

A lot more action to report on in this week's Congleton Harriers Race Report. From the previous Tuesday there were four Harriers in action at the St Ives Bay 10k. Starting on the beach at the west end of Hayle, Cornwall, the race runs the full length of the beach before turning inland to tackle the sand dunes of Hayle Towans. James Pearce finished 18th out of the 146 runners in 47:03, Joe Pearce was 22nd in 48:00, Pete Newham was 28th in 48:59 and Nick Wilkins 40th in 51:24.

This Wednesday Helen Jeffery took part in the inaugural Quarry Bank Mill Trail run. A 4.5 mile around one of Britain's greatest heritage sites; the well-preserved textile mills, now under the care of the National Trust. The undulating route took the runners along hidden trails and woodland paths contrasting with spectacular views of the nearby Manchester Airport. Helen was 58th out of the 362 runners in a time of 39:19, but more importantly was first out of 30 runners in the F35 category.



Helen Jeffery receiving her 1st prize in the F35 category

Photo: Helen Jeffery

Next up in action on Thursday was Chris Moss in the Dave Clarke 5; a multi-terrain, undulating 5k race in Stoke organised by the Trentham Running Club. Chris was 39th out of the 198 runners in a time of 21:31.

On Sunday Nick Budd took part in the Crowden Horseshoe Fell Race. The 8-mile route, featuring 1700 feet of climb sets off from Crowden camp site and initially follows the Pennine Way, climbing up to the top of the desolate Black Hill. At the top, the runners divert right across the boggy moor following the slightest of paths before tackling a sharp descent back down to the camp site. The race has a bit of everything for the dedicated fell runner from the measly £5 entry fee, registration in the rain in a small pop-up tent, a quick random equipment check through to the "attractive conditions": rain, sharp stony ascents, tough technical descents, swollen streams to wade through, misty conditions hindering navigation, howling winds (although the sun did pop through at the end) and masses of

peaty bog. Admittedly not most runners cup of tea, but for those that enjoy this type of challenge, a fantastic race. Nick finished 117th out of the 150+ runners.



Steve Frith photography

Nick Budd coming off Black Hill

Photo courtesy of Steve Frith

Also, on Sunday, Jo Moss was in action at the Leek Half Marathon. Due to the recent fire on the Roaches, however, the normal Leek half route was rendered un-runable. So, in just a few days a new 10-mile route was officially reregistered and measured to enable the race to go ahead. Despite the change this was still a challenging route with approximately 800 feet of ascent. The route used the same first 3 miles as the half marathon would have done taking the runners on the hilly route from Leek to Meerbrook. The route then changed and headed off along a lane up towards Roach End where the runners turned around a cone and headed back to Leek the way they had come. Jo was 8th lady home and was the recipient of the V45 prize finishing 75th in 1:16:39.

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