

From the thronging streets of Berlin marathon at the weekend Ian Prime was testing out his legs on the trails around the Brownhouse reservoir at the Ron Hill 79<sup>th</sup> birthday 5k race last Wednesday. 128 runners turned out to honour one of the icons of British athletics. Prime's legs were still in working order as he got around the course in 26:15 for 55<sup>th</sup> place.

The last day of September marked the start of the North Staffs Cross Country League, the four-race series started with the opening fixture at Knights Grange in Winsford over the last few years the first of these races has benefitted from the last throes of Summer, however this year, heavy rain before and during gave the full cross-country experience to everyone and by the time the senior events started the course had cut up and the going was heavy in places.

The men raced over 8k, the club had 10 men in the 290 strong field with the first four from each club to score, Chris Moss led from the front and finished in 71<sup>st</sup> in 32:40, Andy Roberts was 86<sup>th</sup> in 33:12, Bryan Lomas 91<sup>st</sup> 33:28 with Craig Hewitt taking the fourth scoring place in 138<sup>th</sup> in 35:19. Stuart Rider produced a fine sprint finish to ensure he finished higher than runners from other clubs and thus improving the clubs overall standing in the results crossing the line in 139<sup>th</sup> 35:27, the other positions were; Dave Clark 143<sup>rd</sup> 35:35, Graeme Burns 172<sup>nd</sup> 36:56, Nick Budd 228<sup>th</sup> 40:01, Nigel Poole on his 60<sup>th</sup> birthday was 262<sup>nd</sup> in 43:57 and Rob Parkin 270<sup>th</sup> in 45:14. This gave the club a collective score of 386 points placing them 8<sup>th</sup> from 18 clubs in division two.



*Chris Moss at Winsford Cross Country 30.09.2017*

*photo Paul Birdsall*



*Nine tenths of the Men's team Winsford XC 30.09.2017*

*photo Paul Birdsall*

The women's race started forty minutes earlier and was run over 5k, also featured 10 Harriers, with captain Jo Moss blazing the trail finishing in 11<sup>th</sup> in 23:02, Emma Weston was 30<sup>th</sup> 24:31, Charmaine Wood was two places behind in 24:42 with Lucy Rusbridge in the fourth scoring position in 43<sup>rd</sup> 25:05. Polly Kennerley 51<sup>st</sup> 25:34, Alice Nimmo 55<sup>th</sup> 25:46, Michelle Stevens 62<sup>nd</sup> 26:05, Mel Worthington 72<sup>nd</sup> 26:34, Lucinda Stone 121<sup>st</sup> 29:12 and Beth Cliff 141<sup>st</sup> 30:44. The combined score of 116 points was the best by the club since 2008 and puts the club 3<sup>rd</sup> from 17 clubs in division two.



*Women's team at Winsford Cross Country 30.09.2017*

*photo Paul Birdsall*

Whilst many Harriers were involved in the organising of the Congleton Half four club members got to take part with Mike Stanley setting a new personal best with his 1:46:34 in taking 177<sup>th</sup> place, Karen Sutton was 298<sup>th</sup> in 2:01:13, Suzie Kelly was 305<sup>th</sup> in 2:02:28 with Helen Jeffery 357<sup>th</sup> in 2:10:54.



*Karen Sutton at Congleton Half Marathon 01.10.2017*

*photo Paul Birdsall*

Congleton Harriers run three times a week from the leisure centre and always welcome new members for more information [congleton-harriers.co.uk](http://congleton-harriers.co.uk)