

Brough Park Running Club weekly event. (22/07/2017)

It was Briggs all the way from the start of the latest Couch to 5K event; as soon as Gareth negotiated the youngsters, whom had shot off from the start line, there was no stopping him. He was trailed along the way, firstly by Tom Stoddart, who's effort to stay in touch gained a PB of ninety seconds in 20.27, even though he crossed the line a minute adrift; then mid-way through the laps the front runner was caught by Jason Burgess who was using the event as training run, and had previously coached thirteen-year-old Harry Bond throughout half his distance, before encountering his seven-year-old son James on the last lap of, continuing to a joint finish of 19.47, and a PB of over ninety seconds for the youngster in the 3.6K - of course Jason had completed the 5K.

The Williamson family were out as a group for a change, easing each other along until they dropped Martha (6) off to complete the 2.2K in a much slower 14.37; the parents, Tony and Claire, continued along to assist elder sister Daisy (10) to the 5K line in 34.05; managing a jovial sprint towards the end in which Martha joined in.

The Smith family group had a different agenda; Lewis (10) leading all others in the 2.2K to cross the line in 9.20 - followed five seconds later by eleven-year-old Sienna Phillips - father, Martin and Lara (8) running almost together to finish in 10.49; fourteen-year-old Harrison pulling away from mother Julie in the later stage to finish thirty seconds ahead in 11.59; their placing being split by Eden Pigott's 12.25 time.

Once again, nine-year-old Imogen Phillips led their family group in the 2.2k to record a 12.46 time; Noah (6) finishing nine seconds ahead of mother, Joanne, in 14.45.

Six-year-old Joshua Eames was in a good mood and fine form, running most of the way around the route in an impressive time of 14.14.

V50, Louise Rodgers, was escorted by new entrant Claire Deighton to a joint 17.07 finish in the 2.2K.

Both Richard Dodd and V80, Bryan Vigrass, reduced their personal best times by thirty seconds to 20.26 and 25.26, with V55, Elaine Hargreaves, following on in the 3.6K distance with a consistent 25 minutes.

Jamie Carney continues to reduce his time, this week by twelve seconds to 22.59; whereas, Adam Geens eased back into the full distance following a football injury, some three minutes in arrears.

Other regular entrants: Steve Massey, Karl Birch, John Lagan, Helen Finley and Wendy Lee, all returned slower than usual times of: 22.10, 26.04, 26.36, 27.29 and 29.56.

Several of the following entrants must have been tired from the gruelling Wetton Mill leg of the local Summer Series; just as Mary-Jane Searles was from her long excursion a-foot over many hills on Thursday, that toll reduced her to a shortest distance which was completed in 11.54. Others that encountered the Summer Series fell-race fared in differently in the longer 5K.

Gareth Briggs finished in a repetitive 19.28; Harry Bond (13) was encouraged to a PB by nine seconds in 21.06; Jack Hancock had a faster than-late 21.54 but, half a minute off his best, as was Martin Pigott's 22.16; Rob Bond was only twenty three seconds off his four-week-old record in 22.45; Donna Eames still managed a very-consistent 23.29; thirteen year old Louise Hackett decided to up her distance and recorded a 24.08 time; Paul Goldstraw chipped two seconds off last week's time in 24.21; Joanne Higgins was less than twenty off her best in 28.37.

Many thanks to recorders: Sam Goldstraw and Rachel Massey and Sam and Paul for aiding the clear up.

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