

Two Congleton Harriers were out racing this weekend, Bryan Lomas was at the Manchester Cross Country fixture at Wythenshawe Park. Three flattish laps made up the 9.9km course, plenty of strength sapping map and a circuit full of twists and turns made for good and interesting running for the 360-strong field. Lomas was not only happy with conditions but his performance finish 101st in 45:21 and 12th from 59 in his age category. As the cross-country season begins to wind down for another year, there's still the National championships to look forward to in London at the end of the month.



Bryan Lomas at Wythenshawe Park MCCL 10.02.2018

Over in Nottingham, Helen Jeffery was lining up alongside 694 others for the Turkey Trot half marathon in the village of Keyworth. The race organised by the first Scout group has been held annually since 1983, the race at the weekend was originally planned for its usual December slot but was postponed due to bad weather. It was certainly worth the wait as Jeffery made it round the undulating 13.1-mile course in a personal best of 1:44:54 for 240th place.

Congleton Harriers run three times a week from the leisure centre for more information visit congleton-harriers.co.uk

