

Brough Park Running Club weekly event. (06/05/2017)

Many of the Brough Park Couch to 5K race reports commence with a note about the weather: let's have a change and focus on the line up, or more importantly the numbers on the line. It can be announced, and many will have noticed that our previous, combined total of entrants has now been surpassed, with 66 taking to the paths around the park on this occasion; from which we welcome the influx of around a dozen newbie's who tested their metal against the 'hill or hills'.

Amongst the mass at the line were two notable, previous winners: twenty year old Isaac Elkington, a local runner who seems to almost coast around the route and has improved remarkably over the months; in addition to the infrequent visit of Macclesfield Harriers v50, Julian Brown, who cycles a fair way to take part in the event.

Isaac clipped twenty three seconds off his best to set a new PB of 20.12 and may soon be amongst the elite with a sub twenty-time; alas, Julian's time of 21.36 was almost a minute off his best.

Somehow an injured Rob Bond recorded 22.24, a PB of sixteen seconds, which was half a minute faster than an 'out-for-a-jog', Nick Hulme. Dave Edge's improved time of 23.53 was also half a minute behind a slightly slower Paul Goldstraw, with Donna Eames unable to break back into the lower time slot with a consolidated 24.21; as Fv55, Jo Miles followed just over thirty seconds later.

John Lagan worked hard to gain a nine second PB, as the more seasoned Tony Williamson managed to pull ahead to finish with a twenty five second margin in an improved 25.20. After clocking 13.24 in the previous week's 2.2K, Adam Geens upped his distance to the full 5K and recorded a remarkable 25.35.

Both, Christopher Nelson and Matthew Hales returned after a few weeks absence with indifferent times; the former dropped back by half a minute to 26.01, and the latter claimed a PB of ninety seconds in 26.20; while thirteen year old Ethan Ollier was only three seconds behind in an improved time and Mike Turner an additional fourteen seconds in arrears.

After circling around almost bunched together: Karl Birch, Helen Finney, Jan Percival, Bill Mould and Wendy Lee finished fifty seconds apart; Karl once again managed the full distance in a pleasing 28.16, Helen, Jan and Wendy attaining PB's of forty two, six and twenty seven seconds, in 28.21, 28.28 and 29.03, with Bill just under the twenty nine minute barrier.

There was a minute PB for Joanne Higgins over her inaugural 30.41 time and a slightly slower 30.39 for Claire Williamson's unaccompanied run

One new entrant, Chanwit Seeploy, raised a fist to the sky as he was about to continue along the route instead of cutting off to an early finish; he didn't do the same on the subsequent laps but completed the full distance in 36.04; Kyla Tideswell also completed an inaugural 5K, fifty seconds later.

Up ahead, Sara Garde and Dawn Brown paired up, a tactic that didn't result in PB's on this occasion, however, their joint enthusiasm and morale support ensured they completed all three circuits without stopping or walking, even up 'that hill' or three.

Once again a score of juniors packed the 2.2K; amongst the front runners saw a mini battle; Lewis Smith (9) drew Sienna Phillips (10) along; little more than ten metres separated them throughout most of the 2.2K; Sienna equalled Lewis' last week PB, as she pushed him along to a 9.03 time to finish just six seconds in arrears, both recorded new PB's of six and sixteen seconds. Louise Hackett (12) followed and also recorded a new PB; the 9.34 finish knocked seven seconds off the one she set the previous week – forty three seconds off over three runs.

Not to be outdone, Luke Hopkinson (11) reduced his best by two seconds to 10.20 with SMAC club mate Robyn Schiller (10) seven seconds adrift.

Despite father Martin escorting her around and urging her along, Lara Smith (7) was unable to better her best as they both finished with slightly slower times of 11.10 and 11.22. The Hulme siblings, Emily (8) and Thomas (9) were separated by eighteen seconds in 11.38 and 11.56 and the Dodd duo, Edward (7) and William (5) by forty five seconds in 11.42 and 12.25; the latter claiming a PB of twenty seconds.

Three more pairs and a trio followed: Joel Day (5) and Martin; Laurie (5) and David Hinton, all around the 13.35 mark; Caitlin (9) and Kerrie Nixon 14.31; Tommy (8) in 13.55 with Lena-May (7) and Angela Goulding a minute behind.

Nine year old Esme Hopkinson recorded a slightly slower 13.20, with first time recordings of 13.59 and 15.03 for Ella Tideswell (10) and Ben Duffield (8); while Emma Garde (11) gained almost a minute in 15.52. Liz Cartlidge sacrificed a possible faster time to escort running pal, Louise Harper, to a 15.42 finish. Following along were two more V50 entrants, Audrey Warrilow and Louise Rodgers, who returned times of 16.47 and 17.18; the former runner claiming a PB of over a minute. V65, Mary-Jane Searles crossed the line two minutes ahead of Joshua Eames (6) in 17.54.

The 3.6K saw the Luznyj trio of; Tom (10), Josh (11) and Angela, separated by over three minutes in 17.03, 19.03 and 20.46; with Richard Dodd and Becky Seeploy gaining PB's of nine and forty seconds with times of 21.08 and 24.32; whereas vets, Elaine Hargreaves and Bryan Vigrass dipped over their best with returns of 25.17 and 26.11.

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