

Going back a couple of weeks to mid-February it felt like the Harriers were saving themselves for later in the month as there were very few out racing. Char Wood carried over her form from the Boalloy Bypass with a follow up at the Hale 10k. Out of the 956 runners she finished 191<sup>st</sup> in 43:39. A little further afield at the Rhyl Half Marathon Roy Cochran-Patel, was 74<sup>th</sup> in 1:48:30 out of 174 runners and Suzie Roscoe, was 104<sup>th</sup> in 1:57:46.

It turned out many were saving themselves for the following weekend. First up, there were three Harriers at the England Cross Country championships. This year it was a more local venue with the race being held in Tatton over towards Chester.

Unfortunately, injuries and other commitments put paid to the participation of quite a few Harriers who would have taken part. Emily Nott was 222<sup>nd</sup> in 37:20 out of the 773 who tested themselves over the five mile women's race. In the 12k men's race, out of the 1472 runners Stuart Rider, was 821<sup>st</sup> in 49:48 and Jack Sargeant, was 1285<sup>th</sup> in 59:05.

Down on Cannock Chase Graham Cooper took part in the "Dirty Dozen" race, a 12km trail race billed as "one of a kind" with lots of hills, hard stone tracks, muddy single tracks and the "ditch of doom" which was not foreboding enough to stop Graham finishing 82<sup>nd</sup> in 1.19.50 out of 238 participants.

Sadam Gamage was the sole Harrier at the Stockport Trail Half Marathon where he – 184<sup>th</sup> in 2:02:40 in a field of 278 runners.

The main draw of the weekend, however, was the Knypersley Pool 4.7 mile trail race 4.7 miles. This is always a popular attraction for the Harriers who are happy to support Biddulph Running Club's charity fundraiser. Out of the 163 entrants 25 were Harriers. Chris Moss, was 8<sup>th</sup> in 33:42:00, Stuart Rider, in his second race of the weekend, was 9<sup>th</sup> in 34:00, Melanie Worthington, was 39<sup>th</sup> in 38:29, Hannah Harding, was 50<sup>th</sup> in 40:04, Iain Thacker, was 57<sup>th</sup> in 40:45, Graham Cooper, also doubling up in a second race of the weekend, was 58<sup>th</sup> in 40:59, Ellie Dick, was 73<sup>rd</sup> in 43:16, Nigel Poole, was 77<sup>th</sup> in 43:37, Peter Ling, was 91<sup>st</sup> in 46:15, Trish Ryan, was 99<sup>th</sup> in 46:58, Debbie Hill, was 104<sup>th</sup> in 47:48, Jackie Moss, was 109<sup>th</sup> in 48:24, Michelle Hillier, was 111<sup>th</sup> in 48:45, Ella Lyman, was 115<sup>th</sup> in 50:19, Rich Benson, was 116<sup>th</sup> in 50:28, Christine Gilligan, was 122<sup>nd</sup> in 51:19, Andrea Whiteley, was 125<sup>th</sup> in 51:27, Harry Stubbs, was 130<sup>th</sup> in 52:49, Sharon Hopkin, was 131<sup>st</sup> in 53:05, David S. Taylor, was 148<sup>th</sup> in 58:31, Clare Wilkins, was 149<sup>th</sup> in 58:39, Nick Wilkins, was 150<sup>th</sup> in 58:39, Petra Thacker, was 153<sup>rd</sup> in 61:58, Ceri Bestwick, was 154<sup>th</sup> in 63:09, Tracy Taylor, was 156<sup>th</sup> in 68:00.



Harriers at Knypersley Pool

Photo: Club photo

Congratulations to Chris Moss and Hannah Harding who both won their respective age group categories and to Debbie Moss and Rich Benson who were 2<sup>nd</sup> and 3<sup>rd</sup> in their age categories. Also a special well done to Clare Wilkins, Petra Thacker and Ceri Bestwick as this represented their first competitive race as a Harrier.

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](http://Congleton-harriers.co.uk). You can also connect with the club on Facebook where details of club activities are posted regularly.