

The Langley 7 has long attracted a good turn out from Congleton Harriers and this year was no exception with 17 fine performances on Sunday. The course is nearly equally divided with the uphill climb at the start followed by the descent back into the village for well-deserved refreshments at the church hall. With all race proceeds going to the Rossendale Trust providing supported living care for adults with physical and learning disabilities in Sutton and Macclesfield.

Brian Evans ran a superb race to finish sixth overall in a time of 43:09 improving on last years' time by over a minute and once again winning his age category beating off 29 other rivals. Craig Hewitt was the next Harrier home in 37th place 48:37 followed by Stuart Rider in 50th 49:31. The rest of the results were as follows; Paul Steel 68th 51:57, James Yates 91st 54:09, Mike Stanley 100th 54:48 knocking over 5 minutes off last years' time, Helen Jeffery 133rd 57:49, Chris Thomas 155th 59:42, Debbie Hill 167th 61:02, Rob Soames one place behind in 61:06, Tony Smith 183rd 62:37, Nigel Poole 190th 62:50, Rob Parkin 193rd 62:59, Tim Harden 195th 63:04, Karen Sutton 196th 63:14, Martin Rous 200th 63:21 and Harry Stubbs 217th 65:31 just missing out on an age category win by 52 seconds.



Brian Evans at Langley 7 04.11.2017

photo Bryan Dale



Mike Stanley at Langley 7 04.11.2017

photo Bryan Dale

In Billericay, Essex, two Congleton Harriers were taking part in the town's 10k race. Under blue November skies and bright sunshine, conditions were ideal for running as the course took the 589 runners away from the residential areas and out in to the undulating countryside before returning to the finish at Brightside school where many years ago Congleton Harrier Paul Birdsall attended. In the results Michelle Stevens was very pleased to break 50 minutes finishing 173rd in 48:35 with Birdsall 517th in 65:38.

Across the Welsh border in Abergele two Congleton Harriers had been selected to represent Cheshire in a 5-mile road race competing against North Wales and Shropshire. On a calm day, the predominantly flat course offers PB potential, but Sunday's conditions were far from that, with a pre-race hail storm, strong winds and a severe wind chill to contend with. Cheshire Ladies Captain, saying it was windiest race she'd experienced in 30 years of racing. With jackets and hoodies discarded only at the last minute the race got underway along the coastal path with a loop of a caravan park providing the 182 runners with a significant climb before retracing their steps back to the finish by which time thankfully the Autumn sunshine had made an appearance. Overall Cheshire won the inter counties event with Harriers Emma Weston 65th in 33:55 2nd in her age category and Jo Moss 73rd in 34:31 3rd in her age category.



Emma Weston and Jo Moss representing Cheshire at Abergele 5 05.11.2017

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