

Brough Park Running Club weekly event. (10/06/2017)

Once again Nick Hulme fronted the Brough Park Couch to 5K as a warm up for the following day's Potters half marathon with a 20.27 unchallenged finish, which was only forty seconds off his best.

Marie Phillips lined up once again alongside of daughter Sienna for her third 1.5K, although the second event was at the Wednesday night training session. (Hopefully she's got the running bug?) Nevertheless, following last week's inaugural event, her times for the 1.5K have reduced remarkably; 14.17, 13.40 and today a further reduction of forty three seconds to 12.57 - eighty seconds off over two Saturdays.

(There's hope for anyone who wishes to follow in her quickening footsteps)

The youngster of the family returned to the 2.2K with a sedate, by her standards, 9.24, which is fifteen seconds off her best at that distance.

Before the off, there was a presentation to six year old Joshua Eames for attending his 75th 2.2K event; some entrants are buoyed by the limelight, not this young man, as he once again ambled around to finish just short of twenty one minutes - he does try harder sometimes, especially when he's urged along by his mother, as he did in the last training session where he achieved a best time of 14.46 for the same distance.

It may be in the evenings when some youngsters are fully alert and excel; Eden Pigott (7) achieved 10.31 one evening in the 2.2K; alas, on this occasion there was a subdued 12.05, even with father Martin providing escort duties

However, ten year old Molly Williams' 10.08 chipped twenty eight seconds off her four week old PB, and was followed in by sibling, Joshua, who set an inaugural 10.15. Both Imogen Phillips (9) and mother Joanne, found their feet in their second event, to record PB's of twenty three and sixty seconds with times of 12.16 and 14.03; their placing was split by the 13.51 finish of seven year old Martha Williamson.

Four year old Issac Williams had a trial run in the 1.5K and chalked up a 12.43 time alongside of his mother.

Megan Leadbeater (11) increased her distance and completed the 3.6K in an even 25 minutes followed by a slightly slower return of 25.14 for v55 Elaine Hargreaves.

Thirteen year old Harry Bond chased the leader around for a while in the 5K before being overhauled by the more senior, Isaac Elkington; both returned slightly slower times of 21.17 and 21.25; the former just ten seconds behind his ten week old PB and the latter over a minute off his.

Jack Handcock returned to the fray after a four month absence to a slower 22.36; whereas, Jack Birch recorded 23.56 in his first excursion over the route; the latter overhauling Donna Eames during the last 500 metres, to finish ten seconds ahead after an exchange of places during the three laps.

Following a blistering pace during last week's 2.2K, Adam Geens returned to the full distance to record a PB of ten seconds as he tried to overhaul Paul Goldstraw, who claimed a ten second margin at the line but ninety seconds off his best.

The following entrants all finished within two minutes of each other with a string of slightly off-the-mark times: Tony Williamson and Rob Bond - who both returned after a few weeks absence; John Lagan, Karl Birch and Alex Barker were also subdued, with Jamie Carney using the runner ahead as a pace-maker to record an inaugural 26.47; the aforementioned entrants returned times of 24.56, 25.36, 26.08, 26.28 and 26.32.

Joanne Higgins trailed Jan Percival around but was unable to make up the distance to finish a mere five seconds adrift in 29.01; whereas, Claire Williamson introduced the course to Cheddleton training partner, Anita Hirst, and crossed the line a stride ahead in 31.28.

Thanks to recorders: Rachel and Steve Massey and Sam Goldstraw.

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