

It was a quiet week on the racing front for the Harriers with only 2 members in race action, both on Saturday. Any running on Sunday, competitive or social, was effectively wiped out by Storm Ciara.

Suzie Roscoe made the trek over to Buxton to take part in the park run. Park runs are not normally considered as competitive races; however, it was on the club's winter competition list so off she went. Despite the points on offer others were either not interested, off injured or just washing their hair. So, in a much smaller field of runners than is currently being experienced at Astbury Mere Rosco finished 12<sup>th</sup> out of the 56 taking part in a time of 23:52 which also saw her finish as 1<sup>st</sup> lady home.

Bryan Lomas completed the fifth and final Manchester area cross-country race at Heaton Park. He completed the 6.12 mile course in 39:53 finishing 95<sup>th</sup> overall out of the 369 runners and was also 3<sup>rd</sup> in the M50 category, so all in all a satisfactory day out and good preparation for the upcoming national cross country championship run in a couple of weeks' time.



Bryan Lomas

Photo: B Lomas

The Cloud 9 Fell race which is run by Congleton Harriers is rapidly approaching with the race scheduled for 1<sup>st</sup> March. Final preparations for this popular event are well in hand and the race is now sold out (a waiting list has been established as, as with any race, there will be entrants who for whatever reason cannot make the race and wish to make their place available to others).

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.