

The latest report from the Congleton Harriers has a common theme throughout, with Bryan Lomas running in all the events mentioned. His first was on Saturday 30th August when he travelled across to what are reputed to be the world's oldest sheep dog trials at the Longshaw Estate. The day included the Longshaw Fell Race which covers 6 miles and just over a thousand feet of climb up onto Burbage Moor. The conditions were good and the course well marked out so navigation was not an issue. 162 ran with Lomas finishing in 18th place in 48:57.

The first Friday in September is the Great Longstone Chase Fell Race, this year being held on the 5th. This is a short race at 4.8 miles with just under a thousand feet of climb. Four Harriers took part with Lomas leading the Congleton field in 33:36 (20th) followed by Michelle Matthews, whose speed training is paying off, in 40:33 (91st), Dave Taylor, 41:41 (100th) and Debbie Hill, 43:06 (107). A total of 135 took part in this FRA calendar event. This is one of the last evening events as the nights draw in.

Lomas rang the changes on Sunday 7th September when he took part in a 10k road race at Wilne, near Derby. The one and three quarter lap course, mainly on flattish closed roads, attracted a large field of 858 as it was part of the Midlands Championship, Midlands Master Championship and Derbyshire Athletics 10 k Championship. The standard was high and Lomas ran his fastest 10k for a few years, in 37:17 and 99th place.

Not to waste an opportunity to run, Lomas called in at the Hodder Valley Show on 13th September on his way back from a holiday in the Lake District. This was held at Dunsop Bridge in the Forest of Bowland, allegedly the exact centre of England. The show incorporated an English Championship race consisting of 4 miles and three steep climbs making up a total of 1500 feet of ascent. Craig Hewitt travelled up to take part in what is a category A race along with over 200 other high caliber runners. Lomas finished in 94th place in 43:10 and Hewitt did extremely well in his first such event, crossing the finish line in 48:50 (146th).

The following day was the Ashbourne Half, another road race with some serious undulations and an event that Lomas has done a number of times in the past. Lomas was the only Harrier there out of 214 runners and the previous day's running took its toll but he still managed an incredible 11th place in 1:25:51.

Congleton Half and Quarter Marathons are taking place on Sunday 5th October. There are still places available. All entries must be in advance and on line via the Congleton Harriers website.

www.congleton-harriers.co.uk/half The courses are mainly on quiet country lanes around Congleton and again there is chip timing.

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