

Brough Park Running Club weekly event. (29/04/2017)

There was an excellent turnout for the 77th Brough Park Couch to 5K event; amongst the mass at the line were a cluster of previous winners and many who have seen improved times throughout their attendance. One of those was an 'unfit' Ryan Holroyd; no matter how fit or unfit, he tore away after a hundred metres or so and powered along like an engine to cross the 5K line in 18.11, only twenty two seconds off his course record. Isaac Elkington followed with a time that was only two seconds off a new PB in 20.36, with a much improved Paul Goldstraw breaking his long standing best time by three seconds in 22.57, and an improvement of seventy eight seconds over last week.

Only seventeen seconds behind, but in a slightly slower time than his last outing, was Dan Knowles; a further minute in arrears, but with a much improved time, saw Donna Eames stave off the pursuit of Dave Edge by fourteen seconds in 24.29.

Tony Williamson's 25.27 was a minute faster than his last week's effort which drew along John Lagan to a PB of three seconds in 25.54, and sixty three seconds ahead of Kevin Holroyd.

Helen Finney improved her inaugural time by forty five seconds as she recorded a three second margin over Jan Percival's 29.06, while: Wendy Lee, Bill Mould and Claire Williamson all clocked slower times of: 29.30, 29.43 and 30.30; with new entrant, Joanne Higgins, only eleven seconds behind the latter.

V65, Ursula Hughes, scored a reduction of fifty four seconds in 33.07, as Sara Garde slowed a little to 34.09 and Dawn Brown improved by a few seconds to 34.58, compared to their last outing.

Once again there were no juniors in the 5K but over a score in the 2.2K; four of whom were amongst the early front runners: Jack Bray (13) surged along to an even nine minute time and was chased by Lewis Smith who set a PB of four seconds in 9.09, as Louise Hackett also recorded a PB - the mid-week training stints paying off - as she chipped nine seconds of her best and thirty six off her last week's time in 9.41.

Another mid-week trainee, ten year old Sienna Phillips was also in the front bunch and seems to be enjoying her move to the 3.6K; this week she was wide awake and limbering up before the start, all of which paid off as she knocked seventeen seconds off her previous week's best and a minute off over the three weeks to 16.23.

Two vet runners followed her in with inaugural times of 17.53 and 20.17, for Louise Rogers and Alex Barker. Back in the 2.2K saw the Luznyj brothers, Tom (10) and Josh (11), ran almost side by side to PB's of ten and twenty seconds in 10.15 and 10.17.

A time of 10.46 for Tom Warrilow (12) was seven seconds ahead of thirteen year old Harrison Smith's PB of thirteen seconds, while Luke Hopkinson (11) ran a slower 10.33 and James Burgess (6) was only two seconds off a PB in 11.02.

The Smith family of five are now all signed up, which enabled father Martin to cross the line a stride behind daughter Lara (7) who recorded a PB of thirteen seconds in 11.04. Julie Barker once again ran unaccompanied and aimed to complete the 3.6K, her fantastic effort over the first lap took its toll and she pulled in at the shorter distance to record a reduction of seventy nine seconds over last week in 11.20.

After setting an inaugural 12.51 time, Joseph Lockett (10) had a set back and a week off, before returning to gain a PB of seven seconds, which was twenty seconds ahead of Martin Day's joint finish with Esme Hopkinson (9), enabling the youngster to create a PB of sixty eight seconds - it just shows what an achievement of fifty runs can do for you.

Laurie Hinton (5) and Ben Geens (7) were escorted by the latter's father Adam to the tape, which earned Laurie a PB of thirty seconds in 13.18; while the former's mother Rebecca escorted Martha Williamson (6) to the finish in 14.14; which was followed two minutes later by hand-in-hand seven year olds: Eden Pigott and Amelia Nixon.

The meandering route taken by six year old Joshua Eames was an improvement on last week's effort and was a minute ahead of V65, Mary-Jane Searles' PB of ten seconds in 17.46 which was just six seconds ahead of v50, Audrey Warrilow.

Three year old, Sophie Hinton was accompanied by father David and Daisy Williamson (11) to a shorter 1.5K finish in around 13.10.

Thanks to the harassed time recorders: Sam Goldstraw, Rachel and Steve Massey.

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