

A perennial fixture in the Harriers racing calendar is the Alsager 5 and there was a large turnout from the club at this year's event. Chris Moss's recent impressive form was in evidence again as he achieved a new personal best for the race by 50 seconds, coming home in 95th place out of the 1007 runners in 29:51. He was also 3rd in the Mv50 category.



Chris Moss finish line sprint

Photo: Race Photographer

Behind him were Emily Nott, 143rd in 31:29, Paul Hoban, 216th in 33:39, Ian Stanway, 247th in 34:09, Kelly Marshall, 271st in 35:03, Jason Jones, 289th in 35:3, Lucinda Brown, 338th in 37:14, Danny Jackson, 371st in 37:51, Georgie Budd, 414th in 38:37, Ryan Moss, 480th in 40:11, Nigel Poole, 40:11, Beth Ambler, 547th in 42:07,

Stephen Canning, 569th in 42:32, Jackie Moss, 579th in 42:43, Paul Crean, 631st in 43:56, Rich Benson, 655th in 44:21, Debbie Hill, 659th in 44:37, Ella Lyman, 670th in 45:04, Christine Gilligan, 698th in 45:34, Andrea Whiteley, 701st in 45:39, Nicola Glover, 710th in 45:39, Elaine Statham, 788th in 48:28, Alison Procter, 829th in 49:48 and Cathy Dean 902nd in 53:05.



Harriers post-race

Photo: Ian Stanway

Congratulations also to Elaine Statham who picked up the prize for the F75 age category.

Elsewhere Tom Walker had unfinished business to attend to up in Pendle. Last year he attempted the 'Pendle Way in a Day Ultra' but was forced to pull out due to atrocious weather conditions which left him in a state close to hyperthermia despite being properly equipped. This year he was back to make amends in kinder weather conditions, completing the 45 mile circular South Pennines route in 10 hours 45 minutes.

The first weekend in March (5th March) will see the Harriers put on its annual Cloud 9 Fell race and some of those who were not at Alsager took part in the 1st recce run of the route, checking out marshal points and looking for any potential issues that may have cropped up on the route since the last race in 2022.

Also this weekend with it being the 1st Saturday of the month there was a large contingent of Harriers on pacer duty at the Astbury Mere Parkrun.

Next weekend will see the 1st Bypass 10k which is being organised by Boalloy (with all takings going to charity) and there will be a large contingent of Harriers lining up at the start for this inaugural race. The race starts at 10.00 on Sunday if anyone fancies an hour out in the fresh air to cheer on all the local runners taking part.

If interested in joining us, there are club runs on Monday, Tuesday, Wednesday, Thursday and Sunday with most runs 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 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. You can also connect with the club on Facebook where details of club activities are posted regularly.