

Some tremendous running was in evidence from the Congleton Harriers last week, both home and abroad.

Andy Roberts was back in fell race action this weekend, this time along with Emma Weston as they both tackled the Scafell Pike Fell Race. This is another tough fell race with Scafell Pike being the third highest peak in the British Isles (after Ben Nevis and Snowdon). It's a relatively short race, only 4.5 miles, but has a challenging 3000' of ascent. Official results are still to be posted but there were plenty of prizes for the pair. Firstly, Emma took the honours as 1<sup>st</sup> lady home (in a time of 1.21). Andy also had a great run against a strong MV50 field, finishing in second place in the category (in a time of 1.12). They also picked up the "Jack and Jill" prize for best club pair in the race. Finally, Andy, having run Snowden, Ben Nevis and Scafell, is well in contention for a potential "King of the Mountain" award as well. As a bonus, the pair had the good fortune to meet the absolute legend of fell running: Joss Naylor.



Andy Roberts, legendary Joss Naylor & Emma Weston Photo E Weston

Furthest afield was James Briscoe, who was competing in the ITU World Series Grand Final Triathlon (standard distance) which was held on the Gold Coast of Australia. James finished in 71<sup>st</sup> place (out of over 1500 competitors) in 1:59:29. More importantly, he also achieved a top 10 position in his age category.



James Briscoe - Gold Coast ITU World Series

Photo: J Briscoe

Also abroad was Nigel Wright who was competing in the same Berlin Marathon where Eliud Kipchoge took a massive 73 seconds off the world record. Sadly, an injury in the race for Nigel meant he couldn't compete to the level he would have liked, but he gritted it out to make sure he finished the race.

Much closer to home, there was a good representation of Congleton Harriers at the Sandbach 10k Road Race on Sunday. John Carbutt had a strong race out of the 364 runners, just missing out on a top 10 finish, completing the course in 38.20 in 11<sup>th</sup> place. John was followed by Chris Moss was 29<sup>th</sup> in 42.30, James Yates was 50<sup>th</sup> in 44.30, Paul Steel 60<sup>th</sup> in 46.22, Nick Wilkins 66<sup>th</sup> in 47.02, Mike Stanley 70<sup>th</sup> in 47.13 and Sandra Rhodes 222<sup>nd</sup> in 58.06.



James Yates, Chris Moss, Paul Steel, Mike Stanley, Sarah Rhodes, Nick Wilkins, John Carbutt

Photo: C Moss

On the ultra-front Suzanne Roebuck and Brian Evans were in action in the Red Rose race near Bolton. This is a 50 mile, 7500' ascent race. This was Suzanne's second time out at this event and she was pleased to take off an hour and a half from last year's time.

Finally, a reminder for all the aspiring long-distance runners in the area – it is now only three weeks to go till the Congleton Half Marathon on 7th October. Remember, this year there is an added incentive to run the race – it is the first year that a medal is being introduced for all the runners to complement the technical t-shirt.

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.