

Brough Park Running Club weekly event. (25/03/2017)

A good turnout on a beautiful, spring morning, during which many were wearing some Red Nose attire; several even attempting to run with a foam nose attached to theirs, they didn't keep them on for long but, re-planted it for the run in.

A special mention to eleven year old Daisy Williamson who completed her first Couch to 5k for which she was sponsored and raised £135 to date; finishing in 33.18 alongside running partner for the day, Madeline Statham (11).

Nick Hulme once again fronted the longer run, finishing in 20.42; a similar time to his last outing but fifty seconds off his best, and was glad to have finished in the warming day; with the weather being a boost for many with a string of runners gaining improved times if not PB's.

The pursuing Isaac Elkington knocked his previous week's PB down by fifty two seconds to 21.32, with Claire Leek bettering her inaugural event time by 124 seconds, a minute behind; husband Alistair gaining 141 seconds with a time of 27.18, as they both returned to the event on their monthly visit to the town; Martin Pigott gained on Claire to finish thirteen seconds in arrears with a new PB of eight seconds.

Rob Bond followed with a 23.10 finish, which was a more consistent time and only thirty seconds off his best, as he fended off Paul Goldstraw's 23.21 improvement, which has seen him reduce his time by two minutes over the last three months.

Newcomer Alex Roberts' 23.52 was mainly due to his increased pace over the last lap as he finished within eight seconds of Donna Eames and Dan Knowles a further six seconds adrift.

Moving up from 2.2 to 5K is no easy feat; however, Kieran Goodwin (11) managed a creditable 24.34 which was twenty four seconds ahead of Joanne Hackett.

There was an improvement of almost a minute for Tony Williamson; he once again heads in the right direction following his 'injured pride' event in the snowy Alps; his return of 25.22 was fifteen seconds ahead of Kevin Holroyd who heads back towards his best following a few weeks absence from the event; whereas, Charlotte Statham returned with a PB of six seconds in 27.07, having let young Connie (5) pair Laurie Hinton (5) to 16.06 in the 2.2K.

Vet 65, Bill Mould's 29.11 continues to head in the right direction along with Kim Lagan-Walters and Claire Williamson's 30.35; the former clipped forty three seconds off his previous time and the latter fifty six, with Kim knocking four minutes off her recent PB in 30.39. Jan Percival continues to be fixed in the thirty one minute zone as she recorded 31.40; Dawn Brown aided a suffering Sara Garde to the line; the latter finishing in a slower time and the former a slight gain in 35.56.

The duo of Laurie Hinton (5) (aka - Batman) and father David couldn't match last week's pace as they dropped back a few seconds in their 2.2 and 3.6k events, to 16.00 and 22.44; Louise Hackett (12) managed to pick up a PB of sixteen seconds in 18.36 and Richard Dodd upped his game with a 21.57 time, after dropping William (5) off on the 2.2K finish straight, in which he recorded 13.02, an improvement of eleven seconds over last week.

Sienna Phillips (10) once again outpaced the rest of the youngsters in the 2.2K; running from the front to within two seconds of a PB in this event with a time of 9.29; with Luke Hopkinson (11) almost a minute in arrears but gaining a PB of four seconds as he clocked 10.22; however, both runners have better times in a previous junior event.

Edward Dodd (7) and James Burgess (6) continued their ongoing tussle, pushing each other along from the start, pacing neck-and-neck, before Edward got a lead after the hill, with James fighting back with another determined, sprint finish; both claiming PB's as they knocked nineteen and eighteen seconds off their joint times of the previous week, in 11.11 and 11.12. (Watch this space as the battle is bound to continue next week?)

Kelsey Goodwin gained from the two competitors ahead to reduce her best time by two seconds to 11.39.

Esme Hopkinson (8) wasn't happy with her slower 16.02 of the previous week and forged along, pacing those in front to gain a PB of fifteen seconds in 14.12; whereas, Martha Williamson seemed to enjoy her freedom to return a time mid-way between her last and her best, to cross the line in 14.40.

The Goulding trio of: Tommy (8), Lena-May (7) and father Jon, bunched together to a 15.20 finish; actually, Tommy broke away to gain a four second advantage knowing he had recorded a far better time weeks ago.

The family duo of five year old Florence Render and father Howard, sauntered around in 16.37; Joshua Eames meandered along enjoying the early morning sunshine almost a minute behind.

Olivia Lovatt seems to be warming to the junior event and the 13.30 time gained a PB 37 second along with mother Julie; as Jack Bray (13) eased around, with his 9.03 being a fifteen second deficit on his PB.

Thanks to time recorder: Kathryn Smith, Rachel Massy and Sam Goldstraw, with Jack Bray acting as messenger and marshal.

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

