

There were some fantastic results and a haul of new personal best performances this week from the Congleton Harriers competing in a variety of races.

In Wrexham there were three Harriers taking part in the Village Bakery Half Marathon. The course is made up of a short 5 mile lap and a longer 8 mile loop and it is known for being fast and flat. John Carbutt, the first Harrier to cross the line, finished 188th out of the 2374 competitors finished in a personal best time of 1:25:28. Carol Bird, however, was the standout Harrier finishing 366th in 1:31:56. First in the Women's V55 category, she was an astonishing 15minutes and 38 seconds ahead of the next runner in the category. Her pace also means she scored an 88.02% age grade rating as measured against the very best runners in the world which catapults her to the top the club's all-time Age-Graded Hall of Fame. The final Harrier running was Jo Moss, who feeling under the weather, struggled a little over the second half of the course and said she was just glad to get round. Finishing 593rd she still clocked a highly credible time of 1:38:08.



Jo Moss, Carol Bird & John Carbutt

Photo: C Moss

In Stockport Hellen Jeffery and Rob Parkin were competing in the Stockport Trail Half Marathon. Jeffrey has been showing some impressive form recently and her idea of race preparation was to run a fast park run the day before. It obviously works as she came in 144th out of the 447 runners, 8th lady overall and 4th out of 90 in her age category. She also recorded a new half marathon personal best of 1:43:29. Parkin, meanwhile, is showing increasing improvement as he continues his rehabilitation from injury finishing 200th in 1:52:21.



Helen Jeffery

Photo: H Jeffery

Further afield Claire Cheetham continued with her warm weather running in Spain competing in the Vallencia Allerton Al Mar 15k. Out of the 4,100 participants Claire finished 808th in 1:02:12 recording a new personal best over that distance.

Five Harriers also made the short journey to Macclesfield to take part in the Saturday Park Run since it was down as a run in the Club's Winter Series Competition. Run in the compact South Park, the course twists and turns over a mixture of path and grass with a nice degree of undulation (there are plenty of references to "That Hill" on the run's web-page). There were 257 runners participating and Chris Moss finished 6th in 20:08 (setting a new personal best for this particular course) followed

by Nick Budd, 31st in 22:31, Helen Jeffery, 50th in 24:01, Nigel Poole, 81st in 25:31 and Georgie Budd, 168th in 30:31. Moss, Budd Snr and Jeffrey were all first in their age categories with Poole and Budd jnr 2nd and 3rd respectively in their age categories.

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.