

The evening of Saturday 15<sup>th</sup> March was the time that the Harriers put their running shoes on one side and donned their glad rags for the annual awards' presentation evening. The event was ably organised by social secretary, Chris Thomas, and was held at Astbury Village Hall. A pea and pie supper was followed by the presentations by club Chairman Pete Newham and his glamorous assistant and long standing club member, Harry Stubbs. The award presented included those for the Winter Competition 2102-2013, the Summer Competition 2013, the Horseshoe Hobble, Club Summer and Winter Cloud Handicap and the World Standards' Trophy which was won for the second year running by Phil Dawson (80.07% for his time in the Birchwood 10k). The surprises of the evening always come in the shape of the voted for awards which were as follows:

Female vet of the year- Debbie Hill

Male vet of the year- Bryan Lomas

Female off road runner of the year Polly Kennerley and Charmaine Wood

Male off road runner of the year- Bryan Lomas

Female road runner of the year- Jo Moss

Male road runner of the year- Phil Dawson

Female most improved runner of the year- Heather Jackson

Male most improved runner of the year – Andy Eaton

This year saw the introduction of a new award- the chairman's award for outstanding efforts for the club. Veteran club member Derek Lukas was the extremely deserving first recipient of this trophy. Derek has been in the club for many years and has been chairman in the past. He continues to work tirelessly for the good of the club and its members, being involved with organising and helping at the Congleton Race Series events as well as introducing and welcoming in new members. He has a huge breadth of running experience and is willing to share his expertise to help others.

The evening was rounded off with some gentle exercise in the form of a barn dance before carriages at midnight.

The running shoes did not stay un-used for long with 5 Harriers taking part in the Wolf's Pit fell race in the Peak District, Hope Valley, on what was a damp cool day with a cruel wind. This just under 6 mile event takes in 1500 feet of ascent and after a short run through Shatton village starts a long ascent up onto Abney Moor. There was no relief on the top as the head wind was fierce. The course then meanders across the moor before summiting again and finishing in the village. The race is organised by a group from nearby Bradwell and not a running club. Bryan Lomas had a good race despite injury and finished in 82<sup>nd</sup> place in 50:25 out of field of 388. Jo Moss was very pleased with her performance, particularly as she managed to slash 5 minutes of her previous time and finish just ahead of team mate,

Debbie Hill. Moss completed the course in 59:40(219) and Hill in 59:52(226). New Harrier, Dave Geary was not far behind Hill in 1:02:17 and Jude Newham less than 3 minutes behind Geary in 1:05:06, a minute faster than previously.

The following weekend, 23<sup>rd</sup> March, was the ever popular Wilmslow Half Marathon. The weather was blustery with a brief hail storm but overall the conditions were bright. The course is relatively flat, through the attractive country lanes of Cheshire and attracts runners from far and wide. Jo Moss had a brilliant race, posting a personal best and being first Harrier home. Her time of 1:37:13 placed her 614 out of nearly 4000 and 50<sup>th</sup> lady out of just under 2000. Charmaine Wood was not far behind in 1:38:49. Matt Belford was the first male Harrier to finish and he was pleased with his personal best time of 1:43:26. Harrier Sara Stead ran for Waters, the company she works for and one of the race sponsors, and finished in 1:45:33 with Jude Newham just over 2 minutes behind in 1:47:43. Lisa Byrne was pleased with her time of 1:53:37 as she has not raced for some time. Suzanne Roebuck and Tim Harden both managed to get in in under the 2hours in 1:56:37 and 1:57:58 respectively.

The same day two Harriers travelled across to take part in the category long A fell race- the Don Morrison Edale Skyline. This is not for the faint hearted and covers some 21 miles. The conditions can be severe in March and the new FRA safety rules were in force. Andy Roberts had an excellent race and finished 65<sup>th</sup> out of 303 in 3:48:41. Pete Carvell had been hoping to break the 4 hour barrier but was suffering from a calf injury. He was not far behind his team mate approaching Win Hill but the peaks of Lose Hill and Mam Tor took their toll on his injury and he did well to complete the race at all but was bitterly disappointed to have a time just under 4hours 26 minutes.

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