

Park Run Glory

Congratulations go to Congleton Harrier's Ian Prime as he reached the significant milestone on Saturday morning of completing 250th Park Run. Ian has graced the course at Astbury Mere for 134 of these runs, with the rest being run over a variety of other courses across the UK and further afield, with Ian never missing an opportunity to find a local course when away (for example Krakow when on a trip to Poland). Given you would have to run every weekend for almost five years to reach 250 outings, the fact that Ian has achieved this milestone in six years shows his dedication and enjoyment to the event.



Ian Prime with the Congleton Park Run Director at the start

Photo: Nigel Poole

MACCL Cross Country

Bryan Lomas continued his return from injury on Saturday with a trip to Kenworthy Woods, Northern Moor on Saturday to have a run out in the Manchester Area Cross Country League race. The course was just shy of 10k and was a mixture of good open running on grass and some narrow paths through the woods. About 12 degrees and good underfoot so very decent conditions for November XC racing. Bryan was a long way down the results sheet in 250th place out of 526 runners in a time of 40:47. He was, however, just very happy to be back running after an enforced layoff through injury.

Roaches Fell Race

On Sunday Helen Jeffrey was in action in the Roaches Fell Race at Meerbrook. This race, organised by Mow Cop Runners, is a tough 15 mile run out across the Roaches to Shutlingsloe and back featuring 3701' of ascent with a wade across the river Dane in both directions. Helen came 168th out of the 220 runners in a time of 3:24:50.

The club welcomes new members. You can find full details on our Congleton Harriers website: Congleton-harriers.co.uk. You can also connect with the club on Facebook where details of club activities are posted regularly.