

Wincle Trout Fell Race is one of the most popular fell races in the region. Restricted to around 350 runners, it opens for pre-entry on-line in late January and sells out exceedingly quickly; this year within 48 hours!

No-one is quite sure why it is so popular. But it is. Maybe it's because it's attached to the Wincle fete so just provides a good day out. Maybe it's the trout that gives the race its name (each runner gets a trout from the local fishery as reward for their endeavours). Maybe it's because it also has a junior race. Or maybe it's just because it is a great running challenge across a fantastic route with a river crossing coupled with slightly different start point each year as the fete has three different venues which it rotates around.

This popularity extends to the Congleton Harriers and there were 20 runners from the club in action on Saturday despite the route this year being probably the hardest of the three with a sharp, cruel hillock to be traversed twice, the second time within sight of the finish after nearly 5 ½ miles of hard running.



Various Harriers after the Wincle Trout race

Photo Alice Nimmo

Chris Moss was first Harrier home in 36th position in 50:01, Graeme Burns 48th in 51:48, Charmaine Wood 49th in 51:52, James Rous, 75th in 55:40, Nick Budd 88th in 56:46, Alice Nimmo 101st in 57:52, Phil Dawson 105th in 58:06, Jason Jones 115th in 58:53, Helen Jeffery 135th in 1:00:24, Polly Kennerley 141st in 1:01:14, Michael Stanley 143rd in 1:01:22, Debbie Hill 162nd in 1:03:39, Rob Soames 169th in 1:04:14, Martin Rous 178th in 1:05:52, Chris Thomas 186th in 1:07:23 (despite taking a tree branch full in the ribs on the decent), Harry

Stubbs 187th in 1:07:23, Sandre and Malcolm Jackson 203rd /204th crossing the line together in 1:10:00, Ali McNinch 230th in 1:14:55 and Dave Taylor 247th in 1:18:59.



Debbie Hill at the finish line

photo courtesy of Bryan Dale

On Sunday Jo Moss was the sole Harrier in action at the Westbridge 5 at Stone. Organised by Stone Master marathoners it was a flat multi terrain race. Starting with a loop on grass of Westbridge Park in Stone the race then headed South along the canal to Aston where there was a short road loop before heading back to Stone. Jo was 8th Lady home and 3rd V45 in a time of 35:42.

Abroad, one of our favourite Congleton Exports, Claire Cheetham, was again in action in Spain in the 15K Nocturna Valencia Banco Mediolanum. Claire finished 81st in 1:13:00.

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.