

Simon Higgins took part in the first ever Mt Snowden Ultra on Saturday. Starting from the beautiful Betws-y-coed this fifty-mile race features an insane 17,919 ft of ascent taking in Mt Snowden itself, along with a long list of lower, but no less challenging, peaks: Glyder Fawr, Glyder Fach, Y Garn, Foel Goch, Elider Fawr, Pen yr Ole Wen, Carnedd Dafydd, Carnedd Llewelyn, & Pen yr Helgi Du. Simon crossed the line in 50th place. No mean achievement in this tough event; over 50% of the competitors didn't complete the course!

Jo Moss and Emma Weston were both in action at the Abersoch half marathon on Saturday. Starting in the town, it is a challenging course with some long climbs and many undulations. It is a well-supported half, with great crowds around the stunning course which takes in views across Cardigan Bay, Snowden & Bardsey Island. It boasts a unique, exhilarating finish with the last kilometre being run on the sand along Abersoch beach; the groynes on the beach add an interesting final challenge for the runners before they reach the finish line. Both Jo and Emma had strong runs with Jo finishing 33rd out of the 313 runners in 1.34.11 and Emma finishing 47th in 1.37.03.

Rob Parkin made the long trek up north to Inverness to take part in the River Ness 10k on Sunday. Out of the 1776 runners Rob finished 501st in a time of 51:14. This was Rob's first competitive 10k race back after injury, so he was very happy with his time, especially as it was on top of a speedy run at the local Park Run the day before.



Rob Parkin - Ness 10k

Photo: Rob Parkin

Closer to home five Congleton Harriers took part in the Macclesfield Half Marathon on Sunday which follows a challenging but rewarding route through the leafy back roads of East Cheshire and which features 293m of elevation gain. Brian Evans had a storming run over the hilly course coming in 15th out of the 508 runners in a time of 1:24.56 which also earned him first prize in the M55 category. Following Brian home were Nick Wilkins, finishing 145th in 1:43:01, Jessica Knowles finishing 172nd in 1:45:24, Andy Eaton finishing 255th in 1:53:40 and Andrew Bell in 280th place in 1:55:52



Brian Evans at the Macc half

Photo courtesy of Bryan Dale

With only two weeks to go till the Congleton Half Marathon on 7th October, there is still time to enter with on-line entries not closing until 2nd October. All the runners get a great goody bag which this year includes both a great medal and a technical t-shirt.

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.