

Four Congleton Harriers made the trip to Skelmersdale on Saturday for the Ashurst Beacon fell race. 5.9 miles and 951ft of total ascent, a fair amount of that on the uphill finish to the beacon. It was a muddy one for the hundred plus runners that took part but all four Harriers enjoyed themselves and hope to return next year. In the results Bryan Lomas was 23rd in 45:17, Lucy Rusbridge was 86th in 56:08 and daughter and father Laura and Harry Stubbs 112th and 113th respectively in 63:49 and 64:11.



H Stubbs, L Stubbs, Rusbridge and Lomas at Ashurst Beacon 12.01.2018

Seven Congleton Harriers have just gone through the halfway stage of their January challenge to Run Every Day. R.E.D. January are a charity that have partnered with mental health charity MIND to raise funds and awareness with a slogan of “beating the blues – get R.E.D.”

Six of the seven were at Congleton parkrun this weekend unfortunately seventh member Liz Smart couldn't make it. After two weeks, their combined mileage is over 430 and during the weekend their fundraising broke through the £300 barrier.

Suzie Kelly said "Getting the motivation to run can be hard some days but we keep plodding on. Thanks to all those who've sponsored the team - every penny we raise for Mind is the reason we keep going out every day".

Steve Webb commenting on the arduous nature of the challenge said, "Even marathon training plans have at least two days rest and recovery days per week".

Michelle Stevens said, "I'm very proud of our achievements so far and love supporting such a great cause".



l-r Polly Kennerley, Vicii Kirkpatrick, Suzie Kelly, Michelle Stevens, Steve Webb and Rob Parkin – photo Paul Birdsall

Congleton Harriers are a friendly running club that run three times a week from the leisure centre, for more information about the club visit congleton-harriers.co.uk