

Brough Park Running Club weekly Couch to 5K (19/08/17)

Gemma Jones and daughter, Neve (4), improved on their last week's, first 800m outing with a PB of 135 seconds in 8.27, while sibling, Emily (7), ran at a slower paced 13.24 in the 2.2K.

Four-year-old Bleu Bailey's 1.5K aim is to finish ahead of brother, Oliver (11), who takes part in the longer distance, unfortunately, despite a sprint finish, her PB time of 9.56 failed that task by a mere eight seconds. Wendy and Pippa Waddell (6) continued in this event and improved on their previous time by half a minute; whereas, two-year-old Sophie Hinton, who was escorted by father David on this occasion, hopped, skipped and jumped, including a dash to the line, and an improvement of almost two minutes in 17.11.

Sienna Phillips (11) led her rival, Louise Hackett (13) for a while, however an injured toe, sustained the previous evening proved unbearably painful as the distance progressed, forcing the contest to be cut short and settled for a 10.36 finish in the 2.2K; Louise overtaking mid-lap and going on to an unchallenged, slower 3.6K time of 16.51.

Seven-year-old James Burgess continued his challenge with Edward Dodd (8) around the 2.2K route; during which the former cut off to finish in a slower 12.19 as the latter continued to gain a PB of over forty seconds in the 3.6K, with a time of 19.21.

Ten-year-old Imogen Phillips and mother, Joanne, progressed in separate distances; daughter crossing the line in almost the exact time of 13.03 as last week in the 2.2K, and mother more than a minute off last week's first 3.6K time in 23.49.

Rees Soutart (11) and sister, Libby (8), also took part with different agendas; the elder sibling matching his previous 2.2K time of 15.54, with the youngest upping her distance to complete the 3.6K in 26.25.

Ethan Ollier's running stints ebb and flow; after half a dozen weeks away from the local track he returned for a few training nights and followed up with an easy 26.32 for the 5K; that absence also reflects on running partner, Mike Turner, who struggled throughout on his return, and ended with 20.43 in the shorter distance; followed a minute later by Suzie Noble, who returned after a sixteen-week enforced, absence, due to a foot operation.

V40, Howard Render finished a score or so off last week's PB of 12.37, which Eden Pigott matched on this occasion; while seven-year-old Laurie Hinton knocked thirty seconds off his last effort and is only a dozen off his three-month old best time.

V45, Alastair Tapley escorted daughter, Eleanor (7), through most of the 2.2K distance before the youngster pulled away by eight seconds to finish their inaugural event in 16.44; with Joshua Eames showing he is able to go the distance, only ninety adrift.

With the absence of many of the big guns, it was left up to thirteen-year-old Jack Bray to lead the 5K; without any pacemaker he found the unchallenged task difficult, which reflected in a fifty second deficit from his seventeen week old PB of 21.45.

James Carney improved by a minute on last week's time with a 23.38 finish, but is still the same time off his best; he followed an improvement of over a minute for Dan Knowles, by two dozen seconds. The previous pair were able to overhaul Dave Edge during the laps, although Karl Birch was unable to follow suit and finished a stride off a PB in 25.28 - a score behind; followed by best-time equalling 25.45 for John Lagan, which saw an improvement of nine seconds from last week.

Alex Barker returned after a couple of weeks absence, Matthew Hales after seven and Paul Chauveau after six months; the former two were sixty and eighty six off their best and the latter just fifteen, in 26.48, 26.55 and 27.10.

V65, Bill Mould, also made a return and trailed Jan Percival around, making up an early deficit to cross the line three seconds in arrears; an improvement on that last time by a score and the latter by a bakers-dozen, in 28.37.

Richard Dodd improved on his first training 5K last weekend; unfortunately he stuttered in his follow up Wednesday-night effort and almost matched that with a 30.34 on this occasion.

Claire Deighton upped her distance after an inaugural shot alongside of Lisa Soutart in training; both crossed the line in 37.37 which was over two minutes off the solo run of Dawn Brown.

Thanks to: Sam Goldstraw and Rachel Massey for time-recording duties, Paul Goldstraw for marshal duties and Donna Eames for assisting with the clear-up.