

It was a tale of two 5ks last Tuesday with Ian Prime in action at the Aztec Bristol 5k, a strong field of 182 runners were present with Prime finishing in his quickest time this year for 123rd place in 21:51. Meanwhile in Crewe Paul Steel was the single yellow vested representative in the first of a three-race series during the summer, the course starts and finishes in the picturesque Queens Park by the Lakeside Pavilion. Always pleasing when you return to a course and go quicker and that was the case for Steel, knocking off 12 seconds from his 2016 time to finish 45th from 171 in 20:10 and second from ten in his age group.



Paul Steel at Crewe 5k 27.06.2017

photo Bryan Dale

On Wednesday night, Ian Prime was once again lacing up his trainers for the Foodbank 5k at Bramhall, run on paths and trails and streams! With all profits from the race going to the Stockport foodbank charity, Prime had 153 other runners for company as he made his way around in 27:27 for 62nd place.

The Staff Moorlands Summer Series reached the halfway point on Thursday with race 4, comprising five miles of trails and paths around Rudyard Lake, the trend of a high turnout of Harriers continued with a superb 17 yellow vests on show. The results were as follows; Anthony Allan 7th 30:10, Chris Moss 17th 32:07, Stuart Rider 38th 34:23, Charmaine Wood 65th 36:13, James Yates 79 36:49, Melanie Worthington 81st 37:02, Lucy Rusbridge 92nd 38:05, Alice Nimmo 93rd 38:10, Steve Webb 99th 38:22, Paul Crean 103rd 38:55, Ian Prime 119th 39:34, Suzanne Roebuck 139th 41:25, Harry Stubbs 146th 41:51, Martin Sands 149th 42:00, Robert Soames 157th 43:11, Lucinda Stone 160th 43:34 and Dave Taylor 167th in 44:23.



Congleton Harriers at Rudyard Lake summer series

photo Ali McNinch

Last year the 'Run the Bypass' race at Alderley Edge was a 5 mile event, the organisers listened to the feedback from the participants and this year managed to organise it as a 10k. Seven Harriers were on the start line for the new longer course and it was Ian Prime who was the fastest of them setting a new personal best of 45:06 to finish 295th just edging out Nick Wilkins who was 300th in 45:14, Andrew Eaton was 399th in 47:13, Martin Sands 491st in 48:49, Tony Smith 49:18 took 532nd, Jackie Moss 981st in 57:08 and Cathy Dean 1,538th in 70:10.



Prime, Eaton, Smith and Sands at Alderley Edge By-Pass 10k

In Ashbourne the two fastest female Harriers were head-to-head for a scenic half marathon starting from the bunting adorned market place on a route that exited the town towards Mapleton, Thorpe and the ever busy Ilam, on a course that was never flat and when ascending Blore Hill was just plain steep! In the results it was Emma Weston who crossed the line first, in a time of 1:36:30 for 26th place overall, first in her age category and second woman overall. Jo Moss was just 10 places back in 1:39:59 and fourth fastest lady.



Prize Winner – Emma Weston 2nd woman at Ashbourne Half Marathon

Away from the tarmac, Debbie Hill and Suzanne Roebuck were competing at the Great Hucklow Fell race, set over 6.1 miles and with 1,115 ft of ascent for the 180 runners to negotiate it was a tough race in the heart of the Peak District. Hill finished 111th in 1:06:12 and Roebuck 137th in 1:11:13.



Roebuck and Hill at Great Hucklow Fell Race

Congleton Harriers run three times a week from the leisure centre and if you would like more information please visit congleton-harriers.co.uk