Lucy finished 83rd in a time of 1:14:47.

Sunday saw the 4th Annual Marathon Relay, hosted by Boalloy Running Club, held at Astbury Mere where the 26-mile distance is covered by a team of runners. 28 harriers took part split into 4 teams. It was a great event, great fun with some great times posted. Out of the 20 teams taking part the Harriers "A" team took 2hrs 53mins and won the event, the men's "B" team took 3hrs 1mins 3secs and came 3rd, the ladies "A" team took 3hrs 1mins 28secs coming 4th and the ladies "B" team took 3hrs 31mins and came 12th.



Harriers at Marathon Relay

Photo: Chris 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.