

The excitement of the Summer Series is now over but the Congleton Harriers continue running and whilst the summer is traditionally a quieter time of year for events, there has been no shortage of variety of runs.

Sunday 13<sup>th</sup> July was the Peak Forest fell race which has always attracted a few Harriers and this year was no exception. The 6 mile course rises a total of 650 feet and follows the Limestone Way towards Castleton. Unfortunately the results have been hard to locate but Bryan Lomas and Charmaine Wood held up the honour of the club by being 3<sup>rd</sup> male and 3<sup>rd</sup> lady.

The Kentmere Horseshoe, up in the Lake District was the venue for a 12mile fell race on 20<sup>th</sup> July. Four Harriers competed in what was a mix of bright sunshine and heavy rain with Andy Roberts being the first Harrier home in 157<sup>th</sup> place and 2:03:54. Dave Clark was not far behind in 2:05:50. Pete Carvell and Chris Hewittson were even close in time with 2:14:35 and 2:14:37 respectively. 364 runners completed the course.

Dave Taylor and Harry Stubbs planned a holiday with spouses in Pembrokeshire with the idea of taking part in the Tenby 10k road race on 26<sup>th</sup> July. Sadly, Stubbs' injury precluded him from competing but Dave- not such the sweep these days- Taylor had an excellent run and was 4<sup>th</sup> in his age group with a time of 48:10 (151/557)

27<sup>th</sup> July was the Great Warford 10 mile road race. This is a gently undulating course near Alderley Edge with a field of around 300. Bryan Lomas was the first Harrier to cross the finish line in 1:00:56 having had a great run, with 17<sup>th</sup> place and the MV45 prize. Craig Hewitt ran well in 1:11:47. Charmaine Wood was the first female Harrier in 1:13:45 with Michelle Matthews next in 1:23:22. Paul Crean was only seconds behind Matthews in 1:23:51. Liz Smart made a rare racing appearance for the club and ran well in 1:33:20.

August 2<sup>nd</sup> was incredibly wet particularly up in the Lake District where Pete Carvell was running as a male vet for the first time having just had his 40<sup>th</sup> birthday, along with Chris Hewittson. The pair were taking part in the Borrowdale fell race which requires stamina for the 18 mile course taking in a series of iconic fells including Scafell and Scafell Pike. Carvell just had the edge at 4:38:06 with Hewittson only 31 seconds behind. This was an incredibly competitive field with numerous national champions taking part.

Closer to home on the same day with slightly smaller hills, but still not to be sneezed at, was the Meerbrook 15k road race. After the hot spell the horizontal rain was almost welcome and certainly made the conditions more comfortable than temperatures in the high 20s. Bryan Lomas was 8<sup>th</sup> in just under the hour at 59:21. This also earned him the MV45 prize. Dave Taylor had another good run and proved that he is now a force to be reckoned with in his age group completing in 1:21:22.

Two Harriers had a chance meeting down in Cornwall on holiday. Andy Roberts, having planned ahead had pre-entered the St Ives Bay 10k, talked fellow Harrier Pete Newham, at the last minute, into joining him. The warm sun was the clincher for Newham, and with the loan of fell shoes from Roberts he had no excuses. As it happens Roberts had not realized that the

race actually started at Hayle some miles away and was grateful for Newham pointing this out. The good weather did not hold and rain set in for what was quite a challenging event with a few energy sapping miles along the sandy beach and back along the dunes. Roberts was pleased to finish in 10<sup>th</sup> place. Newham managed a respectable 16<sup>th</sup> despite the double scone cream tea he had enjoyed 2 hours previously when racing had been the furthest thing from his mind.

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