

A trip to the nation's capital for four Congleton Harriers on Saturday as they formed part of the high-quality field in the National Cross-Country Championships. The course set out on Parliament Hill, Hampstead Heath, arguably the iconic home of Cross Country running, first used in 1950 and this year being used for a record 16th time. Lucy Rusbridge was the sole Congleton Harrier in the women's race over 8k. With more than 1,100 competitors on the start line, Rusbridge finished 625th in 42:24 to cap off a fantastic cross-country season. A trio of Harriers in the Men's race held over a longer 12k course with James Briscoe the quickest 429th in 48:18, Bryan Lomas in his element was not only enjoying the day, he was pleased with his performance among the elite company, finishing in 989th 53:57 with an injured Nick Budd 2,170th in 71:46.



l-r – Lucy Rusbridge, James Briscoe, Nick Budd and Bryan Lomas at National Cross-Country Champs

Five hundred people turned out on the Welsh coast for the 10-mile road race in Rhyl – One of them was Congleton Harrier, Beth Cliff who ran really well in difficult conditions with much of the course run into a headwind, finished in a chip position and time of 218th 1:26:05.



Beth Cliff at Rhyl 10-Mile 24.02.2018

There was more tarmac being pounded on Sunday with Andrew Eaton completing six laps of the Oulton Park race circuit to complete a half marathon, the finish straight may have been in the pits but Eaton's spirits certainly weren't with his second fastest time recorded with a 1:41:14 for 138th place from 519 runners.

Away from the black stuff there were 13 Congleton Harriers braving the icy cold Sunday morning for the approximate 5-mile race around Knypersley reservoir and surrounding woodland, a hugely popular event expertly organised by Biddulph Running Club with all proceeds going to charities chosen by the town's Mayor.

Anthony Allan was the fastest Harrier, bagging a top 10 finish with his 7th placed time of 31:41, Stuart Rider had previously finished 19th and 16th rocketed to 12th this time around with a course personal best of 34:40. Charmaine Wood was third in her category and fourth female finisher overall in 36:57, James Yates was 31st in 38:20, Paul Steel 40th 39:24, Alice Nimmo was delighted with her

41st place in 39:40 and there was another course best time for Michelle Stevens taking 50th place in 40:38. Sarah Oakes and Suzie Kelly took positions 81 & 82 in 43:30 & 43:36 respectively. Nigel Poole was 91st 45:24 with Louise Poole 93rd but with the same time of 45:24, Harry Stubbs 98th in 46:05 and there was a welcome return to racing for Dave Taylor, having been absent since an injury in August was 146th in 54:39.



Harriers at Knype Pool 5 25.02.2018

photo Paul Birdsall

This weekend Congleton Harriers will be heavily involved in hosting the Cloud 9 hill race which takes place on Sunday and has been sold out for several weeks. For more information on the club visit congleton-harriers.co.uk