

Whilst Autumn brings to the UK a cold chill to the air and daylight hours shorten, further afield there are the last vestiges of warmth and sunlight. In Valencia, Claire Cheetham completed the city marathon, over 15,000 runners pounded the coastal streets and Cheetham finished in 10,993th place in 4:03:01 and was an impressive 266th woman from 2,250 finishers.

Further down the Balearic coast Ian Prime and Mikko Kuronen were taking part in the Benidorm half marathon, a very popular event with over 1,200 runners, many from the UK creating a spirit of camaraderie throughout the 13.1 miles on the seafront based course. Kuronen finished 2nd in his age category and 49th overall in 1:23:42. Prime, who was troubled by a painful heel and seasonal cold finished 677th in 1:54:44.



Prime and Kuronen at the start of the Benidorm half marathon

photo Ian Prime

Back in the North West, four Congleton Harriers were at the Cheddleton 10k race, all proceeds from the race go to charity and every runner gets a Christmas pudding to take home with them. The course is run on closed roads over three laps and with a steady climb and sharp descent on each lap the race presents a stern challenge. Bryan Lomas was the first of the quartet to return, picking up a bottle of wine for his third in age category performance and 21st overall in 38:41 and notable for being over 20 seconds quicker than last year. A brilliant run from Jo Moss saw her take home something every runner covets, a new PB, bettering her best by over half a minute finishing in 41:40 for 50th place, fifth female and an age category win. Graeme Burns was 61st in 43:11 and Nigel Poole was 153rd from the 325 runners crossing the line in 49:43.



Graeme Burns at Cheddleton 10k

pic courtesy of Bryan Dale



Jo Moss at Cheddleton 10k

pic courtesy of Bryan Dale

With the racing taking place on Saturday, Sunday was free for Harriers to run for enjoyment on one of their monthly club organised 'away runs' one of the many social benefits of being part of the club. Chairman Bryan Lomas arranged the 14-mile off road route starting from the Peak District village of

Edale and taking in the views at Grindslow Knoll, Jagers Clough and Mam Tor to name but three. Challenging running but when surrounded by club mates and countryside thoroughly enjoyed by all that attended.



Harriers on monthly 'away run'

picture courtesy of Polly Kennerley

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.