

With the nights darkening earlier mid-week racing is now drawing to an end for the season but there was still time for the 5k at Alvaston, Derby on Wednesday, Bryan Lomas made the trip and took 22nd place from 87 runners in 18:15 and was second in his age category.

On the western edge of the Peak District five Congleton Harriers took part in the Lantern Pike fell race, the five-mile route takes the runners up the hill of the same name covering 1,050ft of ascent. In hot conditions it was Craig Hewitt who was first to finish, coming over the line in 27th place with a time of 42:12, the next four Harriers were all closely bunched with Debbie Hill was 115th in 53:54, Dave Taylor in 119th in 55:00, Suzanne Roesbuck 124th in 56:55, Harry Stubbs just three places back in 127th in 58:46.



L-R: Roesbuck, Hill, Taylor, Hewitt and Stubbs at Lantern Pike Fell Race 17.09.2016

Further North there was one Congleton Harrier at the Scafell Pike fell race, the race starts at Wasdale Head campsite and climbs 2,999 feet up the highest mountain in England, as soon as the race begins so does the climbing, the 127 runners first navigate their way up Lingmell before turning right and heading on upwards to the summit of Scafell Pike itself. Runners must hand in a token at the checkpoint before tackling the tricky and very steep descent back to the campsite. Michelle Stevens finished in 96th place in a time of 1:38:59. Having completed the international Snowdon race

in July and the Ben Nevis race two weeks ago this was the last of the “big three” and completed an amazing achievement for 2016 that saw Stevens finish fourth overall in the ‘Queen of the Mountains’ series.



Michelle Stevens on the descent of Lingmell in the Scafell Pike fell race 17.09.2016 – pic Paul Birdsall

Making a return trip to his native Finland, Mikko Kuronen was taking part in the Finlandia half marathon in the town of Jyväskylä about 170 miles north of Helsinki, part of a three race weekend with a 10k being run on the Friday night, before the half and full marathons on the Saturday. Kuronen was once again in a class of his own, from a field of over a 1,000 runners, Kuronen was 20th overall in 1:23:46, taking victory in his age category by over six minutes from his nearest rival.



Prize winning Kuronen at Finlandia Half Marathon 17.09.2016

More half marathon running on Sunday, with Ian Prime taking part alongside 2,181 others at the English Half Marathon event in Warrington. This was the third half marathon in as many weeks for Prime, who finished in 827th place with a chip time of 1:52:41.

Be it the challenge of fell running or grinding out the miles on the tarmac, from the blast of a 5k to the half marathon distance and beyond there is something to suit everyone, so if you are interested in running why not find out more by joining the Congleton Harriers on one their three training nights, Monday, Tuesday and Thursday from Congleton leisure centre.