

Brough Park Running Club weekly event. (01/04/2017)

It was a pleasant enough spring morning for the first April Fool's Day event; however, there were a few whom weren't fooling about with eleven PB's set on the day.

Thirteen years old Jack Bray was one of those, as he not only led the 5K throughout but, claimed a PB of sixteen seconds, all after receiving his 25<sup>th</sup> run trophy. His effort seemed to draw along the next two runners: Martin Pigott edging further ahead of the improved Donna Eames on each lap before recording a margin of forty five seconds at the line in 22.33, which knocked twelve seconds off his previous week's PB; perhaps Donna should do a twelve mile training run every Friday if it results in a better time each week.

Christopher Bower returned with his family after several weeks' absence to record a slower time of 24.52, before going back down the track to escort Alfie (8) to the line while mother Cathy pushed on to join George (11) at the band stand where he had completed the 2.2K in 12.22.

John Lagan has progressed nicely over the weeks to finish with a PB of thirty one seconds in 25.59 – a total reduction of 150 seconds from his inaugural event – almost a minute behind Dave Edge and seven seconds ahead of Kevin Holroyd; both of whom are seasoned runners. Tony Williamson led Martha (6) to a 12.25 finish in the 2.2K before pushing on to a 26.41 in the longest event, which was forty six seconds ahead of the much improved Ethan Ollier (13).

Newcomer Adam Geens finished forty seven seconds ahead of Matthew Hales, who was another entrant able to eke out a PB, with a twenty three second gain in 28.30; with Bill Mould returning a sub-twenty nine minute time of 28.57.

Kim-Lagan Walters wasn't able to match her huge gain of the previous week, however, a reduction of eight seconds to 30.31 is worthwhile; a sub-thirty time firmly in her sights, an effort which pulled along Jan Percival to an almost one minute improvement over her last run.

Eleven year old Daisy Williams continued in the 5K, following her inaugural charity run the previous week – raising £165 to date – with a PB of thirteen seconds in 33.05; the progress may soon see her pacing mother Claire around; she was timed a minute ahead of talkative running partners, Alison Evans and Liz Cartledge, who progressed to the full distance following regular training stints around Alton.

Sarah Garde was able to reduce her last time by thirty seconds to 35.26, which was seventeen seconds ahead of her previous week partner, Dawn Brown, who has seen her times suffer a little as she increased the distance of her personal, mid-week training stints.

Both Richard Dodd and Elaine Hargreaves gained PB's in the 3.6K; the former by forty seconds in 21.17 and the latter a thirty three second gain in 27.17.

Jordan Ash (12) led a string of SMAC juniors to the 2.2K line with a PB of eleven seconds, thirty eight seconds ahead of the 9.54 set by ten year old Sienna Phillips; while Luke Hopkinson (11) was unable to match his previous week's PB, a further forty six seconds adrift.

The battle between James Burgess (6) and Edward Dodd (7) didn't materialise on this occasion; the former surged ahead from the off to finish with a PB of eleven seconds, which was only four seconds behind ten year old Grace Bond's 10.57 and forty seven seconds ahead of his rival; Eden Pigott tried to keep up with Edward to finish only twelve seconds behind.

The duo of Olivia Lovatt (8) and mother Julie entered their first senior 2.2K and enjoyed the company to gain a PB of fifteen second in 13.15; with seventy four seconds elapsing before Esme Hopkinson (8) crossed the line with an exact same time-gap to Joshua Eames, before eleven year old Emma Garde's 16.39 time.

Mollie Williams was unable to improve on her best time in a solo junior 2.2K; however her determined effort saw an improvement of fifty seconds over her last outing.

Thanks to time recorder: Kathryn Smith and Rachel Massy Sam Goldstraw  
B. (An ear to the ground and an eye on the times)