

At Werrington a fortnight ago, Emma Weston was taking part in a 10k alongside 225 others, the race was run on semi-rural roads with a challenging hilly section around the four mile mark. Fortunately, the rain held off for the race and conditions were good for racing as was borne out by Weston's time of 44:53 for 76th place and 3rd in her age category.



Emma Weston at Werrington 10k

photo courtesy of Bryan Dale

Having submitted her entry for the Dark Peak Ultra marathon some time ago, Saturday was the day of reckoning for Congleton Harrier Suzanne Roebuck. Starting from the village of Edale, the course took the 36 runners that started straight out on to the Penine Way and into the heart of the Peak District. This wasn't just a race covering a long distance, this was hard climbing, ascending and descending Lord's Seat, Mam Tor, Lose Hill, Win Hill – Twice!!, High Neb and Crookstone Knoll all over 1,500ft and combing to give the Harrier 7,000ft of total ascent across 32.5 miles to deal with. Recent races at Bakewell and in the Goyt Valley stood Roebuck in good stead as she finished 25th overall and 3rd woman in a brilliant 7hours 33minutes.

This weekend many Congleton Harriers will be at round two of the North Staffs cross country league at Park Hall country park, after the relatively mild conditions of the first round at Winsford, more

traditional muddy tracks can be expected this time around. The women's race gets underway at 13:30 with the men setting off 40 minutes later.

If you are interested in running and want to find out more on the benefits of running with a club, then more information can be found at congleton-harriers.co.uk