

In the South West of Scotland, lies the Galloway mountains and for two days it was home to Congleton Harrier Bryan Carr and his running teammate Jon Whilock. Taking part in the Original Mountain Marathon Elite challenge. Once competitors have started, they are a self-sufficient unit and as well as the usual mandatory fell running kit required, each team must also carry cooking equipment, fuel, tent and enough food for two people to last 36 hours. Day 1 – 32.6km or a shade over 20 miles with 2,595 metres of climbing (8,500ft) through 12 control check points awaited, the race, tests endurance, navigation and human spirit in conditions that at times had visibility reduced to just 10 metres. Carr and Whilock finished in 9hrs 5minutes coming 16th from 25 finishing teams, a further 7 teams failed to finish through either retirement or missed check points. It was then time to break out the tent, get warm and cook a meal. Soon it would begin again with a further 24.7km (15.3miles) and 2,025metres (6,643ft) of climbing, after 7hrs and 33minutes the duo crossed the finish line in 15th place from what was now just 20 teams as five more couples had fallen by the wayside. Their combined time of 16hrs 39minutes placed them a well-deserved first in the veteran's category.

A number of sporting events celebrate the beauty of the Snowdonia national park, including the international race to the summit and back from Llanberis held every July. This Saturday, was the 34th Snowdonia Marathon, which saw 2,200 runners start in the same village and embark on 26.2 challenging and hilly miles with 838 metres (2,749ft) of climb. A fantastic performance by Nicole Humphreys who finished in a time a lot of runners would be happy with on a flat course came 685th in 4:05:54 and was 88th woman overall.



Nicole Humphreys at Snowdonia Marathon 29.10.2016

Further away and somewhat warmer, Emma Weston was taking part in the Fuerteventura half marathon in the Canary Islands. A challenging 13.1 mile course across rough tracks and sand dunes and all in temperatures exceeding 25 degrees, thankfully, the course had plenty of hydration stations. Finishing in a time of 1:58:25, Weston took 71st place overall, was 6th woman to finish and claimed first place in her age category. After a brilliantly organised, marshalled and excellent value for money race there was still one issue to overcome, the trophy for the win was so heavy it exceeded the luggage limit at airport check in!

Closer to home, Park Hall country park was the setting for round two of the North Staffs cross country league at the weekend. Twenty-six Congleton Harriers were representing the club across the Men's and Women's races, conditions were ideal for racing over the undulating course made up of fields, tracks and a sandy section by the quarry.

293 men competed over the 2 lap, 7km race, with the first four over the line to count as the team score, those places were filled by Bryan Lomas 52nd in 27:46, Anthony Allan, 59th in 28:00, Chris Moss 65th in 28:24 and Stuart Rider 78th in 28:59. This gave the club an overall score of 254 which saw them finish 4th from 16 competing teams on the day. The other 12 places were as follows; Mikko Kuronen 29:09 83rd (1st in age category), Andy Roberts 29:19 84th, Craig Hewitt 30:41 121st, Paul Crean 35:36 220th, Nick Budd 35:37 221st, Nigel Poole 36:21 229th, Rob Parkin 37:07 241st, Martin Rous 38:25 259th, Tony Smith 38:32 260th, Rob Soames 39:27 263rd, Harry Stubbs 39:52 268th, and Steve Pullen 41:54 for 279th.



Congleton Harriers at Parkhall Cross Country 29.10.2016

In the women's race held just over 5km, 240 finished the race, over 40 more than last year as the competition gets more popular and stronger, again with four to count, it was team captain Jo Moss taking the first scoring spot coming home over a minute quicker than last year for 37th place in a time of 25:22, Polly Kennerley excellent form continued with a finishing time of 26:31 in 47th, Mel Worthington was 56th in 27:10 and Ellie Dick grabbed the fourth spot in 28:11 and 77th overall. Debutant Jess Banks led a trio of Harriers across the line in 82nd place in 28:30, 83rd was Sarah Poole in 28:34 and four seconds further back in 84th place was Vicii Kirkpatrick. Debbie Hill was 111th in 30:05, Louise Poole completed a courageous run having suffered a severe nose bleed during the run finished 145th in 31:46 and Beth Cliff was 194th in 35:37.

Congleton Harriers run three times a week from the leisure centre as well as organising many away runs and social events, to find out more on the benefits of running for a club visit congleton-harriers.co.uk for more details.