

A busy weekend of racing with options galore for Congleton Harriers to choose from, in the end, 13 Harriers were spread over four local events. Starting in Stockport with the 10-mile road race attracting just shy of a thousand runners a trio of Harriers made it their race du jour. Starting and finishing at the Woodbank stadium the undulating course has a couple of tough climbs at the half way point and then again just after 8 miles. Less than four minutes separated the yellow vests as Nick Budd was the first to finish in 421st in 1:19:49, Rob Parkin was 461st in 1:21:09 and Paul Crean was 496th in 1:23:31.



Paul Crean, Nick Budd and Rob Parkin at Stockport 10

04.12.2016

The Dark and White Autumn trail series came to an end on Sunday with the third race taking place with a 10.5 mile course around Meerbrook. A familiar aspect to the course to the three Harriers taking part, was another trip up over the Roaches. In the results, Ali McNinch was 102nd in 2:04:13, Suzanne Roebuck was 66th in 1:50:58 and having run the previous events gave her overall 4th place in her age category and Debbie Hill was 60th in 1:48:12 which gave her an age category win on the day and first prize in her age group for the 3 race series.



Ali McNinch, Suzanne Roebuck and Debbie Hill at Meerbrook 04.12.2016

Back to the roads for the next race, five Harriers chose the Wilmslow 10k with Ian Prime leading the field coming over the line in 45:56 for 287th place, Mike Stanley was next in 333rd in 47:10, Terry Dykes ran an impressive 50:36 for 484th and 4th overall in his age category, Jamilla Gaskell was 565th in 52:13 and Louise Poole was 652nd in 53:23.

Finally, there was the Newcastle Dales Dash a multi-terrain 10k held at Apedale country park, with Bryan Lomas and Emma Weston in attendance along with 271 others on what was clear and sunny day and a well organised event and in future years will probably attract more Harriers. Lomas was 18th in 42:12 and Weston 67th in 46:59 and sixth female finisher overall.



Bryan Lomas at Newcastle Dales Dash 10k 04.12.2016

pic Bryan Dale

Congleton Harriers run three times a week from the leisure centre as well as organising many away runs and social events, to find out more on the benefits of running for a club visit congleton-harriers.co.uk for more details.