

There was further Congleton Harriers participation this week in the Stone Master Marathoner Spring Treble. This week it was Nick Budd, who taking advantage of the fact it was on the way home from work, made a late decision to divert to Kibblestone near Stone to participate in the second of the three races. This week's race was three laps of an undulating trail course around the grounds of the Scouts Camp and included an obstacle dubbed the "Kibblestone Klamber"; a steep set of stone steps with a gruelling 200' of climb. Official results are still to be posted but Budd finished the 4.6 mile race in a time of 44:41.

Over the Easter weekend, in challenging conditions due to the unseasonably warm conditions there was attendance at another two races: the Air Products 10k in Crewe on Sunday and at the Peak Rail 7 Runner vs Steam challenge at Rowsley near Matlock on Monday.

There were four Harriers in the 325 runners who took part in the 10k event at Crewe and Anthony Allen was the first back for the Harriers finishing 13<sup>th</sup> in 35:59. Jason Jones was 73<sup>rd</sup> in 42:12, Carol Bird was 92<sup>nd</sup> in 43:46 and Michelle Stevens was 137<sup>th</sup> in 47:20. Both Bird and Stevens finished up as winners of their respective age categories.



*Anthony Allen*

*Photo: E Weston*



*Michelle Stevens*

*Photo E Weston*

For Hellen Jeffery it was return to the unusual event she found last year where the competitors literally race against a steam train over seven miles. Weather conditions could not have been more different though: last year snow and ice and this year blazing sun. This time she was joined by two other Harriers: Sarah Proudmore and Dave Whittaker. Needing a time of 58 minutes to beat the train, all three stoked their engines to put in impressive runs and finish ahead of the rolling stock. Jeffery finished 82<sup>nd</sup> out of the 214 runners in 54:24 and was also 3<sup>rd</sup> in her age category. Proudmore was 106<sup>th</sup> in 56:41 and Whittaker was 109<sup>th</sup> in 57:06.





*Sarah Proudmore, Dave Whittaker, Helen Jeffrey*

*Photo: S Proudmore*

The club is always keen to welcome new members whether you are a speedy racer or more of a social runner. So, if you are thinking of thinking of joining then just come along to one of the regular club runs for a few weeks and try us out for size; you will be made to feel more than welcome with no obligation to join. 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.

Alternatively, come along to the Congleton Park Run on Saturday morning as there are always a good number of Harriers in attendance who are more than happy to chat. On the first Saturday of the month we are even easier to spot as there are always 5 or 6 of us pacing in our yellow running vests.