

Brough Park Running Club weekly Couch to 5K (29/07/17)

Despite having no immediate opposition over the full distance, Gareth Briggs was in no mood to rest on his laurels, and powered forth to set a new PB of three seconds in 19.15, and the eighth fastest time to date.

The Statham family were amongst a few that were unable to get to the start line on time - delayed by the Leek Show traffic - however, Matthew set his own time-piece, and can be credited with overhauling his twenty six week old personal-best by eight seconds, to achieve his first sub-20 time of 19.57.

There was a lull before the next entrant in the 5K event, Steve Massey, returned a consistent 22.19; almost thirty seconds ahead of another improved time for Jamie Carney; eleven seconds off his best this week, in total, a four minute reduction over seven events - which includes only one set-back.

Fifteen-year-old Archie Cooper trailed in with a slower than usual 23.31, which was over a minute ahead of an unusually sedate time for V45, Daniel Knowles.

V40, Karl Birch may well have been pleased with this last weeks' time which teetered on the brink of sub-26, however, he must be even more pleased this week, as it dropped four seconds below that marker for the first time - following a medical problem - and is now only twenty five seconds off his best. A slightly improved return of 26.23 saw John Lagan finish almost the same time-gap as last week, in arrears, of the aforementioned whom he trailed throughout the three laps.

There was a fall-back of ten seconds for Wendy Lee - who is still trying to get back on form following an injury - and treble that for Dawn Brown, as they crossed the line in, 30.06 and 35.06 - Charlotte Statham's time of 32.01 isn't ratified due to an unrecorded start.

Four-year-old Bleu Bailey completed the 1.5k line in a PB of forty six seconds in a time of 10.17; followed by Issac Williamson (4) and Harry Cope (5) in similar 11.05 times, with Mara Cope some twenty seconds adrift. V65, Mary-Jane Searles improved her best time by fourteen seconds to 11.23.

Despite every effort, the first event for mother and daughter, Wendy Waddell and six-year-old Pippa, along with Iris Render (3) and mother Kate seem to have deviated from the full route, and on this occasion their times are unclassified.

It's over twenty weeks since Harry Bond (13) last entered the 3.6K, and even longer since he set a PB of 14.13; he was forty nine seconds off that mark on this occasion, but his early, effort managed to drag forward both Louise Hackett (13) and eleven-year-old Sienna Phillips to new PB's of 16.09 and 16.15; the former reducing her six week old record by forty one seconds as she overhauled the latter mid-distance and pulled the younger athlete along to better her three month best by eight seconds.

Thirteen-year-old Ethan Ollier returned after a lengthy absence and chose a sedate pace to record 23.05; with the youngsters' ahead spurring V55, Elaine Hargreaves on to a personal best time of 24.22.

After last week's inaugural run, Claire Deighton upped her distance to finish the 3.6K in 22.47; with Bryan Vigrass dropping back a handful of seconds to a 25.33 time.

The 2.2K distance saw a ten second dip for both ten-year-old Oliver Bailey and running partner Mollie Williams (11), as they recorded 9.50 and an even ten minute times; with Robyn Schiller (10) crossing the line ninety seconds behind.

Both Kerrie Nixon and Joanne Phillips finished a handful of seconds off their best in 11.41 and 13.20; running duo's of Peter and Amelia Dixon (8) and Florence Render (6) alongside of father Howard, recorded two minutes slower than their last outing; with six-year-old Connie Statham following on after a late start.

Thanks to: Joanne Hackett for picture taking/marshalling duties; Rachel and Steve Massey for time keeping and along with John Broadbent in tidying up.