

It was Park Run Pacing duties for the Congleton Harriers down at Astbury Mere on Saturday. Thanks to Jo, Jason, Suzie, Nick and Emma for pacing at the 22, 25, 28, 31 and 34 minute mark. Again, there was a lot of positive feedback from other runners who used the pacers to good effect to improve their times and in a number of instances set new personal bests.

Another Sunday; another fell race and a bargain to boot with a £4 entry fee for the John Hewitt Memorial Shelf Moor fell race on the outskirts of Glossop (fell running is such good value). Chris Moss and Nick Budd made the trip over from Congleton to Glossop, both using this in part as training for a more arduous race coming up in October.

Shelf Moor is part of the Dark Peak and can be a foreboding place in bad weather (it's a sobering thought that there are the wrecks from three plane which crashed due to bad weather and visibility in the 1940's in the vicinity). Thankfully, however, the sun was shining on Sunday making for pleasant running conditions with fantastic panoramic views.

Shelf Moor is billed as an "AS" race - so short (in this case six miles). The "A", however, signifies that it is a steep! In this case 1500' of ascent. After a relatively gentle climb over the first mile and a half the runners get to the heart of the challenge: most of the climb is crammed into the next mile to the top of the trig point. It's tough and Chris and Nick were soon reduced to a scrambling walk rather than a run (as were most of the racers). The return down isn't easy either. The top of the run across the plateau is across peaty bog and despite being well flagged it's still easy to lose the trail, as Chris found out on a couple of occasions. Then the descent begins with two miles of steep, ankle turning, technical running down stony gritstone paths. To mentally test the runners, the finish is also a quarter of a mile past the race start down one last stony, hard track with the runners being spurred on by the sound of rapid shotgun fire from the nearby clay pigeon shoot. Chris finished in a time of 1:01:05 in 36th place out of the 83 runners. Nick finished in 1:10:50 in 72nd place. There was, however a bit of light relief at the race to take people's minds off the tough terrain: two of the competitors were running as nuns in memory of a colleague.



*Shelf Moor running nuns*

*Photo courtesy of Steel City Striders*

The club welcomes new members. You can find full details on our Congleton Harriers website: [Congleton-harriers.co.uk](http://Congleton-harriers.co.uk). You can also connect with the club on Facebook where details of club activities are posted regularly.