

After the mass turn out of Congleton Harriers at the Alsager 5 the previous weekend, it was a much quieter affair this week with just Lucy Rusbridge and Bryan Lomas participating in competitive racing. The pair went in pursuit of some cross-country action at match 5 of the Manchester Area Cross Country League, held at Kenworthy Woods, Northern Moor. It was a mixture of flat running around sports fields and woodland paths with some gradients offering plenty of variation on the laps over a 6.9km distance for the women and 9.7km distance for the men. Coupled with the decent weather conditions for February it made for a good afternoon out. Rusbridge completed her run in 33:12 finishing 111th out of 270 runners (17th out of 49 in the L45 category) and Lomas completed his run in 39:33 finishing 167th out of 402 runners (19th out of 61 in the M45 category).



Lucy Rusbridge at Match 5

Photo: Belle Vue Racers

Despite the lull in competitive running there was still a lot of activity for the Congleton Harriers this week as runners turn their thoughts to getting ready for the Spring and Summer season competitions; there were continued strong turn-outs at the various Monday and Tuesday club runs along with the weekly speed training session on Thursday.

On the Saturday the Harriers were back on pacing duty at the Astbury Mere Park Run. Normally the monthly pacing takes place on the first Saturday of the month, but the icy conditions last weekend put paid to the event and so the pacing was held over for a week. The pacing is greatly appreciated by many of the Saturday morning runners and, as usual, a healthy crop of personal best times from other runners around the pacers signified they had done a good job.

Finally, to complete the week, there was another large group out at the increasingly popular Sunday morning social run, this week it was a jaunt around Marton before a rewarding coffee and large slice of cake.

The club is always keen to welcome new members so if you are thinking of thinking of joining then just come along to one of the runs for a few weeks and try us out for size; you will be made to feel more than welcome with no obligation to join. 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.