

You can take your pick from many good reasons for participating in the Congleton Half Marathon, which takes place each year in early October, including the usual, good for your health, local event, achievable goal to aim for etc. One of the best, however, is that the bulk of your entry fee gets donated to worthy charities. This year the Congleton Harriers selected the Ronald McDonald House as one of its chosen charities to support. Don't be fooled by the burger connotations, this is an exceedingly worthwhile charity which provides free of charge rooms close to Alder Hey Hospital to parents of seriously ill children who are being treated there. This year Congleton Harriers were really proud to hand over a cheque for £3179.58 to the delight of the charity. Derek Lucas, who's family can attest to the brilliant service provided by the charity, was equally delighted to hand over the magnificent sum on behalf of the club, race committee, race volunteers and, of course, all the participating runners.



Derek Lucas handing over the donation from the Congleton Half Marathon

Photo D Lucas

Saturday saw another big turn-out of Congleton Harriers at the 3rd NSSCL event, this time at Park Hall near Stoke. Unlike the first two races which were run over flat courses, Park Hall presents a different challenge being a far more undulating course over varied terrain and, being run on top of the hills above Stoke, susceptible to chilling wind and rain on a bad day.



Congleton Harriers post-race at Park Hall

Photo: M Stevens

The women went into the race looking to sustain their position at the top of Division 2 and again saw a strong team of nine runners line up on the starting line. The motivation was clearly strong as the first four Harriers back all recorded a top 30 finish out of the 212 runners. Emma Taylor was first back in 24th position in a time of 24:21, followed by Emma Weston, 26th in 24:38, Jo Moss, 27th in 24:43, Carol Bird, 30th in 24:51, Mel Worthington, 57th in 26:30, Helen Jeffrey, 63rd in 26:49, Michelle Stevens, 98th in 28:27, Camilla Wilmot, 131st in 30:42 and Sandy Hall, 155th in 33:12. The team scored recorded possibly their best score ever of 107 (the lower the better) and tightened their grip at the top of division 2 and potential promotion to division 1.



Emma Taylor at Park Hall

Photo: M Stevens

For the men it was a question of whether they could inch their way up the standings from their 10th position after two races. The men were also out in numbers with 10 runners in a field of 295 competitors. Anthony Allan was first back in 44th position in

26.25, followed by Stuart Rider, 82nd in 27:57, Bryan Lomas, 102nd in 28:48, Chris Moss, 104th in 28:53, James Yates, 179th in 32:04, Michael Stanley, 230th in 34:51, Paul Crean, 252nd in 36:06, Nigel Poole, 255th in 36:25, Martin Sands, 257th in 36:52 and Duncan Young, 274th in 38:45. Strong running meant the Harriers managed to move up to 8th place overall, only 44 points behind the next team, so a strong final run in December could see further improvement.



Duncan Young at Park Hall

Photo: M Stevens

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