

Alsager 5 is always a popular race with the Congleton Harriers. Partly because of its close proximity to Congleton, but mainly because the flat five miles on closed roads provides an opportunity for some fast racing. This year was no exception and there were some mighty fine performances amongst the nineteen Congleton Harriers who took part.

The times and positions for the Harriers out of the 956 runners were: John Carbutt, 78<sup>th</sup> in 29:52, Emma Taylor, 130<sup>th</sup> in 31:40, Jo Moss, 173<sup>rd</sup> in 33:06, Emma Weston, 176<sup>th</sup> in 33:16, Jason Jones 212<sup>th</sup> in 34:14, James Yates 228<sup>th</sup> in 34:31, Mike Stanley, 289<sup>th</sup> in 36:23, Mel Worthington 313<sup>th</sup> in 36:57, Paul Crean, 331<sup>st</sup> in 37:26, Nick Wilkins 336<sup>th</sup> in 37:41, Ellie Linsell, 372<sup>nd</sup> in 38:15, Nigel Poole 440<sup>th</sup> 39:33, Suzie Roscoe 506<sup>th</sup> in 40:33, Josie Galbraith 614<sup>th</sup> in 43:32, Martin Wood 626<sup>th</sup> in 44:46, Sarah Higgins, 635<sup>th</sup> in 44:24, Georgie Budd, 701<sup>st</sup> in 46:14, Nick Budd 702<sup>nd</sup> in 46:15 and Sandy Hall, 723<sup>rd</sup> in 46:45. For Galbraith and G Budd it was also their first outing in the yellow Harriers vest.

Within the F45 Age Grouping Moss, Weston and Worthington finished an impressive 3<sup>rd</sup>, 4<sup>th</sup> and 6<sup>th</sup> respectively out of the 80 runners in the category. Furthermore, Carbutt, Moss, Weston, Linsell, Roscoe, Galbraith all recorded new personal bests; Moss achieving an 80.5% age grading and Roscoe managing to take a massive seven minutes off her previous time.



*Georgie Budd*

*Photo Bryan Dale*



Harriers at Alsager

Phot Nick Budd

Up in Stockport Rob Parkin was competing in the Mad Dog 10k which has been voted the most popular 10k in the country in the last 10 years. For Rob it lived up to expectations being well supported and providing great entertainment around the course. Rob finished 606<sup>th</sup> out of the 3014 runners in a time of 52:03.

As we enter February, it's worth mentioning the four Harriers who completed RED January. What's RED January? It's a community initiative that encourages individuals to support their mental health by doing something active every single day. Whether it is running 5k, or walking to work a new way, a morning swim or taking a bike out for a spin - thousands of people around the UK take part to kick-start their 2019 in the most positive way. It can provide goals and focus to help individuals through a characteristically tough month and is free and all-inclusive. The initiative can empower, educate and support individuals to start the year as they mean to go on, forming healthy habits to continue throughout January and beyond.

The four were Rob Soames, Paul Birdsall, Suzie Roscoe and Michelle Stevens and they all set themselves the target of running at least 5k each day; Soames, Birdsall and Roscoe were all aiming to run at least 100 miles over the period and Stevens aimed to run over 125. All four achieved their goals with Roscoe competing 111 miles, Soames and Birdsall running 113 and Stevens hitting 125 miles. As a bonus there were some big improvements in recent 5k times and a new personal best for Roscoe.

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](http://Congleton-harriers.co.uk). You can also connect with the club on Facebook where details of club activities are posted regularly.