

Brough Park Running Club weekly event. (15/07/2017)

Let's start the last event write up by defining as to why there was an obscure photo of some shiny blue trainers amongst the 87th Event Photos.

The picture is of Rebecca Dodd's new go-faster trainers, which was taken before the event commenced. Did they work? All too well, as expected!

They not only helped gain the proud owner a PB of fifteen seconds in 10.06, but in doing so pulled along, in close proximity, two other entrants in the 1.5K. Eight-year-old Libby Soutart and five-year-old Harry Cope both chalked up PB's of thirty eight seconds; the former equalled the leaders finish time and the latter a stride behind; with new-entrant, v40 Mara Cope ten seconds adrift of her aforementioned youngster.

Running mid-stream amongst all others, Richard Dodd once again found himself leading the 3.6K entrants to the line, this week with a consistent time of 21.06 - little more than a handful of seconds of his best; eleven-year-old Madeline Statham was a minute behind, while v55, Elaine Hargreaves bettered her two week old PB by twenty two seconds in 24.25.

Lining up at the front of the grid alongside of some speedy young athletes was three-time 5K winner, Gareth Briggs, who didn't have things all his own way in the early stages; many of those around were only taking part in the shorter distance and sprinted ahead, with the exception of Harry Bond (13) and fifteen-year-old Archie Cooper. The older athlete weaved his way to the front and crossed the line just ten seconds off his best; Harry followed and equalled his four month old PB of 21.15, with Archie only six seconds off his best in 22.36.

The following were also in the longest distance: Steve Massey was tracked by Jamie Carney and finished a dozen seconds ahead; the latter beat his best by five seconds in 23.11 - a fourth PB out of five events - followed by a consistent 23.29 of Donna Eames. Both Dan Knowles and Paul Goldstraw chalked up improved times of 23.53 and 24.23, despite taking part in Thursday's summer series event.

John Lagan paced behind Karl Birch throughout the three laps and made a valiant attempt to make up the ground to finish just five seconds in arrears with a 26.28 time - both entrants attained improved performances over their last event.

Helen Finley ran at a slower than usual pace which enabled Jan Percival to overhaul her and cross the line fourteen seconds ahead in 28.28.

V65, Bill Mould and Charlotte Statham were two others who completed the Biddulph Summer Series run, which may have attributed to slower than usual times of 29.33 and 30.28.

An improvement of forty seconds over last week's time enabled Dawn Brown to get within four seconds of her personal best; with v45, Lisa Soutart's youngsters, acting as escorts up the last incline and to the line to record a slightly slower second-event time of 36.49.

The Bray family trio of Jack (13), Ella (10) and eight-year-old Olivia, all returned to the 2.2K event; Jack finished at the head of the pack just twenty seconds of his long-standing PB in 9.08; Ella clipped twenty eight of hers in 10.59 and Olivia fourteen off her six-week old PB in 12.11.

Niamh Bould entered our event some time ago and has grown to enjoy the sport so much she joined Stoke AC, where she trains regularly; on her return she was just two seconds behind Sienna Phillips (10) with a 9.15 finish.

Both James Burgess (7) and Thomas Hulme (9) returned after a few weeks absence and recorded slightly slower times of 11.07 and 11.10; whereas eleven-year-old Megan Leadbeater, returned after a six week absence to knock almost two minutes off her inaugural time, with a 11.33 finish.

V40, Joanne Phillips continues to reduce her time; the 13.11 finish was a PB of twenty nine seconds, and only seventy off her consistent, nine-year-old daughter, Imogen's finish time. Rees Soutart (11) chopped a whopping three and a half minutes off his first event time with a 12.17 finish, which was a stride or two ahead of a PB by sixty five seconds for Ben Geens (7) who was escorted around by father, Adam; five-year-old William Dodd improved on his last

outings time by over thirty seconds, in 12.30. Another family duo of Laurie Hinton (5) and mother Rebecca, recorded a slower than usual finish of 14.47.

V50, Louise Rogers pulled away from v65 running partner, Mary-Jane Searles, to claim a PB of thirty seconds in 16.33, with the latter recording a consistent 17.15 time, and v55, Sham Hully coasting in some three minutes later in her first Couch to 5K event.

Many thanks to recorders: Rachel Massey and Sam Goldstraw.

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