

Brough Park Running Club weekly Couch to 5K (12/08/17)

The 91st event saw the return, after a number of weeks, of Jason Burgess, who on this occasion was out to test himself and led the 5K group from the off to an 18.53 finish which is forty seconds off his best. Nineteen-year-old Jack Hancock also returned, and although he was two minutes adrift he gained a PB of ten seconds in 20.59.

The following quartet also returned after numerous weeks and fared differently: Martin Pigott was almost thirty seconds off his best, Martin Phillips gained a two second PB in 23.22, Donna Eames covered the route in a slower 24.16 and Jamie Carney was two minutes off his usual pace.

James Locket, along with his tethered dog, clocked 24.34, a dozen seconds or so ahead of an improved run for Dave Edge; with John Lagan also managing an improvement of forty seconds on his previous time, to dip a handful of seconds below twenty six minutes as he kept an eye on the runner in front, Karl Birch; the latter pulling away to score a PB of four seconds following five weeks of improvements and is now firmly below that bench-mark in 25.27.

There was an improved time of 28.26 for Jan Percival, who finished only a dozen seconds off her best; with Richard Dodd following in an impressive, inaugural 5K time of 29.06 – topping his first, training effort at the full distance by thirty six seconds and has now gone through ‘the mill’ of distances.

Wendy Lee and Kim-Lagan Walters ran together for a while, before the former pulled ahead to cross the line eleven seconds ahead in an improved 29.35 time – the latter having maintained some fitness in the five weeks absence with a weekly jog alongside other Cheddleton Joggers. However, one of those training mates, Claire Williamson, dropped back by a score to 30.37, as both Dawn Brown and Lisa Soutart also finished below par with a dozen or so off their best in 34.44 and 36.37.

Usual junior, front-runner, Lewis Smith is away on holiday with the rest of his family, a fact that seemed to lead to subdued times in the 3.6K for both Sienna Phillips (11) and Louise Hackett (13); lacking a pacemaker, the junior led her adversary throughout; both crossed the line almost a minute of their previous week's PB's in 16.50 and 16.58. The elder made up a great deal of ground over the second lap to clock the same time as Alex Lilburn.

Peter Nixon upped his distance and completed the route in 17.19, with daughter, Amelia (8), consolidating her 2.2K time in 14.06.

Both, Luke Hopkinson (11) and Edward Dodd (8) gained fresh PB's in the 3.6K; the former knocking almost a minute off his twenty-two week record in 18.31, the latter chipping seven off his last week's inaugural event in 20.03.

Six-year-old Noah Phillips joined mother Joanne in the longer event and both crossed the line around 24.25, while sister, Imogen (10), completed the shorter event in 13.04; while v55, Elaine Hargreaves was unable to improve on last week's best time to finish two seconds behind the previous pair.

It was Kerrie Nixon's intention to upgrade to the 3.6K; due to an early hair appointment she could only manage 2.2K, however, there mustn't have been too much of a rush to get there as she finished in a consistent 11.37 time.

Seven-year-old James Burgess paced along with rival Edward Dodd (8) around the first lap to finish the distance in 11.48; they were pursued by running partners, Eden Pigott (7) and Joseph Lockett (10), who crossed the line in a joint 12.12 finish. V40, Howard Render ran unaccompanied and acquired a PB by a couple of seconds in 12.37; while Seven-year-old, Martha Williamson, pulled away from her pacemakers to sprint to the line in 13.39 and Libby Soutart (8) upped her distance and was timed at 15.19.

Sophia Hinton, at the tender age of two has been watching from the side-line since birth and ever eager to join in; she is now the youngest competitor to have taken part in any event; escorted to the 1.5K event line by eleven-year-old Daisy Williamson (11), who has a long standing PB of 13.13 at this distance. However, as could be assumed, on this occasion due to

chaperoning the youngster through many walking sections, the odd jog or two, not to mention the carrying bits, there was somewhat of a delay. They both finished in 19.01, with mother Rebecca taking hold of her child's hand for the run-in; having first completed the 2.2K with six-year-old son, Laurie, in a PB time of 13.58.

Gemma Jones escorted four-year-old daughter, Neve, to an inaugural 10.42 finish; while sisters, Emily (7) completed her second 2.2K event in 12.27 and Ella (8) her first in 14.07.

Another family double act, Wendy and Pippa Waddell (6), stuck to the 1.5K and followed their first run with a slower time of 15.40.

Thanks to: Sam Goldstraw and Steve Massey for time-recording duties and Steve for assisting with the clear-up.

p.s. We wish our oldest member, Bryan Vigrass, a speedy recovery from a broken collar bone he received in a fall while out running near his home.