

Brough Park Running Club weekly event. (27/05/2017)

The 80th Brough Park couch to 5K took place in favourable conditions; amongst the line up were numerous previous winners, with one of those, Jason Burgess, vowing to 'give it a go', which was apparent from the off as he surged forward and never looked back on his way to a personal best by six seconds in 18.15. The next two places were taken by previous winners: Isaac Elkington and Steve Massey both of whom seemed subdued by the relentless pace of the front runner and returned slower times than previously, of 21.08 and 23.05.

Donna Eames' consistent 24.05 was forty three seconds ahead of Adam Geens, who was a minute off his best, but over a minute faster than the 'post holiday blues' run of Paul Goldstraw.

Matthew Hales was eventually overhauled by Alex Barker who recorded 26.04 and a ten second margin with a PB of over two minutes in 26.04, followed fifty seconds later by Karl Birch who continues his road to recovery with a consistent pace.

Helen Finney, Jan Percival and Kim Lagan-Walters all returned slightly slower times of 28.22, 29.20 and 30.33, while Ethan Ollier took time out from pursuing his own personal goal to escort brother-in-law, Chanwit Seeploy, to a personal best time of 32.35, which is a reduction of 84 seconds over his last outing.

Sarah Garde and Dawn Brown also returned slightly slower times than their last effort as they crossed the line in 34.24 and 36.14.

An unaccompanied Richard Dodd continued to reduce his 3.6K times with a PB of eleven seconds in 20.57 and a minute off over five outings.

The 2.2K was once again fronted by nine year old Lewis Smith and Sienna Phillips (10) as they paced around their lap behind the two 5K leaders, an effort which may have contributed to slower times of 9.09 and 9.43. Both Martin Day and eleven-year-old Luke Hopkinson ran unaccompanied on this occasion - but fared differently - the former reduced his personal best time by forty seconds as he crossed the line in 10.20 - coincidentally the same time as the latter's best time - however, in this outing he clocked over thirty seconds slower than that.

Harrison Smith completed his second, official 2.2K with a time of 10.56, just three seconds off his best, with sister Lara only four seconds behind father, Martin, in 11.15 and mother Julie over ninety seconds in arrears. Six year old, James Burgess, had hopes of a sub-eleven minute time before his birthday next week, unfortunately he was a mere four seconds of achieving that goal.

Esme Hopkinson suffered with breathing problems along-the-way and understandably returned a much slower time of 14.43.

After receiving a trophy for completing twenty five runs, five year old Laurie Hinton was escorted around the one lap by grandfather and v65 runner Bill Mould, who seems better suited to the longest distance, as they completed the course in much slower time of 15.16; over two minutes off the youngsters usual pace. Whereas, another v65, Mary-Jane Searles, continues to improve her times and crossed the line in 16.23 and a PB of 40 seconds. Following behind in an improved time was Joshua Eames.

Thanks to recorders: Rachel Massey and Sam Goldstraw, with Bryan Vigrass covering marshal duties.

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