

On the East coast of Spain, Claire Cheetham took to the streets for the Valencia half marathon, having run the full marathon last year a lot of the course was familiar as over 12,000 runners weaved their way past city landmarks before finishing at the marina. It was an excellent run by Cheetham who finished with a new half marathon PB of 1:41:43.

Continuing the theme of faster times, Nicole Humphreys was taking part in arguably the UK's toughest marathons as her and 2,200 other runners pounded out 26.2 miles in the Snowdonia National Park featuring 838 metres of climb with the organisers website stating the equivalent distance if the course was flat would be 29.32 miles! A sterling performance saw Humphreys beat her time of last year by over two minutes crossing the line in 4:03:13 for 583rd place.

The Original Mountain Marathon (OMM) celebrated its 50th year by returning to the Lake District for the first time in ten years, the course covered 400 square kilometres of the National Park with athlete's village set up at the head of Langdale Valley. Congleton Harriers Simon Higgins and Pete Carvell were taking part on the long score course with the objective of scoring points for passing through specified checkpoints within a certain time. The event is held over two days with each team being a self-contained unit with no help from the outside world allowed, carrying their tent, supplies and cooking equipment the duo had to navigate the course which on Saturday was particularly challenging given the low cloud and drizzle that shrouded many of the natural landmarks. The pair completed the challenge and their combined efforts scored them 106 points which placed them 155th of 170 teams.

In Park Hall country park in Weston Coyney round two of the North Staffs Cross Country League was taking place with once again a strong turnout of Harriers with both the men and women's team boasting 10 runners. In the men's race over 7k it was James Briscoe who took the first of the four scoring positions coming home in an excellent 18th in 24:57, Anthony Allan was 45th 26:31, Bryan Lomas was 75th in 27:44 and Chris Moss was 87th in 28:13 giving the men a combined score of 225 putting them fourth from the sixteen teams in division two. The other finishers were Andy Roberts 93rd 28:34, Stuart Rider 101st 28:54, Craig Hewitt 115th 29:29, Paul Steel 191st 32:01, Nigel Poole 277th 37:26 and Rob Soames 280th in 37:53.



James Briscoe at Park Hall Cross Country 28.10.2017

photo Paul Birdsall

In the women's race over 5k, Jo Moss was at the head of the field finishing 27th overall in 24:43, Emma Weston was 37th in 25:20, Alice Nimmo 51st in 26:19 and Lucy Rusbridge was 67th in 26:58 giving a combined score of 182 points which was good enough for 3rd place from 18 scoring clubs in division two. The other six finishers were; Helen Jeffrey 85th 27:49, Michelle Stevens 99th 28:40, Karen Sutton 118th 29:26, Louise Poole 121st 29:38, Suzie Kelly 147th 30:53 and Beth Cliff 175th in 33:08. As well as sending 20 runners to the event, Congleton Harriers once again sent a volunteer to help officiate, at Winsford, Derek Lucas had assisted in the finish funnel ensuring runners receive the right position token, this time Paul Crean stepped up to do the same job demonstrating the community spirit within the club. The third round takes place at Stafford Common on November 18th.



Michelle Stevens at Park Hall Cross Country 28.10.2017

photo Paul Birdsall

The following day Emma Weston was back in action at the Hallowe'en Hellraiser, 10 miles of mainly off-road running including a section through a graveyard, all expertly hosted by South Cheshire Harriers, 125 runners with many in fancy dress took part, despite the efforts of the previous day, Weston had an excellent run finishing second woman overall and first in her age category in a time of 1:24:38 for 39th place.



Emma Weston at Hallowe'en Hellraiser 29.10.2017

photo Bryan Dale

Congleton Harriers run three times a week from the leisure centre and are present at Congleton parkrun on the first Saturday every month offering a pacing service. For more details congleton-harriers.co.uk