

We will start this month's Harriers round up with a congratulations to Elaine Statham who has qualified to represent England in her age group later in September by finishing 2<sup>nd</sup> in the LV75 category at the Borton-on-the-Water 10k. Elaine finished 523<sup>rd</sup> out of 617 runners in a time of 58.30.

February started and finished for the Harriers with races that were in the club's winter competition so both weekends bookending the month saw big turn outs of runners. At the start of the month there were 16 Harriers lining up amongst the 955 runners at the Alsager 5 mile event. Chris Moss, building on his fine cross country form was the first Harrier back finishing 109<sup>th</sup> in 30.45 and he was followed by Adam Powell, 184<sup>th</sup> in 33.32, Carol Bird, 232<sup>nd</sup> in 34.57, Hannah Harding, 250<sup>th</sup> in 35.27, Kelly Hurlstone, 282<sup>nd</sup> in 36.25, Emily Nott, 316<sup>th</sup> in 37.28, Emma Weston, 340<sup>th</sup> in 37.58, Georgie Budd, 362<sup>nd</sup> in 38.31, Gill Armstrong, 379<sup>th</sup> in 38.55, Janine Hulme 427<sup>th</sup> in 40.37, Louise Poole 434<sup>th</sup> in 40.37, Nigel Poole, 477<sup>th</sup> in 41.24, Jackie Moss 536<sup>th</sup> in 43:10, Rich Benson, 558<sup>th</sup> in 43.23, Duncan Young, 616<sup>th</sup> in 44.37, Josie Galbraith, 635<sup>th</sup> in 45.45, and Elaine Statham, 685<sup>th</sup> in 47.21.

In amongst those results were two category winners with Carol Bird taking 1<sup>st</sup> place in the F60 category and Elaine Statham 1<sup>st</sup> place in the F75 category. There were also 5 mile PBs for Louise Poole and Georgina Budd.

At the back end of the month there were two races on the club's calendar. The first being the popular Knype Pool Charity 5 mile Race organised by Biddulph Running Club. Tom Fellbaum was just pipped to the post finishing a close second out of the 187 entrants in a time of 29.27 followed by Chris Moss, 13<sup>th</sup> in 34.38, Stuart Rider, 19<sup>th</sup> in 35.14, Charmaine Wood, 41<sup>st</sup> in 39.43, Emily Nott, 47<sup>th</sup> in 40.15, Suzie Roscoe, 73<sup>rd</sup> in 43.48, Louise Poole, 76<sup>th</sup> in 43.48, Nigel Poole, 76<sup>th</sup> in 43.58, Jade Longmuir 85<sup>th</sup> in 44.53, Debbie Hill, 97<sup>th</sup> in 45.34, Lee Mackin, 103<sup>rd</sup> in 46.37, Kelly Hurlstone 11<sup>th</sup> in 47.26, Harry Stubbs, 128<sup>th</sup> in 50.53 and Dave Taylor, 142<sup>nd</sup> in 53.23. There were age group placements for Tom Fellbaum (1<sup>st</sup> Men's Senior), Chris Moss (1<sup>st</sup> Mv50), Debbie Hill (1<sup>st</sup> F60) and Harry Stubbs (3<sup>rd</sup> M70). There was also at least one PB for the course with Louise Poole setting a new fastest time (her second PB of the month).



Harriers at Knype Pool

Photo: Poole

The 2nd race on the last weekend was the English National Cross Country Championship which this year returned to the iconic Parliament Hill on Hamstead Heath. Two Harriers made the long trip down to participate in the mens race which saw over 2000 runners on the start line. On the day, the weather was bright and sunny but the recent rain and the earlier races had turned the ground into a sticky clay mud bath which made for heavy going. Out of the 2087 runners who completed the 12k course Bryan Lomas finished 836th in 57.14 and Nick Budd was a more sedate 1903<sup>rd</sup> in 76.24.

The week before saw Bryan Lomas warming up for the national event by competing in the 5<sup>th</sup> MACCL race at Heaton Park (“warming up” might not be quite the right description given it was very cold, wet and muddy). Bryan finished the six mile run in 113<sup>th</sup> place out of 317 runners in 45.18.

Elsewhere in the club there is a growing interest in Ultra distance running with a number of members taking place in longer, more gruelling challenges. Throughout February Sean Rowsell participated in the Trees Oak Challenge to raise funds for a number of charities (OCD ACTION and The National Forest Foundation) where he had to complete 200 miles, which was the easy part. In addition the competitors also had to tackle a Forest Race Series comprising 10 virtual races ranging from 1km to 75miles. Sean was the only one to complete all 10 races. Graham Cooper took part in a 100 mile circumnavigation of the Cheshire Ring canal system visiting Northwich, Manchester, Marple, Poynton, Macclesfield and, of course, Congleton, in 28 hours and 12 minutes (a new PB for Graham at that distance).

To finish off the report, its worth mentioning that the final day of February saw week 8 of the Couch to 5k starting with the group participating in the 9 week course all making good progress. The twice weekly session has been well received by all those who have signed up. Only one week remaining!

If interested in joining us, there are official club runs on Monday, Tuesday and Thursday all setting off from the Congleton Tennis Club. The club is always keen to see new members whether you are a speedy racer or more of a social runner. So, if you are thinking of 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. 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.