

Brough Park Running Club weekly event. (15/04/2017)

Another fine, spring morning that seemed ideal for entrants either old, new or those on a day out at the 75th Couch to 5K event; those on a day out consisted of: Kate Grey, Elinor Williams, Claire Cashmore, Rhiannon Henry and Rebecca Hurst, a Hen-Party quintet from a variety of locations around the country.

At least two of that group boasted 5K times within the twenty minute mark; along with MBE' for their 2016 Paralympics Swimming, winning efforts, however, they weren't out to test their metal or to gain a PB, especially as they had no inclination of what was to come, and the bride-to-be intended to run handcuffed together with at least one other; the ensemble enjoyed the scenic route and waltzed in within ten seconds of each other around the 27.10 mark, the bond having been broken somewhere along the way.

At the sharp end, Nick Hulme turned out for a spin and led to the line, some twenty five seconds from his previous week's best time, in 20.15; followed by thirteen year old Jack Bray's personal best time of 21.45, surpassing the one he set at his last event by thirteen seconds. Harry Bond, also thirteen, was pacing along with the aforementioned before peeling off to set a six second PB in the 2.2K in 8.42; unfortunately Lewis Smith seemed hampered by his blue, fancy-dress body suit and arrived in a slower 9.47.

Isaac Elkington was another tagging along with the front runners before he pulled in at the 3.6K point with a time of 15.37.

There was almost a repeat performance for Daniel Knowles, as he recorded a one second deficit on last week's effort, trailing Jack Hancock's 22.40 by twenty two seconds – the latter returning after 3 months absence.

A fall, as he turned to cross the grass on the last lap, prevented Dave Edge bettering his improved time of 23.59; however, he was able to fend off by sixteen seconds the pursuit of Paul Goldstraw, who improved on his last week's time but not on his mid-week training effort. Almost a minute behind, and returning a slower time than her best and the last training time, was Donna Eames, who's 25.07 is more than two minutes off her long standing PB.

Perhaps John Lagan and Tony Williamson should 'buddy up' in an effort to raise their game, as did Kim Lagan-Walters and Claire Williamson; the latter two ebbed and flowed along which led to a PB of twenty eight seconds for Kim and a consolidated time for Claire, in 30.13 and 30.26 respectively; the previous pair suffered slightly slower times than their last, in 26.03 and 26.28.

Matthew Hales was only a second off his PB, as he knocked a minute off his last week's time in 27.29; which was a minute ahead of the new PB set by Jan Percival in 28.34, a reduction of more than two minutes over her last effort and forty three seconds knocked off her best – her last week's run in the Dougie Macmillan 5K may have boosted her confidence.

Bill Mould consolidated his efforts with a 28.48 time, whereas Alison Evans dropped back by almost a minute to 30.49 as she escorted training partner, Liz Cartlidge, to the 2.2K cut-off point, which led to a 14.26 finish in the 2.2K; Sarah Garde also had a set-back to 33.55 and Daisy Williamson (11) suffered with a slower 32.40; Dawn Brown time was boosted as she chipped twenty seven seconds off her last outing in 35.16.

Ten year old Sienna Phillips chose to up-grade to the 3.6K, and on this occasion she was timed at 17.24 which saw a gain of thirty five seconds over her last trial; vet55 Elaine Hargreaves returned a PB time of 25.18, which was seventy four second gain on her previous best run and two minutes faster than her last week's time.

Three year old Sophie Hinton's time of 11.06 could have gained her fifth place in the 2.2K, however, that accolade will have to wait as she only completed the 1.5K hand-in-hand with father David; Louise Hackett (12), Luke Hopkinson (11), Grace Bond (10) and Joseph Locket (10) and Esme Hopkinson (8), all had slight set-backs in the 2.2K, as they recorded 10.17, 10.56, 11.24, 14.15 and 14.30; whereas, seven year old Lara Smith's 11.41 was a PB of twenty eight seconds; Karl Birch is opting for a steady come-back and eased around the 2.2K in a time of 11.57.

Following a couple of weeks of problematic running, Olivia May Lovatt, escorted by mother Julie, managed to complete the event in 14.48; followed a second later by mother and son, Rebecca Hinton and Laurie (5), the latter's effort led to a PB of thirty five seconds for mother.

Six year old, Joshua Eames, recorded a faster time than of late as he crossed the line in 16.13 which was twenty seconds ahead of the Render duo of Howard and Florence (5); which was a PB of four seconds and almost a minute faster than their last outing. Both, Martha Williamson (6) and Emma Garde (11) ambled around in slower times of 17.13 and 18.24.

The McIlreavy siblings faired differently in the junior 2.2K; nine year old Taylor's 8.47 was twenty one seconds slower than his best, whereas Tianah (6) gained a PB of forty seven seconds in 10.51.

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