

It was the Congleton Harrier's Cloud Handicap race on Tuesday; a 6.9-mile dash from the leisure centre up to the top of the Cloud and back. The winner is the first person back and to make it a level playing field the slower runners (based upon recent form) get a head start from a staggered start. Ten Harriers took place and the race was won by James Yates in a time of 57:28 (handicap time 67:28). Second, and fastest lady, was Charmaine Wood in a time of 55:44 (67:54). They were followed by Stuart Rider 54:18 (69:18), Bryan Lomas 50:29 - actually the fastest man (69:29), Andy Roberts 50:29 (69:51), Paul Crean 52:51 (74:05), Chris Moss 56:10 (74:10), Mark Tilstone 64:49 (76:49), Susan Blake 73:16 (79:16) and Ian Ihutia 99:24 (104:24).

Ian Prime was also in action on Tuesday across the Irish Sea taking part in the Maghera 10k. Carrying a bit of an injury, Ian finished 215 out of 245 in a time of 58:11.

There were 5 Harriers in action at the Buxton half marathon on Sunday: Martin Sands, Bryan Lomas, Stuart Rider, Jo Moss and Lucy Rusbridge. Organised by Buxton Running Club, starting and ending in pavilion park this is a tough hilly course made harder this year by high temperatures and a strong head wind on a couple of the climbs. This isn't a race for runners looking for an easy trot out; just a few of the "treats" for the runners include the first 3 miles uphill to Axe Edge, the long drag uphill from Glutton Bridge to top of Brierlow Bar at about the 8-mile point and the Harpur Hill climb at 11 miles. Despite the heat, Bryan was good for a top 10 finish in 1:30:18 and 2nd V45. Stuart was the next Harrier home in 50th position in a time of 1:45:15, followed by Jo in 94th place – 6th lady and 3rd FV45 (1:49:53), Lucy was 125th (1:54:23) and Martin was 226th out of the 302 finishers (2:08:37).



Bryan Lomas and Martin Sands

Photos Chris Moss

To cap off some fine bank holiday running, four harriers also braved the Monday heat at the Shutlingsloe fell race. Starting at Crag Hall after a short decent and river crossing it is a tough climb up to the summit of Shutlingsloe and back. This might be a short distance at just under 2 miles, but with a sharp ascent of 886' this is definitely an "A category" run. Out of the 107 runners Andy Roberts was the first Congleton Harrier home in 25th place in a time of 21:05, then Dave Clark in 33rd place in 22:19, Chris Moss in 59th place in 25:25 and finally Jo Moss (clearly a glutton for punishment having completed the Buxton half the day before) in 76th place in 28:13.



Andy Roberts, Jo & Chris Moss.

Photo Lynne Roberts

Congleton Harriers run three times a week from the leisure centre on Monday, Tuesdays and Thursdays and always welcomes new members. Full details are on the Congleton Harriers website: Congleton-harriers.co.uk.