Brough Park Running Club weekly event. (13/05/2017)

Let’s go back to starting the event write up with a weather forecast, and not praising the entries, seeing as last week the entry was buoyed by an influx of newbie’s, all of whom seem to have decided that once was enough – actually one or two had rung in sick!! – however, it was a decent day for a run in the park: not too hot or cold, except for one or two.

The one or two I refer to are two runners from Stoke FIT: Pete Holdcroft and John Beats; ten minutes or so before the start they had just, literally, climbed out of the baths, and shivered in the car park as they waited for the off; having completed an 800 metre swim in part preparation for a Tri-Athalon; the second part was our 5K event, in which they jointly finished in 24.52, a PB of a whopping five minutes and two seconds; for the third part they had planned to finish the second half of a twenty mile bike ride, on the way home via Gun Hill.

Wolverhampton and Bilston Athletic Club Runner, Gareth Briggs, tore to the front after half a lap and looked in fine form following a seven week lay-off due to knee surgery; crossing the line unchallenged in 20.48 and a PB of five seconds; perhaps it was the thought of a young girl – almost three-dozen years his junior – showing him the way that spurred him along: Sienna Phillips (9), also unchallenged by her peers, initially -leading the field before peeling away to the 2.2K line to record a slightly slower 9.34; the exact same two followed her to the finish as last week, also in slower times: Twelve year old Louise Hackett in 10.00 and 10.31 for Luke Hopkinson (11).

Back in the 5K line up, Martin Pigott, returned after a few week’s absence to a seventeen second slower time of 22.47, which was seventy seven seconds ahead of Donna Eames failed attempt to break back under 24.00 mark – a thirty second improvement on last week, despite a nasty fall during a twelve mile training stint on Friday; Tony Williamson pushed hard to make up ground between them and in doing so improved his previous week’s time by over half a minute to 24.43.

Matthew Hales continued his upward mode to once again claim a PB; this week a twenty second reduction to 26.00, with the immediate followers: John Lagan, Ethan Ollier (11) and Mike Turner, all recording slightly slower times of 26.11, 26.38 and 26.39; Karl Birch managed to keep the previous runners in sight, which drew him along to an improved 26.52.

Helen Finney’s 27.57 finish was just eight seconds ahead of Alex Barker, as they both claimed PB’s of thirty one and fifty four seconds, with a further seven seconds elapsing before the return of Sam Baxter secured a forty second PB in 28.12; a second behind at the line was Jan Percival, easing around the laps to leave adversaries in her wake; however, the last incline took its toll but there was a heart-warming fifteen second PB at the end. Kim Lagan-Walters crossed the line in 28.51 and a PB of thirty nine seconds with Bill Mould a stride behind and a few seconds improvement on last week.

A slower time of 31.06 was recorded for Claire Williamson, ninety seconds ahead of the PB of half a minute set by Ursula Hughes, with Chanwit (Bluebottle) Seeploy chopping 125 seconds off his first attempt, which was eighteen seconds ahead of Sara Garde’s improvement and a further twenty five ahead of Dawn Brown’s record equalling run after pulling fifteen seconds away from Amanda Hampson on the final incline.

Further down the line in the 2.2K, Molly Williams (10) recorded an initial 10.36, before Daisy Williamson (11) and Eden Pigott (7) recorded slightly slower times than their best in 12.03 and 12.46: the regular running quartet: Joel (6) and Martin Day along with Laurie Hinton (5) and David covered the route in almost perfect formation: the youngsters claimed PB’s of twenty and three seconds; Martin an improvement of twenty one on the previous week and David twelve seconds behind bu,t still with a PB of ten seconds in 13.27.

Six year old Martha Williamson’s 13.45 was twenty seconds ahead of Esme Hopkinson (9), with V65, Mary-Jane Searles recording a PB of forty four seconds in 17.02 and Joshua Eames (6) once again meandering around a couple of minutes later.

The 3.6K saw the return of Nicola Damjanovic with a well earned 22.34, which was two minutes ahead of Elaine Hargreaves, with Becky Seeploy a further thirty seconds behind and v80, Bryan Vigrass recording 26.33.

The regular and almost irreplaceable time recorders: Rachel and Sam had away days and were thankfully replaced by their other halves Steve and Paul.

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