

Last Thursday Congleton Harriers had the choice of two 5k events – Beth Cliff and Rob Parkin opted for the fourth and final Sale Sizzler at Wythenshawe park, another high quality field with over 540 finishers and a winning time of sub fifteen minutes. Parkin was 428<sup>th</sup> in 24:50 and Cliff made a seven second improvement on her time from two weeks ago to take 486<sup>th</sup> place in 27:24.

Over in Trentham, 200 runners were taking part in the Dave Clarke 5 organised by Trentham Running Club and in memory of founding member who passed away in 2010. The race billed as multi terrain but in reality, is nearly all on hard packed paths or roads attracted three Congleton Harriers, Chris Moss lead the trio home taking 18<sup>th</sup> place in 18:08, Ian Prime was 77<sup>th</sup> in 22:22 and Harry Stubbs 124<sup>th</sup> in 25:31.



*Chris Moss at the finish of Dave Clarke 5*

*photo Bryan Dale*



*Harry Stubbs at 3k of Dave Clarke 5*

*photo Bryan Dale*



*Ian Prime at 3k of Dave Clarke 5*

*photo Bryan Dale*

From the lung busting all out nature of a 5k to the endurance strength sapping physical and mental challenge of ultra running. The myriad of paths and byways of the Peak District coupled with breath-taking scenery and mountainous terrain lends itself to a course maker wanting to put on a race or indeed five races, as Sheffield based challenge company 8.2 did last weekend. Starting with a 10k right through to a 60 mile “ultra tour of the peak district” there was certainly plenty of choice. Alice Nimmo and Polly Kennerley choose the 30 mile peak trails event. Both familiar to pushing themselves, Nimmo having scaled Kilimanjaro and Kennerley cycling the length of the UK in the last 12 months. Starting in Whirlow Farm Hall at 8am the route has approximately 1,388m (4,553ft) of ascent. Running the route together they finished in 66<sup>th</sup> and 67<sup>th</sup> place in a time of 7hr:16m.



*Nimmo and Kennerley during Dig Deep 30 19.08.2017*

*photo Mick Kenyon*

With five weeks to go until the Congleton Half marathon there is still time to enter, the race on October the 1<sup>st</sup> is run on partially closed roads and all race proceeds will be helping three local charities more details on this and about the club can be found at [Congleton-harriers.co.uk](http://Congleton-harriers.co.uk)