

Exactly 100 runners turned up for the 9th running of the Mow Cop Hill race organised by Mow Cop Runners. Maybe it was the proximity to Congleton, maybe because it's a race in the club competition or maybe it was just the allure of the mud and the welcome cakes afterwards but there was a strong Congleton Harriers representation at the event with twelve runners from the club taking part (despite being on our doorstep, there were still some Harriers taking part for the first time).

This challenging fell race includes two steep ascents up to the folly at Mow Cop and conditions under foot, after all the recent rain, were described by the Race Organiser as the "muddiest ever" making it a gruelling 6.5 miles for all the runners.



Jo Moss, Emma Weston, Charmaine Wood

Photo Anthony Allen

There were some strong performances, however, from the Harriers: Anthony Allen, maintaining his recent fine form, finishing in 5th position overall in a time of 48:58 followed by Dave Clark 21st (57:49), Emma Weston 27th (59:46), Charmaine Wood 31st (60:02), Paul Steel 37th (62:23), Jo Moss 40th (63:04), Phil Dawson 47th (64:41), Alice Nimmo (65:11), Nick Budd 59th (66:33), Helen Jeffrey 75th (71:47), Harry Stubbs 92nd (80:42) and Dave Taylor 97th (86:44).

The excellent running by Emma, Charmaine and Jo resulted in them taking the ladies team prize due to their respective 2nd, 3rd and 5th ladies positions.



Harriers relaxing after Mow Cop

Photo Emma Weston



Andrew Eaton

Photo: Eaton

On the road Andrew Eaton was made up with his Manchester Marathon performance; finally cracking a sub 4-hour marathon at the fourth time of asking in a time of 3hrs 57mins. Andy had to really dig deep in the last 3 miles, but amazing support from his family helped see him home.

First Saturday of the month can mean only one thing – Park Run Pacing! Each month a few volunteer Harriers don their yellow vests and pace at the Congleton Park Run. Park Runs offer runners of all ages and standards the opportunity to don their trainers and test themselves over a free 5k route which is marshalled and timed by volunteers. Many people use the Park Run as an opportunity to get fit and it is often an end goal for people participating in the “couch to 5k” initiative. For more serious runners, many incorporate it into their training regimes. The pacers add a little bit of fun and encouragement to the event by trying to keep as close to the 22, 25, 28, 31 and 34-minute mark. This often helps other runners achieve a better time or even attain a personal best. This month’s volunteers were Bryan Lomas, Jo Moss, Emma Weston, Robert Soames and Nick Budd.

Congleton Harriers run three times a week from the leisure centre on Monday, Tuesdays and Thursdays and always welcomes new members. Full details are on the Congleton Harriers website: Congleton-harriers.co.uk.