

Brough Park Running Club weekly event. (28/01/2017)

A sleepy looking ten year old, Sienna Phillips, didn't look her best as she arrived for another 9am start; however, after hearing about the competition who were already warming up, her eyes became as wide as her smile at the prospect of a challenge. Those challengers were her SMAC mates and adversaries: Kieran Goodwin (10) and Jay Marchant (8), along with two new entrants: ten year old twins Tom and Josh Luznyj; even running at a pace that was over half a minute off her best she was able to pass them over the 2.2K distance to finish in 9.42; ahead of Kieran by 43 seconds, with the twins a further seven and twelve seconds adrift, and Jay 69 seconds at her heels. Other entries over this distance were also off their best; Daisy Williamson (10) 14.28, Joshua Eames (6) clocking 15.42 and Ellie Bagshaw (5), escorted for most of the way by Jason Burgess, timed at 16.40. The duo of father Howard Render and Florence (5) seemed to have mastered the route and knocked ninety seconds off their inaugural New Year run to record 17.21.

At the head of the 5K pack was newcomer, Glynn Luznyj, taking half a lap or so to find his feet and then leading Donna Eames around the three laps to the line with a seventy two second margin to set an inaugural time of 23.11. For most of the regular entrants it was first time back on the route after our two week enforced absence; some needing time to bed back in, on a wet but mild morning, with the grass section proving a tacky challenge, however there are always those that are able to make progress: Karl Birch clocked a slower 26.09 as an improving Suzie Noble closed in with a PB of thirteen seconds in 26.34. Jonathan Cumberbatch and twelve year old son Jacob recorded improved times of 27.07 over their previous outing time of 27.20, which isn't far off the youngster's best; Dawn Brown equalled her best time of 35.11, but Claire Williamson's 30.44 was a hundred seconds off hers; Bill Mould recorded a consistent 29.34 and Christopher Nelson dropped back a couple of minutes to 28.02

David Edge also found the going a little tough after a long absence, returning a slow 27.40 by his standards, whereas, it seems, that Victoria Shepherd and Julie Norton have kept up their training during an extended absence; the former ran a PB of thirty six seconds in 28.05 and the latter recorded a PB of almost two minutes in a time of 26.04, in the 3.6K. The Nelson couple set off together before Loren peeled off to record 21.45 in the 3.6K and Christopher going the full distance in 28.02; two other newbie's: Robert Mosley and Jayne Dawson recorded 24.56 and 28.59, respectively. Making up the final part of the Luznyj family, quartet saw Angela cross the line in an inaugural sub-thirty time of 29.49 as she chased Nick Smith to the line, just failing an attempt to catch him by seven seconds.

Seven year old Edward Dodd acted as guide and chaperone to new entrants, the Kelsall family, in the junior 2.2K, eventually pulling away from his shadow Sadie (8) near the finish to clock a slower 14.01 and thirty eight seconds ahead; the remaining trio: mother carrying Sam (3) and Freddy (11) opted for a shorter first run.

Thanks to time recorders: Kathryn Smith and Steve Massey in addition to Richard Dodd and Nick Hulme for marshal duties.

B. (An ear to the ground and an eye on the times)