

Brough Park Running Club weekly event. (08/04/2017)

A beautiful spring morning greeted the entrants for the latest Couch to 5K event; with four newbie's about to tackle the hill(s); it may have been the climate or personal-progression that led to more than a dozen PB's in the combined events.

Remarkably, there were no juniors taking part in the 5K, and with a more focussed and dedicated Nick Hulme toying the line alongside of a previous winner, Matthew Statham, there was the possibility of a renewed battle for supremacy.

After weaving through a posse of younger, 2.2K distance athletes, it was Matthew who led throughout the better part of the first lap before Nick forged his way to the front; it may have been that early foray that led to Matthew's forty second deficit at the line, where Nick recorded 19.50 and chipped two seconds off his PB.

In their wake was Isaac Elkington, who smashed his two-week old best time by fifty seven seconds in 20.35 as he pushed hard after the last climb to gain on the runner ahead; Richard and Martin Pigott were also drawn along to their own PB's: the former by well over two minutes – however, that record was set on the old route, way back in the day – and the latter by a second; with times of 21.52 and 22.32.

Our very own Steve Corden managed to pocket his time-piece to pursue Daniel Knowles over the three laps to finish twenty six seconds in arrears in a personal best time of 23.27, a gain of eleven seconds, while Daniel knocked fifty seven seconds off his last outing's time, but still not back near his best.

Dave Edge managed to reduce his previous time by a minute as he strives to get back to form, while Paul Goldstraw dropped back by over ninety seconds on this occasion – probably due to a late night on the pop.

Tony Williamson's time of 24.58 is only a minute or so from his record, and the same time-gap ahead of the second successive PB gained by John Lagan, it may be only be a reduction of two seconds but shows consistency and was well earned; the latter passing his daughter along the way, which was a result of an unrecorded late start.

A PB of eighty five seconds was gained by Adam Geens in a finish time of 26.18; while Suzie Noble chipped seven seconds off her last outing's time which saw her finish just six seconds ahead of Matthew Hales' PB of two seconds; a minute passed before Charlotte Statham crossed the line in a slower time, followed just eleven seconds later by Vet 65, Bill Mould's thirty second improvement to 28.38.

Debutant to this 5K, Helen Finney, changed from her usual hockey environment and virtually flat, canal-side training route to the succession of hills within the park; setting a benchmark starting point of 29.48. A finish time of 29.58 saw a huge gain of two hundred and forty nine seconds for Alison Evans, who was chased in by Claire Williamson in an improved time; while Sarah Garde was able to reduce her time for the second successive week, to a new PB of 33.36, a drop of eighty seconds.

Two of the newbie's started off together, initially opting for an inaugural 1.5K, however, they chose to tackle the hill at least once; hopefully, neither became confused along the way, as Massarra Zeusner went on to complete the full distance in 32.39 and the more senior, Kareen Bain, cut off to cross the 3.6K line in 24.03; Eleven year old Madeline Statham, Elaine Hargreaves and Bryan Vigrass also chose this distance and returned times of: 21.28, 26.32 and 28.15; Elaine setting a PB of forty five seconds, and Bryan returning after a few months absence and a troublesome chest infection.

Jordan Ash (12) once again led a string of club- juniors to the 2.2K line to finish in 8.59 and another PB, on this occasion by seventeen seconds, as he was pursued by nine year old Lewis Smith and Sienna Phillips (10); both of whom set their own PB's of three seconds in 9.13 and 9.25; Luke Hopkinson (11) was also drawn along with a time of 10.23 and just a second off his PB of 10.22.

A much younger James Burgess (6) led two seven year olds; Eden Pigott and Lara Smith in slower than their best times of 11.10, 11.37 and 12.09; with daughter, Olivia, side-lined through illness, an unaccompanied Julie Barker was able to push herself along to a PB of ninety three seconds in 12.39.

Joseph Locket (10) returned after a long absence with a 12.51 finish; with the remainder of the entrants recording slower times.

Thanks to time recorders: Rachel Massy, Sam Goldstraw and Kathryn Smith and Donna Eames who performed marshal duties.

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