

Saturday 29<sup>th</sup> saw the start of the cross-country season with the first race of the North Staffs Cross Country League at Winsford.

The Congleton Harriers Woman's team, heavily depleted by injuries, was down to the bare minimum of runners required to score as a team. That didn't stop Emma Weston, Jo Moss, Carol Bird (in her first outing as a Congleton Harrier) and Charmaine Wood (who was also carrying an injury) putting in an absolutely storming performance resulting in them now sitting top of the Division 2 standings after the first race. Emma was the first Harrier to finish the 5k course, crossing the line in 24<sup>th</sup> place out of 220 runners in 23:20. Emma was followed by Jo in 30<sup>th</sup> place in 23:36, Carol in 32<sup>nd</sup> place in 23:38 and Charmaine in 38<sup>th</sup> place in 23:54.



*Jo Moss, Carol Bird, Charmaine Wood & Emma Weston*

*Photo: Jo Moss*

The men had seven runners in action. Anthony Allan was first home, finishing 22<sup>nd</sup> out of 307 runners, which is also his highest placed finish in this cross-country competition. Anthony's time for the 8k course was 28:56. Andy Roberts finished 122<sup>nd</sup> in 32:58, Chris Moss was 132<sup>nd</sup> in 33:11, James Yates was 191<sup>st</sup> in 36:36, Paul Steel was one place behind - 192<sup>nd</sup> in 36:38, Nick Budd was 229<sup>th</sup> in 38:16, Nigel Poole was 279<sup>th</sup> in 42:00 and Duncan Young was 287<sup>th</sup> in 43:55.



*Anthony Allan*

*Photo: Jo Moss*

The five miles cross-country was not enough for Nick, so he was also back running the following day at the Nottingham Half Marathon where helped his daughter Jess set a new personal best of just over 2 hours.

It's now less than a week to go to till the Congleton Half Marathon on Sunday 7th October. On-line entries are now closed; however you can still enter on the day with the race starting at 9.30 (Race HQ for Sunday is Congleton High School, Box Lane). Another incentive: as ever, all proceeds from the race go to charity with this year's charity being Ronald McDonald House Charities which provides free "home away from home" accommodation to families while their child is in hospital. Further details available on the club's website.

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.