

Emma Taylor and Jo Moss kicked off last weekend's racing for the Congleton Harriers with a trip to Buxton to compete in the Pavilion Gardens 5k. This is a free 5k race held once per month organised by Buxton AC with a 3-lap route round the park which, on the day, was exposed to some wild conditions in places which made it feel tough at times. Taylor and Moss were pleased to finish as 1st and 2nd lady out of the 86 runners finishing 6th in 20:19 and 10th in 21.22 respectively.



Emma Taylor (centre red top) and Jo Moss (centre yellow top)

Photo: Jo Moss

On Sunday two Harriers were competing in the Stockport 10-mile race. This race is popular with Congleton Harriers and each year sees entries from the club, albeit in small numbers. Its attraction is its uncommon length coupled with a single circuit route that starts and finishes on the athletics track and which includes a pair of cheeky hills at 5 miles and 8.5 miles to test the runners. This year's representatives were Jason Jones, who had a great run finishing in 1.11.55 for 211th place out of the 988 finishers and Rob Parkin who was happy to hit his target of breaking 1.30 finishing in 1.29.29 for 690th.



Rob Parkin

Phot: R Parkin

A much larger contingent of Harriers chose to enter the Tatton Yule 10k Yomp on the Sunday. Another popular festive December race with lots of Christmas fancy dress in evidence. Helen Jeffery was the first Harrier home out of the 1494 competitors finishing 104th in 49:07. Then came Ellie Dick, 140th in 50:31, Nigel Poole, 182nd in 52:26, Polly Kennerley 407th in 58:22, Debbie Hill 408th in 58:22 and Sandra Poole 1296th in 84:20.

Also out on Sunday were Jo and Chris Moss with Bryan Lomas and Lucy Rusbridge who were competing as two teams in the Peak Raid 3 event from Baslow. This is a mountain marathon type orienteering event. Maps showing the various checkpoints are given out at the start and then it's the runner's own route choices to navigate their way between the checkpoints to achieve the highest possible score whilst not exceeding the 3 hour limit as 20 points are deducted for each minute over the 3 hours. So no pressure you'll understand! The event area was open moorland / wooded area with some hard to locate checkpoints where the Harriers could sometimes use paths and sometimes had to tackle harder and much slower travelling over the pathless open moors / boggy ground. The weather was cold but clear so decent winter day for this type of event and a good test of navigational skills.

The Lomas/Rusbridge pair finished with 310 points coming 4th out of 13 pair in the mixed category and the Moss/Moss pairing finished with 200 points coming 10th in the same category.



Bryan Lomas, Lucy Rusbridge, Jo Moss & Chris Moss

Photo: B Lomas

The club welcomes new members with club training runs on Monday, Tuesday and Thursday. If you are thinking of joining but are unsure of your pace and ability to keep up, then consider the Monday run which are now being tailored to accommodate new prospective 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.