

Despite the shorter days and longer nights and the onset of chillier weather, the hardy Congleton Harriers are still out there running for the Club and for themselves. November 2nd was the ever popular Langley 7 road race starting from Sutton and Langley and covering 7 miles-ish (according to the organizers) of very picturesque but somewhat challenging road terrain, around the Macclesfield Forest area. The race is part of the Club Winter Competition, and a competition it proved to be, with 8 Harriers taking part and quite a battle around the 56-57minute mark! Charmaine Wood was well ahead of the Harrier pack in 90th place and some 3 minutes ahead of her club mate Rob Parkin. The pair crossed the finish line in 52:56 and 56:03 respectively. Polly Kennerley just pipped Stephen Pullen to the post (56:59 for Kennerley and 57:02 for Pullen). Pullen just managed to keep ahead of Debbie Hill who finished a mere whisker of 3 seconds behind. Sara Stead was breathing hot down Hill's neck and had an excellent run (57:39). Harry Stubbs crossed the line in just over the hour in 1:00:35 and Dave Taylor, in his own words, was 'team sweep' finished in 1:03:01. He was however pleased with his time as he had been off with an injury for the previous few weeks.

The Roaches Race was held on November 10th 2013. This 15 mile off road race only attracted one Harrier, Chris Smith, who managed to run an excellent time of 2:52:08, in spite of the atrocious weather conditions. He was pleased to be well within the top half of the field being 60th out of 142.

The third of the North Staffs Cross Country series was held at Parkhall on Saturday 16th November. The course is within Parkhall Country Park and takes in fields, stiff climbs, sandy paths, which are real strength sappers, and gravelly trails. The Harriers had an excellent turn out, with a team of 6 ladies and 14 men. The ladies put on a good show and are currently in 5th place in division two. Charmaine Wood continues in good form and was the first Harrier home in 29th place out of a field of 163 (25:27). Polly Kennerley yet again proves that she is no slouch being second female Harrier in 26:19. Heather Jackson, sure footed on the downhill stretches, was not far behind in 26:58, and Debbie Hill lagged by only 8 seconds. Sara Stead and Ali McNinch put in solid performances (28:06 and 32:19)

The men's team are currently 7th in division one. Bryan Carr was the first male Harrier to finish in 41st place (total running 264) in 40:15. Tom Brown, a real asset to the club since recently joining, was less than a minute behind in 41:09. Chris Moss was trying to catch his team mate and crossed the line in 41:35. The rest of the results are as follows: James Pearce, 42:29; Pete Newham, 42:40; Andy Roberts, 44:32; Chris Hewitson, 45:06; Andy Eaton, 49:50; Paul Bevan, 52:36; Rob Parkin, 52:43; Steve Burns, 53:42; Steve Pullen, 55:17; Harry Stubbs, 55:28 and Dave 'team sweep' Taylor bringing up the rear in 57:39. The next cross country is at Leek where the heat is really on to maintain the good position.

The following day, Pete Carvell was the lone Harrier who travelled across to Hope in Derbyshire to take part in the Dark and White organised Hope Moors and Tors event. This was a 32 km (just under 20 miles) off road course with 3691 feet of climb. Carvell had an exceptionally good run and improved on his previous time, crossing the finish line in 3:35:53.

Congratulations must go to Bryan Carr who managed to achieve 10th place in the MV50 category in the English Fell Running Championships 2013. He has travelled all over the country, along with his running partner Bryan Lomas, to take part in the qualifying races and should be pleased with his performance.

The Congleton Harriers are always happy to welcome new members of all abilities and running interests. For more information visit the Congleton Harriers website or look on the notice board near the bar at Congleton Leisure Centre.

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