

Before we said goodbye to 2017 there was still time for a couple of races, on the 27<sup>th</sup> two Congleton Harriers removed their watches and any GPS devices to take part in the Adlington Winter Warmer, a 10k trail race around Macclesfield canal and Middlewood Way, where entrants must guess their finish time and the winner is the person who was closest. Helen Jeffery and Rob Parkin coincidentally both finished 2 minutes and 8 seconds adrift of their predicted times with Jeffery finishing 51:38 and Parkin 57:08.



*Helen Jeffery and Rob Parkin at Adlington Winter Warmer 27.12.2017*

On New Year's Eve, Jeffery and Parkin were joined by club mate Charmaine Wood at the Bowstones Fell race organised by Bramhall Runners, the 11km course took the 384 runners in and around Lyme Park with good views of Cheshire Plain and beyond. Wood, was 97<sup>th</sup> overall and eighth female finisher in 58:23, Jeffery was 168<sup>th</sup> in 64:48 and Parkin 282<sup>nd</sup> 79:09.

The first weekend in January saw nine Congleton Harriers travel to Delamere Forest for the Cheshire Cross Country Championships, The men's race held over 11.5km saw Anthony Allan return first as he crossed the line in 50:10 for 39<sup>th</sup> place from 194 competitors all of whom must live in Cheshire or have been born in the county to qualify, Bryan Lomas 65<sup>th</sup> 52:04, Dave Clark 120<sup>th</sup> 56:14 and Nick Budd 167<sup>th</sup> in 63:38.



*Men's team at Cheshire Cross Country 06.01.2018*

*photo Jo Moss*

There was success for the club in women's race, with Emma Weston the fastest Harrier of five, taking 22<sup>nd</sup> place overall and winning her age category in a time of 40:15, Jo Moss was just 3 places behind in 40:37 taking second place in the same age category, Charmaine Wood 35<sup>th</sup> in 41:44, Lucy Rusbridge 45<sup>th</sup> in 43:17 and Alice Nimmo 50<sup>th</sup> in 43:59. Overall from 31 qualifying teams the Harriers finished 7<sup>th</sup> and frustratingly 4<sup>th</sup> in the vets' competition just two points off the podium.



*Women's team at Cheshire Cross Country 06.01.2018*

*photo Chris Moss*

The following day, just one solo Harrier made the trip to Reddish Vale for the Hit The Trail 5 mile event. The course was tough going for the 361 runners contending with mud and ice on a challenging hilly route, for the record, Rob Parkin made it round in 43:48 for 207<sup>th</sup> place.

Congleton Harriers run three times a week from the leisure centre for more information visit [congleton-harriers.co.uk](http://congleton-harriers.co.uk)