

On a blustery Thursday night on the Isle of Man, Ian Prime was one of 75 runners taking part in a 5-mile race. The three-lap course marshalled by volunteers and the Ramsey fire brigade did a sterling job in windy and wintry conditions. In the results Prime, placed 32nd in 37:15, the next challenge was arguably more difficult was to get off the island and back home for the weekend.



Ian Prime at Ramsey 5-mile race 07.12.2017

Congleton Harriers run three times a week from the leisure centre for more details take a look at their new website at congleton-harriers.co.uk

