

The Tegg's Nose fell race took place a couple of weeks ago but results weren't available until now, seven Congleton Harriers entered the 8 mile event featuring over 1,700 ft of climbing and organised by Macclesfield Harriers. Craig Hewitt led the way with a finishing time of 65:45 to take 20th place, Dave Clarke was 36th in 71:10. Lucy Rusbridge was next in 62nd in 79:32 with Polly Kennerley just 6 places behind in 80:33, it was very good to see Tim Claughton back in a Harriers vest and he took 87th place in 85:57, daughter and father Laura and Harry Stubbs crossed the line a second apart in 90:16 and 91:16 to take 92nd and 93rd places respectively, with Harry commenting, I know why I've avoided this race for so many years, it was a tough one!

Last Wednesday saw an invitational cross country race hosted by Cheadle running club, with invitations extended to Trentham Running club, Congleton Harriers and the hosting club Cheadle RC. The small number of clubs and that the evening was for veteran running age categories gave the event a friendly informal atmosphere and it also meant everyone could fit in the bar afterwards for refreshments.

All runners got underway at the same time before a split in course with the female competitors covering 5k with the men competing over 10k, not the frozen, treacherous conditions more associated with Winter cross country but there had certainly been enough rain around in recent days for the course to cut up and become muddy.

With a small field of 20 men and 28 women all with varying abilities the runners were soon spread out and that isolation is when you need to dig in and put in a performance, all Congleton Harriers certainly did that. Bryan Lomas ran well and pushed on to finish 7th overall in 40:52, Nick Budd was 17th in 50:45, Nick Wilkins 19th 51:51 and Rob Parkin 20th on 57:05 giving the men's team 63 points for joint third place.



Bryan Lomas at Cheadle Vets XC

photo Mick Hall

Emma Weston was the first of the five Harriers to cross the line, coming 7th in 30:20 just ahead of club mate Charmaine Wood in 8th in 30:37, Lucy Rusbridge bagged 10th place in 32:27 with Debbie Hill 14th in 35 minutes exactly and Lucinda Stone completed an excellent night for the Harriers finishing 21st in 36:56. This gave the Women's team 25 points to take third place overall from seven qualifying teams.

A couple of 10ks featured in Harriers plans last weekend, first up on Saturday was Ian Prime who along with 1,000 other runners was taking part in The Pride Run 10k in Victoria Park, just a javelin throw away from the London Stadium where he was volunteering as part of the IAAF World Athletics Championships, the 10k was organised by London Frontrunners an inclusive running club for LGBT+ and gay friendly people inspired by the novel The Front Runner by Patricia Warren. In the results there was nothing for the nearby elite athletes to be concerned about but plenty of pride in finishing 377th in 48:04.



Ian Prime after finishing Pride Run 10k

Over in Burton on Trent, Lucinda Stone was a lone Harrier in a field of 268, the 10k course has a challenging first 3 miles where most of the uphill segments are to be found but the second half is much more downhill friendly with the final 400m run on the Shobnall athletics track, Stone finished 161st in 52:37.



Lucinda Stone at Burton Hatton Darts 10k

photo Bryan Dale

On Sunday 68 runners were taking part in the Two Hillforts fell race, the 9.3 mile race set in Denbighshire, starting from the first of the two hillforts at Penycloddiau there is then a fast descent from the top of Offa's Dyke path and then a further climb to the second of the Iron Age hill forts, Moel Arthur. In a tightly contested race with the lead swapping throughout the race it was Congleton Harrier, Emma Weston who grabbed first place, beating off all 27 of her rivals to finish 13th overall in a time of 1:20:10 a brilliant result in any context but a week after completing the Gloucester marathon really was a great achievement.



Emma Weston on her way to victory at Two Hillforts fell race

photo Steve Jeffery.

Congleton Harriers run three times a week from the leisure centre and if you would like more information please visit congleton-harriers.co.uk