

The beautiful venue of Queen's Park in Crewe was home to eleven Congleton Harriers on a warm Tuesday night as they took part in the third and final 5k event organised by South Cheshire Harriers. The out and back course loops around the park before heading out around playing fields and along foot paths over the Wistaston Brook before the turnaround point at halfway. From a field of 160 runners there was some excellent performances from the Harriers; Mikko Kuronen was the first to cross the line in 23rd place in 18:48 taking another age category win, one place and three seconds behind was Chris Moss also taking first place in his age category, Paul Steel was the third Harrier home in 20:22 for 50th overall and third in his age category. Jo Moss was 53rd and recorded a new PB for the distance in 20:32, Mel Worthington also crossed the line with a new PB to her name, finishing 66th in 21:18. Ian Prime was 76th in 22:21, Nigel Poole 81st in 22:57, Sarah Poole recorded a new PB in 23:07 for 85th place. Rob Parkin 90th in 23:40, Paul Birdsall 101st in 25:02 and Harry Stubbs 119th in 26:47.



Congleton Harriers at Crewe 5k 30th August 2016

photo courtesy of Rob Parkin

On the same night, Bryan Lomas eschewed the paths and parks of Crewe for the trails and hills of Eyam and more specifically the 6.5 miles and 1,509ft of ascent of the Barrel Inn Fell Race, an understandable choice given that some 30 plus years ago, this was where Lomas had his first taste of fell racing. Satisfied enough with his performance coming 21st from 164 runners in 48:25 it was a happy return to home ground.

At the weekend three Congleton Harriers were sole representatives at their chosen races. Mikko Kuronen took part in the Salford 10k, a very popular race with over 2,500 competitors the race starts and finishes at Media City Piazza and takes in Trafford Park along the way, finishing an amazing 40th

overall, in 37:54 in doing so, he was third in his age category and set his own personal best time since being in this age bracket.

Over in Stockport, Ian Prime was taking part along with 448 other runners in the Hatters half marathon, starting at Edgeley Park, home of Stockport County AFC the scenic route follows the River Mersey along the Trans Pennine Trail towards Northenden, before forming a loop and returning to the finish in Alexandra Park in Edgeley. An eventful run for Prime saw him stung by a wasp within the first mile of the race, unperturbed he carried on to finish 180th in 1:49:10.

Congleton Harriers have their own half marathon with a sting, taking place on October 2nd the 33rd “Sting in the tail” half marathon has places available and details can be found on their website - congleton-harriers.co.uk.

North of the border Michelle Stevens was taking on a mountainous challenge, in the legendary Ben Nevis race, run every year since 1951 (except 1980 when bad weather caused a cancellation) the first race saw just 21 runners take part, this year 479 finished in a race that’s recognised as one of the oldest, toughest and iconic of its kind. From Claggan Park, where the runners are paraded behind traditional piping band, the starting gun fires and they complete a lap of the football ground before heading out onto the road that takes them on to the path where the 4,409ft ascent begins up Britain’s highest mountain, however runners can at their own risk elect not to use the path and head up using their own judgement in a bid for a quicker time, often scrambling and walking mixed with running to maintain their momentum to ensure checkpoints at half way and at the summit are met within the strict time limits or face disqualification. Stevens used all of her experience and tenacity to beat the check point times and begin the scary descent back down over the rocks and boulders, before taking a nasty tumble towards the bottom just as she re-joined the path but picked herself up to run back down the road section, re-enter the park for another three quarter lap of the field before finishing in a brilliant time of 2:52:00 for 394th place.



Michelle Stevens on her way to finishing Ben Nevis Race 03.09.2016 pic courtesy of Paul Birdsall