

Wythenshawe Park in Manchester was the venue for first in a series of five races in the Manchester cross country league and attracted the attention of three Congleton Harriers. The multi-lap event was 8.2km for women and 9.6km for men. As the 13:30 start time approached for the women's race, 236 lined up alongside Harriers sole female representative, Nicole Humphreys, a fine performance saw her finish in 118th place in 42:03. At 14:30, 381 men set off, containing two Harriers, Martin Rous and die hard cross country fan Bryan Lomas, it wasn't the muddiest or hilliest of courses but enjoyable nonetheless, Rous was 356th in 53:42 and Lomas was 100th in 39:56.



Rous, Humphreys and Lomas at Race 1 Manchester Cross Country League 15.10.2016

The Peak District autumn trail series continued on Sunday and after the sunny skies conditions enjoyed a month previous in Goyt Valley, running vests of the five Congleton Harriers were hidden away under waterproof jackets and woolly hats. The ten-mile course starting and finishing in Bakewell took the 141 runners down through the Derwent valley, across the grounds of the Chatsworth Estate and alongside the river Wye. The organisers have gold, silver and bronze timing awards and the first Harrier to finish and achieving the gold standard was Polly Kennerley in a time of 1:31:37 for overall 53rd place and 4th in her age category, Debbie Hill and Suzanne Roebuck attained Silver standard finishing 74th and 85th in times of 1:37:52 and 1:42:44 respectively, Dave Taylor and Ali McNinch made the grade for Bronze standard with Taylor 100th in 1:46:05 and McNinch 130th in 2:07:59. The third and final round is at Meerbrook on December 4th.



L-R Taylor, McNinch, Hill, Kennerley and Roebuck at Peak Trail Round 2. 16.10.2016

On Sunday over 8,500 runners completed the Manchester Half Marathon, the flat course offering personal best potential to the ten Congleton Harriers that took part. Leading from the front Maria Jensen sliced over 4 minutes from her previous best time finishing in exactly 1:41 for 1,456th place, Ian Prime was next in 1:42:21 1,632nd, Sarah Poole claimed a new fastest time of 1:46:49 in 2,249th. Mike Stanley was just over a minute behind in 1:47:52 for 2,402nd, Andrew Eaton ran brilliantly to finish in 1:49:55 2764th, Emma Hall recorded another PB with her time of 1:54:53 for 3,583. There was a welcome return to racing for Debbie Steel; she came over the line in 1:56:32 in 3,909th, Jamilla Gaskell was next in 3,952nd place in a time of 1:56:47, Louise Poole made it a double celebration with her sister by also claiming a new distance best in 1:58:20 for 4,209th and Beth Cliff stopped the clock at 2:06 exactly for 5,372nd place.



Successful day for Poole sisters Sarah (l) and Louise (r)

If you are interested in running and would like to find out more on running for a club, you can at congleton-harriers.co.uk