

Brough Park Running Club weekly event. (11/03/2017)

It was business as usual for Nick Hulme as he returned for the 70th Brough Park Running Club event, following a few weeks away due to a variety of commitments; perhaps it was the 'fine day for running' that drove him on to claim a ten second margin over the resurgent Macclesfield Harrier runner and former winner, Julian Brown's 20.46 finish; which gained a PB of fifty seconds. On this occasion Paul Goldstraw failed to overhaul Donna Eames, despite a determined attack on the last hill, where he made up ground, but his effort also failed by a margin of ten seconds, as his adversary finished just over a minute off her PB in 23.57. Vet F50 Jo Miles' 24.26 was a good result at her first event and was forty five seconds ahead of the progressive Dave Edge who finished the same time-distance ahead of the pursuit of Karl Birch. John Lagan seems to run with 'gas in his tank', as he once again claimed a PB, this time of eighteen seconds in 26.30; both Angela Luznyj and Jayne Dawson returned to the event after a few weeks absence to PB's; the former recorded 27.46 and a PB of forty three seconds and the latter a PB of almost a minute in 28.00, as newcomer Elaine Hargreaves followed only twelve seconds behind.

Matthew Hales' improvement of 167 seconds drew along the shadowing Bill Mould to finish a mere six seconds adrift in 28.59, as the latter once again dropped out of the higher time slot. Both Wendy Lee and Nick Smith returned after a few weeks absence to return slower times of 29.46 and 30.08; whereas Claire Williamson and Amanda Hampson saw improvements on their previous outings; Claire knocking twenty nine seconds off and Amanda one hundred and six, as they recorded 30.39 and 34.17 respectively.

Kim Lagan-Walters claimed a PB of twenty seven seconds on her return, to record 34.39; the up-and-down times of Dawn Brown saw a forty five second improvement on this outing, to record a minute margin over Sarah Garde's 36.26 - a first attempt at the full distance.

Nathan Pointon returned to the 3.6K as he rehabilitates after a painful football related knee injury with a slower than best 17.09; while a suffering, Jacob Cumberbatch (12), still managed to record a PB of eight seconds in 19.03, as he and father, Jonathan, cut their distance short and followed younger brother, Dominic (9) by twenty eight seconds to the line; the 21.49 of Alison Evans saw a PB of ninety eight seconds.

Lewis Smith (9) ebbed and flowed along with Kieran Goodwin (11) from the start in the 2.2K, the tussle ended with Kieran setting a PB by twenty seven seconds; equalling Lewis' PB of 9.13 in a thrilling finish which saw Lewis only three seconds off his best. Ten year old Sienna Phillips followed only thirteen seconds off the lead as she set a new PB for this event; however, it is fifteen seconds off her best time set in a junior run.

Other juniors were also drawn on by the pace ahead: ten year old Tom Luznyj gained a PB of seven seconds in 10.25; Luke Hopkinson (11), who dropped back another distance, recorded 10.26 and a PB of fifty two seconds; Eden Pigott (7) a PB of twenty three seconds in 11.23 and nineteen seconds off her overall best 2.2K time; a one second PB for Kelsey Goodwin in 11.41; Edward Dodd (7) and James Burgess (6) resumed where they left off the previous week, battling all the way to the line with the elder two seconds ahead and setting a PB of ten seconds in 11.52 with James only six seconds off his - although the last three are not back to their junior best times.

Obviously it isn't possible for everyone to be at their peak every week, many take part and end with whatever time for a variety of reasons, as can be seen from the following juniors' times: Lara Smith attained 11.49 (-11); Daisy Williamson (-19) with her time of 12.04 bettering her last outing by two minutes twenty four seconds; Emma Pointon (-3) as she returned after a sustained absence; Esme Hopkins (-57) although forty seconds ahead of last week; Martha Williamson ambling around forty seconds ahead of Joshua Eames in 16.03; Howard and Florence Render (5) enjoying their hand-in-hand run at the rear in 17.37. In between saw the third week, progressive improvement of Richard Dodd as he chipped four more seconds off his best with a 13.11 time.

Olivia Lovatt (8) and Julie Barker were more than happy to finish the junior 2.2K on this occasion, especially as they claimed PB's of sixteen seconds in 14.07; however, they were passed along the way by late-starting, Molly Williams, who's 11.10 finish matched that of three weeks ago.

Thanks to time recorder: Kathryn Smith and Sam Goldstraw.

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