

This week saw nine Congleton Harriers competing across two separate 10k races and a further three taking on a challenging, 2-day 60-mile ultra event in the Peaks.

On the Saturday Jo Moss, James Yates, Nick Budd and Nigel Poole were all competing in the Cheddleton 10k just south of Leek. This is a well-established 10k with all the race proceeds donated to Cancer Research UK. The race is run on quiet, closed country roads on a course that starts from the local school, looping three times round a 2-mile route. It's also fairly undulating with some long, but runnable climbs out of the village. The runners are rewarded for their endeavours by being regaled at the top of the first climb by a lone bag-piper. The reward for then reaching the apex of the course are some exceedingly fine views across the countryside during the long run down the hill back to the starting point.

Jo was the first Harrier back out of the 214 competitors finishing in 50th place in a time of 43:25 which was enough to earn her the prize for 6th lady home and 3rd in age category. James was second back in 68th place in 45:03 followed by Nick in 89th place in 47:52 and Nigel in 126th place in 52:32.



Jo Moss, Nigel Poole, Nick Budd and James Yates

Photo: Nick Budd



Nigel Poole

Photo: Nick Budd

On Sunday Emma Weston, Mel Worthington, Mike Stanley, Nick Wilkins and Sarah Poole were all competing in the Wilmslow Festival 10k in a much larger field of 3296 runners. This is a much flatter affair, offering the potential for some fast times. It's also a big enough draw to attract some serious national athletes including Elish McColgan. Running in such exalted company was certainly enough of a motivation for the first three Harriers to finish as they all posted new personal best times. Emma was the first, finishing 301st in 41:17 only just missing out on a top 3 place in age category. Mel was next finishing 475th in 43:53 and Mike was the third to PB finishing 510th in 44:13. Nick Wilkins was 527th in 44:25 and Sarah Oakes was 1531 in 53:11. Sarah's running deserves special mention as she decided to give herself a handicap by running in a 5kg vest!

Over the weekend Polly Kennerley and Suzanne Roebuck took part in the gruelling Peak District South to North Ultra event following a route that takes in some of the iconic peaks of the area: Kinder, Bleaklow, Crowden and Blackhill to name a few.. A 34-mile route from Ashbourne to Edale through the White Peak district on the Saturday followed by a further 27 miles through the Dark Peak from Edale to Marsden on the Sunday. Keeping them company on the Sunday was Debbie Hill.



A tired trio of Suzanne, Poly and Debbie after the S2N Peak Ultra

Photo Suzanne Roebuck

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