

This week's Congleton Harriers update starts with a belated congratulations to all the runners who successfully completed the club's latest Couch to 5k course on 8th March. A special thanks goes to the run leaders who again put on a superb course constantly providing advice and encouragement to the group throughout.



March 2023 Couch to 5K group

Photo: Club photo

On Sunday 12th March there were Harriers at three different races. At the Chester 10k Tom Walker, was 234th in 40:20 and Charlotte Catterall was 2081st in 60:37 out of 3193 runners. Down in Shrewsbury Graham Cooper, was also in action in a 10k race coming 216th in 47:03 out of 1240 runners. Finally Matt Plummer, was taking on a longer race competing in the Stafford Half Marathon and out of the 1751 runners he finished 1368th in 2:20:33.

The following weekend, Sunday 19th March Danny Jackson was the sole Harrier at the Poynton 10k finishing 112th out of the 404 runners in 49:41. There was a slightly bigger turn out of Harriers at the Knighton 20, which is used by a lot of runners as final prep before the Manchester Marathon. Out of the 338 who ran Emily Nott, was 61st in 2:20:29, finishing 2nd in the F35 category, Paul Hoban, was 116th in 2:31:02, Roy Cochran-Patel, was 207th in 2:55:44 and Suzie Roscoe, was 239th in 3:04:39. Emily Nott put in a particularly fine effort as she broke the club's record for the 20mile distance which had stood since 2008, taking a full 4 minutes off the time.



Harriers at Knighton 20

Photo: P Hoban

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.