

The Alsager 5-mile road race has long been a perennial favourite with Congleton Harriers, the slick organisation and the fast, flat course which is well supported along the entire course keeps runners returning year after year and sells out well in advance of race day.



Congleton Harriers at Alsager 5 4th Feb 2018

Eleven Harriers took to the start line for this year's race, first to return was Jo Moss, making a good start to the North Staffs Road Race Association, a series of twenty road races in the region with the best 12 results counting to your final position, Moss finished 183rd in 33:33, fourth in her age category and at this early stage, 8th from 19 in her NSRRA group.

Charmaine Wood was second Harrier to finish, 196th place in 34:12, Paul Steel was 226th in 34:48, Mike Stanley recorded another personal best, going over a minute quicker than last year's time and finishing 100 places higher up the field in 234th place in a time of 35:04. James Yates equalled his club mates time and was given 235th place. Nick Budd 361st in 38:23 and Nigel Poole 462nd in 40:54.



Charmaine Wood at Alsager 5

photo Bryan Dale



James Yates at Alsager 5

photo Bryan Dale



Mike Stanley at Alsager 5

photo Bryan Dale

Beth Cliff stormed to a new PB, knocking five minutes off her previous best, finishing 480th in 41:22, Ian Prime was 482nd person over the line but had a chip time of 41:21. Jackie Moss beat her previous best at Alsager with her time of 42:38 in 532nd place and Cathy Dean 762nd in 52:01.

Nick Wilkins had a pretty interesting Saturday, having run several times at Omagh parkrun, and regularly coming in the top 15, he was amazed to find himself finishing fourth, he soon found out this was because the 'usual runners' were all taking part in a local 10k that was just about to start at the nearby Christian Brothers School, so a dash to the car, drive to the start point, register with four minutes to go and then he was off, given his earlier exploits he can be forgiven for running his slowest time, finishing in 52.26 for 79th place. Back inside the school hall, Wilkins was able to refuel with the excellent sandwiches and cakes on offer and reflect on his very unorthodox way in which his parkrun, trips to the car and 10k had all combined to make his planned 5k into a hectic half marathon.

Congleton Harriers run three times a week from the leisure centre and cover all varieties of running, for more information visit congleton-harriers.co.uk