

It was another extremely busy weekend for the Congleton Harriers and, like last week, there was plenty of quality running in evidence from the Congleton Harriers who were out racing in a wide variety of events delivering some outstanding achievements, more personal bests and some more first runs from new members.

First, it was too late to make last week's report, but belated congratulations go to Jo Moss who, thanks to her performance at Chester the previous week, has been selected to represent England in a master's age group team at the 10k distance.

This Saturday Sandre and Malcolm Jackson were both competing in the Cartmel 10k Trail Run up in the Lakes. The 10k is one of four events run on the same day in Cartmel providing the runners with a choice of runs through some of the most scenic and varied countryside in the Lake District offering panoramic views of both Morecambe Bay and the surrounding peaks. Heavy rain had created localised flooding causing some serious headaches for the organisers who had to juggle start times and revert to backup routes to safeguard the volunteer marshals from the elements. Sandre Jackson finished 259th out of 541 runners, 3rd in her age category, and Malcolm Jackson finished 260th, both in a time of 70:01.

Five Harriers made the shorter journey over to Crewe to take part in the Saturday Park Run as it was on the club's winter competition list. The Crewe Park Run follows an interesting, twisting, slightly undulating route round Queens Park which made for pleasant running. In a field of 353 runners all five put in strong runs and all managed a top three finish in their respective age categories. Jo Moss finished 23rd in a time of 21:16 (1st in her age group and 2nd lady overall), Nick Budd was 26th in 22:07 (2nd in age category), Helen Jeffrey was 36th in 23:10 (1st in her age category), Nigel Poole was 49th in 24:38 (3rd in age category) and Georgie Budd was 116th in 28:41 (1st in her age category).

On Sunday there were four Harriers competing in the Poynton Village 10k. This was a multi-terrain event over a mixture of road and trails featuring a good bit of mud too. The first two miles are steadily uphill which didn't make for the easiest start and the weather was 'challenging', though most of the hail and rain held off during the race itself. Out of 675 runners club Chairman Rob Parkin finished 283rd in 52:28, Kelly Hurlstone, achieving a new personal best, was one place and one second behind in 284th place in 52:29. Then came Josie Galbraith in 368th place in 55:42 and Sandy Hall, who also achieved a new personal best, finished 445th in 58:38.



Kelly Hurlstone, Sandy Hall, Rob Parkin

Photo: K Hurlstone

Out on the Fells Bryan Lomas was again in action, this time at Wolf's Pitt near Bamford. This 5.6 mile race featuring some very steep climbs and descents attracted almost 400 runners on a day when the weather provided a bit of everything: wind, sleet, hail and sunshine. Lomas finished 76th in 53:20.

Further South Emma Taylor continued her impressive run of fine performances by breaking the 1 hour 30 minute barrier for the first time at the Stafford Half Marathon. Taylor was 151st out of 2828 runners in 1:29:26 and, again like the previous week, was only one spot off a top three age category finish. Four places and six seconds behind, Chris Moss also managed a sub 1:30 finish cross the line in a time of 1:29:32 to take 155th place. Stephen Canning, in his first race for the Harriers, finished 1250th in 1:54:05 and Matt Plummer was 1814th in 2:03:37.



Chris Moss and Emma Taylor

Photo: C Moss

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. You can also connect with the club on Facebook where details of club activities are posted regularly.

Alternatively, come along to the Congleton Park Run on Saturday morning as there are always a good number of Harriers in attendance who are more than happy to chat. On the first Saturday of the month we are even easier to spot as there are always 5 or 6 of us pacing in our yellow running vests.