

The English half marathon in Warrington has grown from a single event into a weekend festival of running with a 5k Friday evening race added to the program this year in addition to the 10k and half marathon races on the Sunday. Ian Prime was there on both days, in the 5k he took it steady to finish in 30:39 and on Sunday he went a full three minutes quicker than last year to finish his six half marathon of the year in 1:49:05 and now has his sights set firmly on the Berlin Marathon at the weekend.

The Dark & White Peak Autumn trail series got underway on Sunday with the Carsington Water 17k event, Debbie Hill represented the club for this challenge and excelled finishing in 79<sup>th</sup> place from 152 in a time of 1:14:29 taking 2<sup>nd</sup> place in her age group



*Debbie Hill at Carsington Water 17k 17.09.2017*

A 7-mile road race was the event of choice for Jo Moss, specifically the St Thomas' 7 in Upper Tean, early morning mist gave way to a sunny September day by the time 116 runners were at the start line, ready for seven scenic undulating miles on quiet rural roads. Moss was pleased with a finishing

time of 49:09, taking over a minute and half off her previous best time for the distance. Finishing 34<sup>th</sup> overall and third female finisher and winning her age category it was a successful and value for money day out with competitors receiving a medal, t-shirt, free cake and oatcakes.



*Jo Moss at St. Thomas' 7 17.09.2017*

*photo Bryan Dale*

There are still places available for the Congleton Half Marathon on October 1<sup>st</sup> with all race proceeds going to Parkinson's UK, Visyon and the Storehouse Foodbank more details on how to enter can be found at [congleton-harriers.co.uk](http://congleton-harriers.co.uk)