

A five-mile road race poses a dilemma for the long-distance runner: what pace do you run it at? Longer distances and it's easy to get your head around setting a steady pace and cadence. Shorter distances, say 5k, and you know it's going to be flat out if you are racing. Five miles sits in-between and the competitive runner wrestles with the idea of trying to replicate their 5k pace; after all it is only an extra two miles isn't it! One thing they are certain of is that it is going to feel like a five-mile sprint.

On Sunday there were 21 Harriers facing this dilemma at the popular Alsager 5. The desire to run fast is heightened at Alsager as it's a flat course; about the only elevation the runners must deal with is crossing the speed bumps in the road as they navigate round what was the old MMU campus. It's also an incredibly well supported race with masses of spectators all around the route egging them on to a faster pace.

There were 936 runners in the race and the Harriers came in as follows: Tom Walker, 106<sup>th</sup> in 29:53, Paul Steel, 208<sup>th</sup> in 33:34, Emma Weston, 254<sup>th</sup> in 34:37, Carol Bird, 258<sup>th</sup> in 34:39, Jo Moss, 272<sup>nd</sup> in 35:05, Mel Worthington 283<sup>rd</sup> in 35:19, James Yates, 298<sup>th</sup> in 35:50, Michelle Stevens, 304<sup>th</sup> in 35:57, Ian Stanway, 353<sup>rd</sup> in 37:08, Nick Budd, 367<sup>th</sup> in 37:40, Mike Stanley, 418<sup>th</sup> in 38:50, Kelly Hurlstone, 428<sup>th</sup> in 38:56, Paul Crean, 458<sup>th</sup> in 39:43, Suzie Roscoe, 467<sup>th</sup> in 39:54, Sarah Higgins, 522<sup>nd</sup> in 41:42, Duncan Young, 535<sup>th</sup> in 42:07, Nigel Poole, 554<sup>th</sup> in 42:49, Josie Galbraith, 628<sup>th</sup> in 44:19, Jackie Moss, 639<sup>th</sup> in 44:56, Sandy Hall, 666<sup>th</sup> in 45:50 and Cathy Dean, 849<sup>th</sup> in 54:56. Walker, Steel, Stevens, Higgins and Hall all had tremendous runs setting 5-mile personal bests. Budd and Roscoe both set new personal bests for the Alsager course. Carol Bird cleaned up in the F55 category coming home comfortably first out of the 32 runners in the category.



Harriers at Alsager

Photo: C Moss

Away from the 5-mile fun, Alice Nimmo was tackling a much longer distance, participating in the Portsmouth Coastal Half Marathon. Out of the 718 runners she finished in 138<sup>th</sup> in 1:50:28. All the runners were rewarded with possibly one of the largest running medals ever seen in the shape of an aircraft carrier!



Alice Nimmo

Photo: A Nimmo

The Congleton Park Run has seen a recent surge in participants with attendance breaking the 300 mark every week since the start of the new year. This week was no exception and the 314 runners and walkers had the added benefit of pacers from Congleton Harriers being in attendance as it was the first Saturday in a new month. There were pacers at the 22, 25, 28, 31 and 34 minute marks. An informal poll of some of the finishers at the end was encouraging; a lot of people do really appreciate the pacers being in attendance. As a bit of an experiment, at next month's outing the Harriers are intending to have more pacers running in between the normal pacing slots shown above.

The club is always keen to see new members whether you are a speedy racer (on or off-road) or more of a social runner. So, if you are thinking of joining then just come along to one of the regular/ club 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. Regular club runs are held on Monday and Tuesday with speed training runs on a Thursday. Mondays are especially good for runners wanting to try the club out for size and is proving to be very popular.

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.