

It was a fair old trek for the four Harriers who participated in the Northern Cross-Country Championships this year as they were held in the magnificent grounds of the Camp Hill Estate in Bedale, North Yorkshire. This is the first time this venue has been used for the championships and by all accounts we are likely to see other championship races held there in the future. Like most places in the country it has been impacted by the warmer weather and unrelenting rain so the course was altered to avoid the excess which resulted in a shorter distance race than is normal for a championship race. There was, however, still plenty of mud on offer for the runners to enjoy.

In the five-mile ladies event Michelle Stevens was 132nd out of the 356 racing in 38:05 and Lucy Rusbridge was 230th in 42:47. In the seven-mile men's event Bryan Lomas strolled home in 247th in 54:19 and Tom Walker was 321st in 56:25.



Lucy Rusbridge

Photo: P Birdsall



Tom Walker

Photo: P Birdsall

In a normally much sunnier location, Castellon in Spain, the club's resident ex-pat Claire Cheetham took part in the Castellon De Plana Half Marathon. Conditions were horrendous, however, for the runners as they had to contend with the onset of Storm Gloria which dumped a deluge of rain and strong winds on the event. Having battled the elements, Cheetham was exceedingly happy with her time and position finishing 356th out of the 759 runners in a time of 1:40:04.



Claire Cheetham

Photo: C Cheetham

Paul Steel was the other Harrier taking part in a half marathon this weekend but, in comparison, the less exotic location of Heaton Park. The course was not the most exciting as it consisted of four laps of the park. It did, however mean the runners had to contend with four nasty hill climbs. For a hilly course Paul put in a strong run finishing in 1:37:22 in 34th place out of the 313 runners who completed the race.

This coming Saturday will see several Harriers on pacing duty at the Congleton Park Run at Astbury Mere, so if you are looking for a bit of encouragement pop down and, hopefully they will help you achieve a good time.

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. You can also connect with the club on Facebook where details of club activities are posted regularly.