

Wednesday night in Belfast over 1,200 runners put on flashing armbands and ran 10k, joining 50 cities worldwide in the global 'Run in the Dark' event. The aim, to raise funds and awareness for the Mark Pollock Trust in an effort to find a fast track cure for paralysis. Ian Prime's yellow Congleton Harriers vest shone out on the night as he covered course set within the grounds of the Stormont estate in 46:18 for 128th place.



Ian Prime at Belfast Run in the Dark 10k 16th November 2016

There was more cross country action on Saturday, 10k of muddy, wet and cold cross country just the sort of thing Bryan Lomas loves and what's more, he convinced four more Harriers it was the ideal way to spend a Saturday afternoon. Taking place at Heaton Park, just north of Manchester the course was mixture of open grassland and mud with a few hilly bits thrown in. Since joining the Harriers earlier in the year, Anthony Allan has been turning in impressive performances on a regular basis and he led the quintet home finishing in 19th with a time of 42:01, Lomas was 26th in 42:34 and Stuart Rider was 60th in 45:49, a welcome return to racing over the muddy stuff for Nick Budd as he continues his return from injury finished 123rd in 52:43 and Dave Taylor was 163rd in 60:42.



L-R Taylor, Rider, Budd, Allan and Lomas Heaton Park Cross Country 19.11.2016

Sunday was a day of personal triumphs at the half marathon distance for three Congleton Harriers. Starting across the Welsh border, Emma Weston was running with over 2,400 others at the Conwy half marathon, starting and finishing against the backdrop of the 700-year-old castle. The course is a challenging one with a long steady ascent as you make your way around the limestone headland of the Great Orme but where there are ups there were some downs too and Weston took full advantage to finish 227th overall and third in her age category with a new personal best of 1:36:02.

Closer to home at Tatton Park, Rob Soames and Ellie Linsell were covering 13.1 miles, a course more suited to personal bests being flat throughout and free from traffic, this was new fixture in the 2016 calendar and reached the 2,000 entry limit very quickly and is sure to be a popular event in future years. Ellie Linsell and Rob Soames both recording personal bests, with Linsell, 415th in a time of 1:49:10 and Soames 525th in 1:53:33.



Rob Soames and Ellie Linsell after completing Tatton Park half marathon 20.11.2016

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.