

The third and final race of the Foodbank 5k events organised by Bramhall Runners took place on Wednesday night and Ian Prime, Rob Parkin and Beth Cliff were again present as they were in August's event and they were joined by a fourth Harrier; Tony Smith. In fact, Prime and Parkin managed to run all three of the series. With improvement in each result it was Prime who was the first of the foursome to finish in 28 minutes exactly to take 78th place, Parkin was down on the previous two rounds but given the fact he'd spent the weekend with the Congleton Harriers in the Lake District running up 'Catbells', 'Helvellyn' and 'Skiddaw' and more in consecutive days his 30:57 for 119th place was impressive. Smith was 126th in 31:41 and Beth Cliff was 159th in 34:41.

In the Goyt Valley Debbie Hill and Suzanne Roebuck were enjoying the 17.3km long course in the first of the Autumn peak district trail series, starting and finishing at Errwood sailing club, along the way across path, trail and roads the runners see breath-taking views of the reservoir below before a short steep climb into the forest where views disappear and the feel of the race changes as they progress on bridleways through dense conifer forest on either side. Round two is in Bakewell on October 16th. In the results Roebuck finished in 1:57:26 and Hill just ahead in 1:51:19.



Debbie Hill and Suzanne Roebuck at Goyt Valley trail race 11.09.2016

Whilst Mo Farah was winning his third Great North Run, Sarah Poole was also completing in her third great north run, the world's biggest half marathon event with over 57,000 people competing in the

event that takes the runners from Newcastle upon Tyne to South Shields across the iconic Tyne bridge. Finishing just behind Farah in 1:55:48 for 8,568th place.

Ian Prime was also a lone Harrier completing a half marathon at the weekend, with rather less runners for company, just 99 people completed the Marlborough Temple Trail Half Marathon in Wiltshire on the North Wessex Downs, with Prime coming across the line in 49th place in 1:52:58.

Closer to Beartown, six Harriers competed alongside 130 others at the Sandbach 10k and there was some excellent performance by all, Paul Steel had a top twenty finish as his 43:26 earned him 19th place, Emma Weston was 29th and third lady overall in 46:06, Michael Stanley was three places further back and taking another two minutes off his personal best time to stop the clock at 47:37, Vicii Kirkpatrick was 42nd and 5th lady overall in 49:54. Emma Hall reduced her personal best by a minute finishing 65th in 53:54 and Dave Taylor won his age category in a time of 55:18 and 74th overall.



Emma Weston, Emma Hall, Vicii Kirkpatrick, Michael Stanley and Dave Taylor at Sandbach 10k

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