

Three Congleton Harriers raced back to back 5k events midweek, on Wednesday night it was the second of a three race series at Happy Valley near Bramhall raising awareness and donations for Foodbank. The trail race measures just over 5.4k and includes a watery section as the 142 runners traverse the Mersey tributary, Lady Brook. Ian Prime was 65th in 28:12, Rob Parkin was 74th in 29:03 and Beth Cliff finished 102nd in 32:09.

The following evening the trio made the journey to Wythenshawe Park for Sale Sizzler 5k race, 487 runners were on the start line for the two lap course. Ian Prime was again the first finisher, crossing the line in 293rd in 22:09, Rob Parkin was 350th in 23:25 and Beth Cliff in her first 5k race was 421st in 26:02.

On Saturday five Harriers entered the Tegg's nose fell race, 7.8 miles with 1,722 feet of ascent made the race a stiff challenge for 117 entrants. Mikko Kuronen was the first to return, finishing 17th overall in a time of 62:31, Stuart Rider was next in 34th place 67:54 with Craig Hewitt 40th in 69:03, Dave Taylor was 93rd in 86:13 and Grant Silk was 108th in 98:06.



Grant Silk at Tegg's Nose fell race 14.08.2016

photo courtesy of Frank Golden



Dave Taylor at Tegg's Nose fell race 14.08.2016

photo courtesy of Frank Golden

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