

Maybe it's the start of the summer holidays, or the return to more usual weather conditions for the UK but it's a short report this week for the Congleton Harriers with only one runner and one race to report on.

Charmaine Wood was the sole harrier at the staffs knot 5 mile race. It is a bit of a trek over to Cannock Chase but Charmaine found the race well worth the hour's journey, being very well organised, chip timed and despite being classed as a "road race" she was very pleased to find that it was traffic free and along lovely trails. With a few inclines in the second half it made for a very enjoyable race. The enjoyment continued post-race with a great goody bag (rucksack, banana, gel and water. Charmaine was happy with her run, finishing 61st out of 368 runners; 5th lady overall and 2nd in her age category with a time of 34:35.

Still that gives a little space to elaborate on a few of the club's other official and unofficial runs. Tuesdays, during the summer, there is always an off road, trail type run. Typically 8-9 miles across the scenic Cheshire and Staffordshire countryside with usually a shorter run on offer at around 6 miles setting off from Congleton Leisure Centre at 7.00 (details are regularly posted on the club website and on the club Facebook page). There is also a regular Tuesday "away run" each month during the summer. Again a similar distance, but starting from further afield and followed by a bite to eat and a bit of a social gathering; this week sees one of those runs – a route around Wincle.

Relatively new to the club agenda are the Sunday morning social runs. Typically 7-8 miles, guided by a Harrier over one of their "favourite routes" in easy striking distance of Congleton. These runs are also open to runners from outside the club and provide a nice relaxed social run away from competition. Again, details are posted via the club's Facebook page. This week five runners braved the howling wind and rain to explore tracks and footpaths around Sandbach. More on some of the other runs in future weeks.



*Wet Harriers & friends*

*Photo Michelle Louise Stevens*

The club always welcomes new members with full details are on the Congleton Harriers website: [Congleton-harriers.co.uk](http://Congleton-harriers.co.uk). You can also find the club on Facebook with details of club activities posted regularly.