

Big Ben! Andy Roberts, from the Congleton Harriers participated in the recent Ben Nevis race on 2nd September. This is a toughie and not a race that people enter on a whim as it's a 4419' grinding climb up to the top of Britain's highest mountain and then straight back down again. Andy finished 225th out of the 488 runners who completed the 8.7-mile iconic challenge in a time of 2.15.54.

Tuesday saw the last summer awayday run on the club's calendar. It was a gentle eight-mile social run starting and finishing at the Harrington Arms in Gawsorth and looping along the canal to Danes Moss and then back across the fields to the pub. Sadly, summer is drawing to a close, so the end of the run was conducted in gloomy, dark conditions. The dozen or so runners then retired to the pub for a well-earned natter, pint and bite to eat.

On Saturday Jo Moss was back in action at the Ipstones 5. The Weather was wet windy and very autumnal on a hilly route featuring a one mile climb out of the village to get the runners started then followed by a decent on a mixture of lanes and stony track leading to a final climb to a finish on the grassy fields of the community centre. Being part of the North Staffs Road Running Association competition, the race attracted a very competitive field of ladies so Jo was very pleased to finish 43rd place out of the 146 runners/8th lady (2nd in category).

On Sunday there were two Harriers in action at different venues. Simon Higgins took part in the Gritstone Grind and Nick Budd was over in Llangollen taking part in the Cynr-Y-Brain Fell/Trail race.

The Gritstone Grind is a 35-mile race along the Gritstone Trail which runs all the way from Kidsgrove to Disley featuring a massive 1800m of elevation across the route. Simon finished 39th out of the 152 finishers in 7.24.22, well within the allotted 12 hours for the runners.

The Cynr-Y-Brain race is a seven mile, 1200' ascent race setting off from the Ponderosa Café on the picturesque Horseshoe Pass climbing up to the radio masts on the top of Cyn-Y-Brain before looping round across the moors back round to a final climb back to the masts followed by a one-mile dash back down the track to the café. With fine weather, Nick was afforded great views of the wilderness and finished in 56th place out of the 79 runners in a time of 1.09.08.

Closer to home, there was also another one of the regular social runs on Sunday: a 6.3 mile run from Timbersbrook for Harriers and friends from our local neighbouring clubs.



Harriers and friends at Timbersbrook

Photo: Dave Taylor

Finally, a reminder for all the aspiring long-distance runners in the area – it is four weeks to go till the Congleton Half Marathon on 8th October. This year there is an added incentive to run the race – it is the first year that a medal is being introduced for all the runners to complement the technical t-shirt.



sneak preview: Congleton half winners medal: Photo Louise Poole

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