

A whopping 106 runners turned up at this year's inter-club charity event run in memory of Alex McCormick. Two years ago, when Alex was seriously ill, the event was set up and the inaugural run followed a route planned out by Alex. The event has few rules other than turn up, make a donation, make a wild guess to your finishing time and then try and match that on the run with no peaking at your watch or smartphone whilst running. The invite went out to all the local clubs, Harriers, Boalloy, Sandbach, Mow Cop, Biddulph, and Staffs Moorland and has quickly become an established feature in the calendar. This year Mow Cop kindly hosted the run. Roughly six miles (longer for those who got lost), setting off from the Crown Inn, this year's route took in a few hilly trails, a nice stretch along the canal and a steep climb up to the folly before a dash back down to Mount Pleasant where the runners could retiring back to the Crown for some drinks, food and cheering on England in the World Cup semi-finals. £634 was raised for the Congleton Foodbank and towards a Defibrillator for the Mow Cop community hall.



Biddulph Runners in the inter club race Photo: Mow Cop Runners



Harriers in the inter club race Photo: Mow Cop Runners

Thursday saw the penultimate instalment in the SMAC Summers series: Oakamoor, a 4.9 mile run predominantly through wooded trails with a few steep inclines which attracted 182 racers. Of the twelve Harriers participating Jack Sargeant was 49<sup>th</sup> in 35:51, Paul Steel 53<sup>rd</sup> in 36:09, Mel Worthington 61<sup>st</sup> in 36:49, Nick Budd 80<sup>th</sup> in 38:13, Polly Kennerley 100<sup>th</sup> in 39:39, Paul Crean 102<sup>nd</sup> in 39:46, Kelly Hurlstone 104<sup>th</sup> in 39:53, Nigel Poole 112<sup>th</sup> in 40:55, Jody Brooks 128<sup>th</sup> in 42:20, David Whittaker 134<sup>th</sup> in 43:20, Poly Wilding 156<sup>th</sup> in 46:19 and Ali McNinch 170<sup>th</sup> in 48:56. Worthington kept up her fine momentum in this series, finishing a close 2<sup>nd</sup> in the F45 category and potentially closing in on a series win.



Harriers at Oakamoor

Photo: Kelly Hurlstone

There were three Harriers flying the flag for the fell runners this week in three separate fell races this. Bryan Lomas ran the 6.2 mile Warslow Beer Festival Fell Race on Saturday in 1:03:01, with 1968' of ascent over the six miles; this was a tough steep race. In Kettlethulme, also on Saturday, Josie Galbraith was one of 56 runners taking part in the Rose Queen Fell Race. Galbraith took first place in the F45 category and 43<sup>rd</sup> overall finishing the 5 mile, 222' ascent race in 54:19. On Sunday Emma Weston ran in the 6.2 mile, 1115' ascent Great Hucklow Fell race. In this race, featuring a lot of tough technical running and a unique 1km downhill start, Weston was also an age category winner, finishing 2<sup>nd</sup> lady overall, 1<sup>st</sup> F40 and 39<sup>th</sup> overall out the 135 runners.



Bryan Lomas

Photo: Frank Golden

Also on Sunday Gemma Brinkhurst was the solitary Harrier at the Stoke-on-Trent Festival of Running. Out of 218 runners she finished 95<sup>th</sup> in a time of 55:30 around a 6.25 mile course. All the other Harriers in action on Sunday chose to take part in the Alderley Edge Bypass race. The bypass is shut for the race and converted into a 10k course; slightly undulating the course is a straight as an arrow: 5k up one side of the road and 5k straight back down the other side. Some find it a bit dull being so straight, but there is something about this race bringing out the best in the Harriers who take part because five of the twelve participating set new personal bests. 1824 runners took part and John Carbutt was the first Harrier back in 38<sup>th</sup> place in 37:16, Emma Taylor (new Personal Best) was 75<sup>th</sup>, 3<sup>rd</sup> in age category and sixth lady overall in 39:06, Jack Sargeant (new Personal Best) was 124<sup>th</sup> in 41:29, Mike Stanley (new Personal Best) was 230<sup>th</sup> in 44:10, Michelle Stevens (new Personal Best) was 245<sup>th</sup> and 3<sup>rd</sup> in F40 category in 44:26, Martin Sands was 273<sup>rd</sup> in 44:51, Paul Crean was 488<sup>th</sup> in 48:32, Suzie Roscoe (new Personal Best by 2 minutes) was 567<sup>th</sup> in 49:42, Jody Brooks (new Personal Best) was 571<sup>st</sup> in 49:44, Rob Parkin was 653<sup>rd</sup> in 51:21, Laura Taylor was 720<sup>th</sup> in 52:52 and Duncan Young was 948<sup>th</sup> in 55:41.



Harriers at Alderley Edge

Photo: Michelle Stevens

The club is always keen to welcome new members whether you are a speedy racer or more of a social runner. So, if you are thinking of thinking of joining then just come along to one of the regular club runs for a few weeks and try us out for size; you will be made to feel more than welcome with no obligation to join. 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.