

Two races on Saturday where Congleton Harriers were in action. One local – the Langley 7 race and one further afield – the 33-mile White Rose Ultra near Huddersfield.

The Langley 7 has had a makeover this year. It has had to be permanently re-routed due new housing being built on the area used for parking in the centre of Langley (anyone familiar with Langley will know it is too small to cope with lots of runner's cars parking on its narrow streets). Consequently, a new start from the Severn Trent Centre in Macclesfield Forrest has meant an already hilly race has got a little tougher - it is an 8-mile run, with the cruel addition of a shortish but very steep climb right from the off. Nine Harriers were amongst the 235 runners tackling the 1135' ascent over the tough course.

At the end of the race, all the Harriers were in full agreement that it is a cracking new route with fine views across the top of the run, but also now an even tougher, tiring challenge. There were, however, some fine performances from the Harriers particularly from Brian Evans and Emma Weston who both finished first in their respective age categories. Brian finished 9th overall in 52:45 and Emma was 49th in 60:57. The rest of the Harriers were: James Yates 80th in 65:16, Mel Worthington 84th in 65:55, Helen Jeffrey 106th in 69:04, Nick Budd 122nd in 70:52, Paul Crean 141st in 74:14, Nigel Poole 145th in 74:57 and Martin Rous 186th in 82:25.



Emma Weston

Photo Bryan Dale



Brian Evans

Photo Bryan Dale



Harriers Post Race @ Langley 7

Photo Nick Budd

In action, also on Saturday, in the White Rose Ultra which features a massive 5000' of ascent over 33 miles were Debbie Hill, Polly Kennerley and Suzanne Roebuck. 176 finished the race with Debbie, Polly and Suzanne finishing 101st, 102nd and 103rd respectively all with a time of 6:44:15.

On Sunday Jo Moss ran the Flying fox 10-mile road race. The race organised by Stone Master marathoners is run on scenic but quiet lanes around an undulating course starting from the small village of Standon near to Eccleshall in rural Staffordshire. Jo finished 70th in the race in 1.12.49. This race was also the final race in the North Staffs Road runners league – each year 20 races are selected and the best 12 results for each competitor count towards the league competition. Competitors are also grouped by ability. Jo was pleased to finish 7th in the highest ranked ladies' group and 3rd V45 overall.

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.