

Bryan Lomas, joined by Lucy Rusbridge, continued his focus on the Derby Midweek Races Series, attending the 5th race in the annual series of 8 at Alvaston, Derby to compete in the 5k race. Out of a field of 108 runners, Lomas achieved an 18:35 time to finish 22nd and first in the M40 category, a slight improvement from his last outing in the series, and Rusbridge recorded a time of 22:02 for 58th and second in the W40 category.

The same pairing was back out on the Saturday looking for a further fix of cross-country racing. This time it was a trip to participate in the Sheffield open cross country held at Graves Park. The Ladies race was run over a 6.5km distance and the men's over 10km. The men's course consisted of 4 large laps with the ladies course consisting of two large laps supplemented with one additional short lap. The course was a traditional XC course; all grass / woodland with some hills and some fast, flat running. In a small field of competitors, Lomas finished 8th out of 33 runners in a time of 41:55 and also finished 2nd in the M40 category. Rusbridge was 10th in a field of 29 in a time of 31:56 finishing 3rd in the F45 category.

On the Sunday there were some impressive half marathon performances in evidence from Congleton Harriers runners in two different races thirteen hundred miles apart.

Out in Castellon, Spain Claire Cheetham was competing in warmer climes and out of a field of 949 runners she finished 438th. Her time of 1:39:13 saw her set a new personal best and break the 1:40 barrier for the first time. Cheetham was extremely pleased with this result as getting under 1:40 has been her goal for a number of years now. She put her success down to coming back home to Cheshire over the Christmas period and participating in a few club runs up the Bosley Cloud!



Claire Cheetham

Photo: C Cheetham

Closer to home, and in much cooler conditions, there were four Congleton Harriers competing in the ESSAR 4 Villages Half Marathon in Helsby in a field of 1633 runners. Again there were some impressive times in evidence with the first three all achieving 1:40 results. Paul Steel led the Harriers home finishing 362nd in 1:35:27 followed by Mark Tilstone, 486th in 1:39:32, Jessica Knowles, 514th in 1:40:44 and Liz Smart was 1488th in 2:18:16.



Mark Tilstone

photo: S Blake

Finally, also on Sunday, there were three Harriers competing in a slightly different event: the Wild Winter Challenge organised by Crossfit Spirit Fierce at Chance Hall Farm. The challenge included a 6-10k run combined with 10 “workstations” on route with various challenges ranging from lugging a massive log to flipping tractor tyres. Michelle Stevens and Polly Kennerley were in one team, finishing 4th out of the 28 female teams and Sarah Oakes was in a mixed team coming third overall in the mixed pairs.



Michelle Stevens and Polly Kennerley

Photo: M Stevens

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.