

A tough 7.5km midweek fell race attracted just the one Congleton Harrier to Ilam Park. The route accounted for 360m of ascent and was firmly in the category A of fell racing, with sound advice from the organisers that head torches should be worn for those of a certain pace. The route took the 103 runners over Bunster Hill across the famous stepping stones at the river Dove before the steep summit of Flagpole hill with still Thorpe Cloud to get up and down before finishing at Ilam Hall. No headtorch needed for Anthony Allan however as he was with the front runners taking 9<sup>th</sup> spot overall in a time of 45:00. With net profits going to the National Trust hopefully the race will establish itself for years to come and attract more Harriers next time.



*Anthony Allan at Ilam Park Fell Race 05.09.2017*

*photo Frank Golden*

Another fell race contained just a single Harrier at the weekend, with Lucinda Stone taking part in the Bluebell 4 near to Belper in Derbyshire, a race that is held three times a year and is organised by David Denton who is very supportive of the running community and hosts many races throughout the year as well carrying out charity work in India. Stone finished 36<sup>th</sup> in 39:49 and will definitely be back again in 2018 when the series starts again in March.

Local club Sandbach Striders hosted their 10k race at the weekend for the twelfth year but with a new all road route for 2017 with road closures in place around the picturesque village of Bradwall. A field of just over 250 were present on the start line with 11 Harriers amongst them. Leading the pack was Chris Moss who was 12<sup>th</sup> in 38:31. Dave Clark was 23<sup>rd</sup> in 41:18 and Paul Steel was the third Harrier to finish, 33<sup>rd</sup> in 42:53. Emma Weston was right behind him in 34<sup>th</sup> in 42:56, winning her age category and finishing third woman overall from 111 and in fact the club had the fourth and fifth

women finishers overall too, with Charmaine Wood 49<sup>th</sup> in 45:10 and third in her age group and Lucy Rusbridge 50<sup>th</sup> in 45:19 taking second place in her age category. Mike Stanley took 43<sup>rd</sup> spot in 44:30 and James Yates was 51<sup>st</sup> in 45:37. Nick Budd was 64<sup>th</sup> in 46:34, Martin Sands 88<sup>th</sup> 49:58 and Louise Poole 130<sup>th</sup> in 54:59.



*Charmaine Wood at Sandbach 10k 10.09.2017*

*photo Bryan Dale*



*James Yates at Sandbach 10k 10.09.2017*

*photo Bryan Dale*



*Martin Sands at Sandbach 10k 10.09.2017*

*photo Bryan Dale*

The Congleton Half marathon takes place on October 1<sup>st</sup> and there is still time to enter, more details can be found at [congleton-harriers.co.uk](http://congleton-harriers.co.uk)