

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

It never rains but it pours was the greeting as the clouds burst during the latest Couch to 5K event.

The rain persisted from early morning and throughout the event; the local conditions seemed to deter many from leaving home, with others committed to the later-in-the-day Ipstones 5 miler or 10K events on Sunday; however, there were a few hardy and dedicated entrants whom wanted to maintain their fitness, no matter what.

One who chose the sanctuary and comfort of the couch was eight-year-old Toby Noble, while mother, Suzie, turned up and managed one extra lap than of late; getting back onto her original track once again, with a 28.52 finish in the 5K; only two and a half minutes off her four month pre-injury, previous time.

Another who toed the line as a warm-up before Sunday's Stoke-on-Trent 10K was Dawn Brown; opting for one lap which was completed in 14.52 - thirty three seconds better than her best at this distance - while previous running partner, Sara Garde, continued with her come-back and completed the 3.6K in 24.44 and a PB of fifty two seconds.

Richard and Edward Dodd (8) strode around together for a while, unfortunately the youngster suffered from cramp and slowed to cross the 3.6K line in 20.59 - not his best; Richard pushing on to the 5K line in 28.01 and a PB of sixty five seconds.

Bleu Bailey didn't seem to appreciate the waterproof clothing and streamed in, in a slower 1.5K time of 10.33; whereas v65, Mary-Jane Searles floated in to match her best time of 11.35.

The Kenealy trio of mother, Zoe, Elodie (4) and Estelle (3), were washed along to an increase in distance and crossed the line around 17.14.

Jamie Carney relished the opportunity to finish higher up the rankings and ended the 5K only forty three seconds behind a previous winner, Julian Brown, in 23.09, despite a slower time than last.

After completing a testing 10K on Thursday, Karl Birch was only thirty seconds off last week's PB in 25.32.

On this occasion James Locket ran without his dog, and despite a niggling football injury managed to cross the line only eight seconds off that effort in 24.42; whereas Matthew Hales completed the distance twenty one seconds faster than the last time but a minute off his best in 26.30. There was a consecutive 26.38 finish for John Lagan which was two minutes ahead of v65, Bill Mould's, solo, slower run.

Thirteen-year-old Ethan Ollier paced around with Chanwit Seeploy, despite that aid the latter recorded a slower time than his previous week's solo-run in 33.36 - a minute off his best.

Claire Williamson's slower 31.25 time was just ten seconds ahead of the fifty six second PB of Joanne Phillips; with a second full distance for Elaine Hargreaves, the unaccompanied event resulting in a forty eight second deficit on last week's PB in 34.36.

Three ten year olds were at the front of the 2.2K; Oliver Bailey crossed line a dozen seconds off last week's PB in 9.43; Joseph Locket and Imogen Phillips followed - both have exactly the same PB's - however, they were well off those marks with 12.47 and 13.26 finishes; whereas Joshua Eames (6) was only twelve seconds off his best and nineteen seconds in arrears of the latter.

The duos were out in force: Adam and Ben Geenes (7) returned after a few weeks absence and recorded slower times of 13.48 and 14.07, with their placing divided by Noah Phillips' (6) last few metres surge to the line.

The Hinton duo, Rebecca and Laurie (6) failed to make their mark and clocked a slower than usual time of 14.26; while the Norton pair of Julie and Ben (12) fared differently; the youngster recorded a slower 14.45 and mother, a PB of forty six seconds in 15.31. Five-year-old Isabel Stoddart was assisted by her mother to a PB of twenty seconds in 17.03.

Thanks to: Rachel Massey and Harry Bond for time-recording duties.

