

There was a large turnout of Congleton Harriers at the latest instalment of the South Moorlands Summer Series on Thursday: two hilly laps at Biddulph Grange creating a four mile 698' ascent race with good dry conditions underfoot.

Out of the 168 runners taking part Bryan Lomas finished in 14<sup>th</sup> place (third in the M45 category) in a time of 28:39 followed by Chris Moss in 34<sup>th</sup> place in 30:48; Charmaine Wood was 44<sup>th</sup> 31:26; Jo Moss was 55<sup>th</sup> (and also 2<sup>nd</sup> in the F45 category) in 32:38; Polly Kennerley was 87<sup>th</sup> in 35:17; Nigel Poole was 103<sup>rd</sup> in 36:45, Steve Webb was 105<sup>th</sup> in 37:13, Debbie Hill in 37:44 (and 2<sup>nd</sup> in the F55 category), Ali McNinch was 158<sup>th</sup> and Jack McNinch 159<sup>th</sup> both in 43:18. Conall Webb was the last Harrier running and finished 36<sup>th</sup> in the fun run.

Saturday presented Lucy Rusbridge and Bryan Lomas with yet another opportunity to enjoy a carnival-based race: this time a four-mile road race at Buxton. Fantastic crowd support and an atmosphere to rival that of a big city marathon makes this one of the best summer races on the calendar for Bryan. Lucy had a storming run and took first place in the F45 category finishing 62<sup>nd</sup> in 31:10. Bryan didn't have a bad run either finishing 12<sup>th</sup> out of the 146 runners and 2<sup>nd</sup> in the M45 category in a time of 24:49.



*Lucy Rusbridge at Buxton*

*Photo Bryan Lomas*

Sunday was the biggie event of the week: the Snowdon trail marathon. This is a true test of endurance with a massive 5528' of ascent over a distance of 27.1 miles. Five Harriers proved equal to the challenge (three of whom had "warmed up" at the SMAC race on the Thursday). Helen Jeffery was the first Harrier home in 326<sup>th</sup> position out of the 656 runners in a time of 6:36:06 followed by Debbie Hill 426<sup>th</sup> in 7:06:44, Polly Kennerley and Suzanne Roebuck 518<sup>th</sup> and 519<sup>th</sup> in 7:29:21 and Ali McNinch 543<sup>rd</sup> in 7:42:46



Snowdon: Ali, Debbie, Poly and Suzanne

Photo Paul Crean



Helen post-race

photo Helen Jeffery



Suzanne and Poly off to the start

Photo Paul Crean

Finally a couple of club congratulations: first to the Suzie and Hamish, the new Mr and Mrs Roscoe, following their marriage on Saturday. Secondly to Anna and Craig Hewitt on the birth of their daughter Martha, hopefully a future Harrier in the making.

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).