

Congleton Harriers Race Reports.

Readers of the Harriers reports will remember that three years ago John Amies competed in a series of Fell races comprising the English Championships and at the conclusion he was crowned Champion in the V60 class. Amies has since enjoyed more birthdays and is now competing in the V65 category with similar results. After three races (best 4 to count) he is leading in his group after achieving three 1st places. The first race held was the Paddy's Pole Fell race in the Trough of Bowland over a distance of 4.43 miles with 1100ft of ascent and he completed the course in 37.43 achieving 178th place overall from a field of 305. The 2nd race was at Rydal in the Lake District and was run in heavy rain and strong winds and attracted 354 runners. The event was over 10 miles with 3,00ft of ascent and this took John 1.44.48 (182). The third race took place on the 2nd June at Duddon Valley, and was the hardest so far, being over a distance of 20 miles and included 6,00ft of ascent. John was pleased to finish in a time of 3.57.18 (167) with 349 finishers with many entrants failing to complete the course. John is now carrying a serious knee injury which may require surgery but he is hopeful that he will be fit in time for the last race to be held in August where he hopes to win the V65 category, a fantastic achievement.

The Winkle Trout race is one of the most popular of local events and now it is essential that runners pre-enter as the race maximum is soon reached. This event has always been a must with Congleton Harriers and our representation is the highest from any club. So many of our lady members ran (and presented such a glamorous image) that the race commentator suggested that they should do their own version of Calendar Girls. The writer is looking into the matter further! 19 Harriers took part in this event which comprising some steep hill climbs and the crossing of the River Dane. Just as he did last year Simon Jackson was the 1st Harrier to finish in a time of 30.03 and achieving a very creditable 9th place with 282 runners completing the course. He was very closely followed by Pete Newham in 39.36 (10) and Andy Roberts 40.43 (17). Rich Benson was next home in a time of 48.32 (83) and the Harriers then came in thick and fast with Seaton Kennerley just behind in 48.57 (84), Sandre Jackson 50.17 (100), Malcolm Jackson 50.31 (102), Debbie Hill 50.44 (104), Pete Doyle 51.04 (109), Gill Armstrong 52.03 (120) and Dave Taylor 52.22 (123). Liz Reeves finally beat her sister, Anna. With a time of 55.05 (150) with Anna not too far behind in 60.00 (204) sandwiched in between (in the nicest possible way) were Harry Stubbs 55.19 (154), Tony Smith 55.54 (160), Judith Newham 56.27 (164) and Steve Dunn 59.35 (200). Caroline Partner and Katie Benson both finished, as they usually did, with a large smile with Caroline completing in 69.38 (264) and Katie in 72.26 (271). All runners were awarded a trout for their efforts.

Four members travelled to Blackpool to take part in the annual marathon and half marathon events. The race takes place on the promenade with the marathon runners competing over two laps. The two Harriers took part in the full marathon were undertaking this gruelling event for the first time and on a very hot day they learnt some very valuable lessons, the most important being that you do not have a curry the night before! Jason Chappell completed his first

marathon on a very creditable time of 3.37.16 (91) and Mark Morris was not too far behind in 3.49.14 (141) with 439 finishing the brace. Both runners are grateful for the advice and help they received from the fellow club members and Jason has asked to place on record the help he received from Alison Farrall at Congleton Leisure Centre. Dave Campbell competed in the half marathon and finished with a time of 1.58.13 in 431st place with 1040 finishers. Also running was Andrew Bell who finished in 2.03.46 (431)

Rich Benson was our only entrant in the Buxton Half-Marathon where he ran a steady race in 1.42.40 to finish 78th from 201 finishers.

Forthcoming Events

The club is celebrating its 25th Anniversary this year and a buffet dance is to be held on Saturday 14th July at The Pavilion, Congleton Park. All past and present members are welcome, please see club website for further details or contact any member.