Brough Park Running Club weekly Couch to 5K (02/09/17)

Officially, autumn is with us, however, despite the expected gloomy days ahead, it was a perfect morning to be out there; dry conditions and a sunny outlook prevailed as the entrants lined up for the 94th Couch to 5K event.

As usual there were many with their own agenda; some moving up a distance, others returning after absence – due to one reason or another; in addition to three family groups in the recently adopted 800m event.

Those groups were the Hinton duo of Rebecca and Sophie (3) alongside of Martha Williamson (7), two-year-old Lottie Tapley being assisted with the odd few hundred metres of carrying by either parent, Alastair or Nicky, and Zoe Kenealy ushering Elodie (4) and Estelle (3) to a nine minute finish; the previous groups attained 6.35 and 8.07 times.

Rebecca Dodd’s broken in trainers aided a 9.42 time and a three second PB in the 1.5K, whereas Bleu Bailey (4) missed out by the same time in 9.59.

City of Stoke athlete, Niamh Bould (11) returned after a seven week absence to a slightly slower 9.23 time in the 2.2K event; with ten-year-old, local club athlete, Oliver Bailey following on eight seconds later with a PB of nine seconds, followed by club-mate, Robyn Schiller’s 11.26 which is almost a minute off her best time.

Edward Dodd (8) and Eden Pigott (7) recorded faster times than last week in 11.32 and 12.08, whereas, William Dodd (5) and Laurie Hinton (6) were a bit off their previous achievement in 12.19 and 13.41; with Joshua Eames (6) being encouraged along to an improved time of 15.20.

Eleven-year-old Emma Garde returned after a four month absence to a PB of twenty one seconds, which encouraged running partner, Eleanor Tapley (7), to a PB of sixty six seconds a stride behind at the line in 15.35.

Two new entrants and members of the ever-growing Stoke Fit Club, Rob Eardley and Candice Valentine, hoped to complete a couple of laps but found the route a little tough and settled for a 19.10 finish in the 2.2K.

In the longer two distances, thirteen-year-old Jack Bray set off at a keen pace and led Jack Hancock for half a lap; after that the latter kicked on to a 5K finish in 20.56 which bettered his three week old PB by three seconds; the youngster 15.04 gained a PB of nineteen seconds in the 3.6K. Sienna Phillips struggled along as she followed the previous runner with a noticeably slower 17.06 finish.

Suzie Noble ran at a slower pace in order to ease son Toby (8) back into the event after a long absence and clocked 22.16 and 23.52 times; there placing being split by an inaugural finish of 22.53 for ten-year-old Imogen Phillips.

Donna Eames was unable to match the pace of Steve Massey throughout the 5K, the latter pulling away to finish two minutes ahead in 22.15, with Jamie Carney surging past the former over the last lap to record 22.54.

Tony Williamson, Ethan Ollier (13) and Karl Birch were well matched over most of the route, before the former pulled ahead to a 24.30 finish; which encouraged the youngster to a ninety second improvement in 24.58; the later had his own improvement of thirty seconds over last week and a PB of over two dozen seconds in 25.01.

Jan Percival was the pace maker for Mike Turner for most of the way, however, there was a gap of over a minute at the end as Jan set a new PB of thirty six seconds in 27.37; with v65, Bill Mould pacing alongside of David Hinton to 28.17 times.

Richard Dodd endured a slight set-back to 29.28, while Claire Williamson had the post holiday blues and a 30.55 time.

Claire Deighton carried on with her assistance role, on this occasion by encouraging v55, Elaine Hargreaves to her first 5K finish in 33.48 – Elaine having entered over a dozen 3.6K events where she reduced her initial time by three and a half minutes. Sara Garde followed thirty seconds later on her return to the full distance after a ten week absence following minor shin surgery, and was only forty seconds off her best time.

Ahead of the previous trio saw Chanwit Seeploy’s return after a three month absence and a 33.01 finish time which is only thirty seconds off his best, and Joanne Phillips’ 32.42 finish, which a mere twelve seconds off her best.

Thanks to: Rachel Massey and Marie Phillips for time-recording duties and Steve Massey for aiding the clear-up.