

There were many glum faced Harriers a week ago as almost all official racing was cancelled with the mini beast from the East striking hard; the half marathons at Wilmslow and Stafford were both cancelled due to the icy conditions and even the usually hardy fell runners were impacted when the Wolf's Pit fell race was also adjudged to be too dangerous.

A smidgen of yellow vest representation, however, did survive with Sandre and Malcolm Jackson competing in the Cartmel 10k Trail Race which is described as a "Beauty and Beast" of a course through the scenic countryside of the Lake District offering panoramic views of both Morecambe Bay and the surrounding peaks. Sandre completed her run in 70:04 finishing in 260th position, 15/70 in her age category, whilst Malcolm finished 10 seconds later in 263rd position, 32/58 in his age category (550 ran).

This Sunday, March 25th, saw two Harriers racing. Helen Jeffery ran in the Poynton Village 10k coming 165 out of 629 runners in a time of 49:17 and was 11/120 in her age category. Helen was especially pleased as she was only 23 seconds off another PB despite struggling recently with a troublesome sore knee. Ian Prime decided the best way to warm up for the upcoming London Marathon was to compete in the Canalathon Endurance race. The 50k race follows the famous Route 66 (no, not the Stateside one; the canal from Ancoats in Manchester to Rochdale). Ian finished 57/137 (10/23 in his age category) in a time of 6:02:51 with a big blister on his little toe to show for his endeavours.



Helen Jeffery at Poynton; Photo Helen Jeffery



Ian Prime; photo Ian Prime

On Saturday Ian also received his iconic running bear "100 in a year" vest from Tony Hulme at the Congleton Park Run; a limited-edition vest commissioned to recognise the remarkable fact that both had run over 100 races each the year before.



Tony Hulme & Ian Prime

Photo: Tony Hulme

Congleton Harriers run three times a week from the leisure centre and always welcomes new members. For more details visit us on our website: Congleton-harriers.co.uk