

A fortnight ago Congleton Harrier Nick Wilkins was with over 8,000 other runners in the Oxford Half Marathon, Wilkins completed the 13.1-mile course around the dreaming spires in 1:45:41 for 2,143rd place.



Nick Wilkins at Oxford Half Marathon 08.10.2017

Down on the South coast Ian Prime was racing over 8 miles in the Southsea 'pieces of eight' race supporting the RNLI in Southsea. 456 runners took part and Pirate Prime was 65th in 62:52.

On the same weekend, Rob Parkin, Suzanne Roebuck and Polly Kennerley were to be found on the hills around the Goyt Valley as they took part in the long course challenge excellently organised as usual by the Long Distance Walkers Association. All three completed the 24.2-mile route in 6hr 6 minutes placing them joint 26th from 116 participants. An excellent effort by all three and especially pleasing for Parkin as it represented his first run over 10 miles since March and can now consider himself free from injury.



Kennerley, Parkin and Roebuck at Goyt Valley Challenge 08.10.2017

Ian Prime was the sole Congleton Harrier at the Farndon 10k this weekend, the scenic course which wasn't quite as flat as Prime had been promised but nonetheless an enjoyable way to spend a Sunday morning along with 600 others as he went on to cross the line with a gun time of 46:57 for 142nd place.



Ian Prime at Farndon 10k

photo Bryan Dale

Many thousands of runners from across the country were to be found in Snowdonia this weekend at the British Fell Relays. The event is made up of four legs, three of which are known in advance and one 'navigation' leg where competitors are handed a map, moments beforehand and runners must navigate to specified checkpoints. Congleton Harriers sent a mixed team to Llanberis, Jo Moss got proceedings underway on the first leg of 8.9km with 707m of ascent and finished 164th 1:22:48 before handing over to husband Chris and team mate Bryan Lomas for the second leg of 14.9km with 900m of climb which they completed in 1:49:56 for 107th place. Next came the pair of Andy Roberts and Bryan Carr with compass, map and general good sense of direction for the navigational leg; which by taking the optimal route would see them travel 11.8km and 850m of ascent, this they duly did in 2:05:01 for 89th place. Charmaine Wood on the anchor leg of 8.3km and 512m of ascent, finishing in 1:01:39 for 127th place. Their combined time of 6:19:24 gave them an overall position of 111th from 175 finishing teams and in the mixed team standings placed them an impressive 7th from 21 finishing teams.



I-r Wood, Moss C, Moss J, Lomas, Roberts and Carr. British Fell Relays 15.10.2017

Congleton Harriers run three times a week from the leisure centre and always welcome new members for more information congleton-harriers.co.uk