

## Harriers 10

The summer season is well underway with Harriers travelling far and wide for races of all varieties; road races short and long, fell races and trail races.

Chester Half was held on Sunday 18<sup>th</sup> May on what proved to be a very sunny day. Michelle Matthews ran her first ever half marathon and finished in an excellent time of 1:49:51. Well done to Michelle! Rob Parkin paced Matthews until the last few hundred metres, where he sprinted on ahead to complete in 1:49:25. Dave Fussell and Val Fussell finished in 1:55:27 and 1:55:30 respectively placing Val as 3<sup>rd</sup> LV 60. Well done Val!

Dave Campbell ventured down to London to take part in the BUPA 10K on 25<sup>th</sup> May which had the celebrities Mo Farah and Sue Bond starting the race at Admiralty Arch. The route takes in St Paul's, Big Ben and Birdcage Walk, finishing outside Buckingham Palace. Campbell finished in 68:09 on what was a very warm day.

The same day saw Tom Brown travelling over to Liverpool to do the longer distance of 26.2 miles; the Liverpool Marathon. Brown ran really well and finished well up the field of 2307 in 321<sup>st</sup> place in a time of 3:29:18.

The SMAC Summer Series started on Thursday 29<sup>th</sup> May with the first being a circuit of Tittesworth Reservoir. There was a good turnout of Harriers and the results are as follows: Bryan Lomas, 14<sup>th</sup>, 29:27; Charmaine Wood, 54<sup>th</sup>, 3:57; Matt Belford, 55<sup>th</sup>, 33.59; Jo Moss, 60<sup>th</sup>, 34.35; Paul Bevan, 35.41, Polly Kennerley, 36.36; Chris Thomas, 36.36; Michelle Matthews, 37.14; Debbie Hill 37.18; Rob Parkin, 37.56; Paul Crean, 37.59; Heather Jackson, 38.02; Lisa Byrne, 39.44; Ella Lyman, 42.26; Helen Jeffery, 44.02.

The ever popular Wincle Trout Run as part of the Wincle Fete was the toughest of the three courses this year on Saturday 31<sup>st</sup> May. Dave Taylor had an excellent race and has earned the name of Dave ( no longer the sweep) Taylor by being the first Harrier home in 1:01:33. Debbie Hill was not far behind as first female Harrier in 1:01:57. Rob Parkin felt sluggish but still finished in a creditable time of 1:05:01. Father and daughter duo, Harry and Laura Stubbs, enjoyed the race together and posted the same times of 1:10:43. Grant Silk and Dot Cotton finished in 1:12:28 and 1:14:54 respectively.

The first of June saw international competition with Bill Boynton taking part in the ITU Duathlon World Age-Group Championships in Pontevedra in Spain. Boynton was a member of the large GB team and won the third place ( bronze medal) in the M70-74 standard distance event in a time of 2 hours 38 minutes. The event consists of an initial 10 km made up of 4 laps of the streets of the old town followed by 40 km of cycling taking in a long climb early on. The event concludes with a 5 km run. There was some confusion regarding the timing due to a failure with the electronic system. Boynton was pleased with his performance particularly as he has had 2 years of injury and finished 5<sup>th</sup> in 2011. An excellent performance and one to be proud of.

Wednesday 4<sup>th</sup> June was the Calver Peak Fell race; a 5 mile course with just over 900 feet of ascent taking in Calver Peak and Longstone Moor. The day had been a wet one but the down pour had stopped

by the evening and 233 runners turned up for the event. Bryan Lomas ran well and finished in 35:10, 22<sup>nd</sup> place. However he was a little disappointed to be slower than last year.

The second of the Summer Series events was held on 5<sup>th</sup> June at Wetton, which is a very challenging course with a quick downhill start to the race, continuing along the river before climbing steeply up to the finish. However the hardy were not put off and 13 Harriers were up to the challenge. The results are as follows: Bryan Lomas, 10<sup>th</sup> 43:32; Pete Newham, 17<sup>th</sup> , 45:33; Charmaine Wood, 50<sup>th</sup> 52:25; Jo Moss, 58<sup>th</sup> 54:08; Matt Belford, 55:02, Rob Parkin, 56:19, Dave Taylor, 57:00, Chris Thomas, 57:14; Michelle Matthews, 59:14, Ella Lyman, 1:11:55; Helen Jeffrey, 1:12:51; Jackie Moss, 1:12:51. Siblings Talia and Floyd O' Brien took part in the junior race and came 15<sup>th</sup> and 28<sup>th</sup> respectively.

Bryan Lomas decided to make it the hat trick and ventured yet again into the Peak District to do the Castleton Fell Race on Friday 6<sup>th</sup> June. This is a 6.7 mile course with 1500 feet of ascent taking on Lose Hill and Mam Tor, the famous shivering mountain. Lomas thoroughly enjoyed the event in the stunning countryside but realized that running 3 consecutive days had taken their toll. He was a minute slower than last year but still finished 36<sup>th</sup> in a time of 51:54.

Bryan Lomas had a day off and then headed to the Peak District yet again for the Edale Fell Race on Sunday 7<sup>th</sup> June. This is another short race (less than 5 miles ) but with stiff climbs taking in Nether Tor onto Kinder and Grindsbrook Knoll with steep descents. The event is one of the qualifiers for the Club Summer Competition. Lomas enjoyed the warmth and the scenery and finished in 36<sup>th</sup> place in 43:09. Charmaine Wood crossed the finish line in 54:17 and Michelle Matthews in 57:30

The same day was the Potters' 'Arf. The first Harrier home was Bryan Carr who was taking a break from the fells and taking part in a team event with 20 colleagues from the University Hospital of North Staffordshire Intensive Care Unit. The team were raising money for early rehabilitation of patients to reduce their length of hospital stay and improve outcomes. Calling themselves Running for Rehab and despite suffering in the heat in what turned out to be inappropriately warm clothing, all 20 crossed the finish line with Carr also being the first Harrier home in an excellent time of 1:26:28 placing him 34<sup>th</sup> out of 1533 and second MV 50. Donations to this worthy cause can be made to <http://www.justgiving.com/Team-Critical-Care> The Potters' ' Arf is renowned for the good crowd support and this year was no different from others with spectators handing out jelly babies, orange segments, ice pops and jets of water. Two other Harriers were running; Rob Parkin had a good race and completed in 1:49:25 and Andrew Bell crossed the line in 1:57:58.

Saturday 5<sup>th</sup> July is the next time the junior Harriers can take part under supervision at the Parkrun at Astbury Mere at 9.00am prompt so turn up early for warm up!

JK