

South Cheshire Harriers host a number of races throughout the year and each one is well organised, marshalled and therefore well attended by runners near and far. Last week they held two races at either end of the distance spectrum, Tuesday night was the final of the three race 5k series that starts and finishes in the picturesque Queen's park in Crewe and follows paths and tracks around the surrounding area. Four Congleton Harriers made the start line with Jo Moss the fastest finisher a brilliant sixteen seconds faster than last year which was good enough to secure 38th place overall and second female finisher with a time of 20:17. Paul Steel was next in 43rd place with a time of 20:47, Mel Worthington was 58th in 22:02 and Beth Cliff was 104th in 27:18.



Mel Worthington at Crewe 5k 29.08.2017

photo Bryan Dale

On Sunday the distance increased to 20 miles, as 187 runners lined up in Shavington to take on the frequently hilly country lanes through Weston, Englesea-brook, Betley, Wrinehill, Shralebrook, Audley, Barthomley. First run in 1998 the race gives participants the ideal prep for early autumn marathons being just 3 weeks before the Berlin and Hull marathons and 4 and 5 weeks before those at Chester and Yorkshire respectively. Steve Webb and Ian Prime were the two Harriers at this one and came through in fine fashion with Webb crossing the line in 2:46:52 for 92nd and Prime in 113th in 2:51:58 six minutes quicker than his previous best over that distance.



Steve Webb at Cheshire 20 03.09.2017

photo Bryan Dale



Ian Prime at Cheshire 20 03.09.2017

photo Bryan Dale

Perseverance is a quality often needed by a runner, collectively this quality was demonstrated by the Congleton Harriers, for the last two years the club has arranged a weekend away in the Lake District and both times the weather has been far from co-operative and whilst enjoyment levels on both occasions has been high the visibility from some of the peaks has been low. But, this year was very different, sixteen Harriers started arriving in Keswick on Friday, and for those who could get there early enough a run up Skiddaw or Cat Bells was on offer in the afternoon.

Saturday's run in glorious September sunshine was along the Helvellyn ridge having ascended Clough Head from Threlkeld with social running and photo stops along the way to appreciate the views that had been denied on the previous two trips.

The evening was filled with laughter and refuelling in the towns bars before a Sunday run to the summit of Blencathra with some of the group taking the route via Scales Tarn and a splinter group tackling it from the aptly names Sharp Edge route.



Happy Harriers at the top of Calfwow Pike

With just three weeks to go until the Congleton Half Marathon on October 1st and the start of the 2017 cross country season there's plenty going on at the club, for more details visit congleton-harriers.co.uk