

One update to last week's report as there was in fact another race with Congleton Harrier involvement to report on: Pete Carvell and Simon Higgins both participated in the Montane Lakeland 50 which is an ultra event taking in the picturesque yet unforgiving terrain of the Lake District national park. The race, starting in Dalem and finishing in Coniston, features over 3,000m of ascent and competitors have to complete the course in under 24 hours.

Thursday saw the final race of the South Moorlands Summer Series - a five mile, 690' ascent run setting off from Leek Cricket Club. Charmaine Wood again led the Congleton Harriers home finishing 37<sup>th</sup> in 39:57. James Yates was close behind in 40<sup>th</sup> place in 40:44 followed by Paul Steel, 48<sup>th</sup> in 41:34, Helen Jeffrey 81<sup>st</sup> in 44:46, Nigel Poole 88<sup>th</sup> in 45:25 (and 3<sup>rd</sup> in the M60 category), Peter Jones 90<sup>th</sup> in 45:53, Paul Crean 94<sup>th</sup> in 46:14 and Steve Webb 98<sup>th</sup> in 46:36. Conall Webb also ran in the fun run finishing 45<sup>th</sup>.

Charmaine has had an impressive run in the SMAC summer series, showing consistent results which saw her finish as 3<sup>rd</sup> lady overall across the series.

On Sunday, Chris and Jo Moss along with Paul Crean were in action at the Trentham 10k. Now in its 44<sup>th</sup> year this is one of the oldest races in the area. Organised by Trentham Running the Trentham 10k was, for 2018, also host to the British Masters 10km Championship. So, with runners coming from all over the UK to take part, the standard of the competition was very tough indeed (Jo was just about able to pip the 1<sup>st</sup> lady V50 to the finish line!). The race also incorporates some significant climbs (419' of ascent overall) and yet again warm temperatures, made it a challenging 10k race. The race, starting in the village of Tittensor, is a 1 lap course that follows the road uphill past Beech Caves, before joining the main road for a short time and then turning left, back towards Tittensor. Chris finished 91<sup>st</sup> out of the 315 runners in 44:02, Jo was 134<sup>th</sup> in 47:28 and Paul was 191<sup>st</sup> in 53:50.



Trentham 10k: Paul Crean with Jo and Chis Moss

Photo: P Crean

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

