

Brough Park Running Club weekly Couch to 5K (16/09/17)

It was one of those ideal, autumn mornings perfect for stretching the legs? With more than fifty entrants deciding to do just that!

Amongst the mass there were a handful from the very first event over two years ago and at a couple of newbie's; all of whom joined in the second anniversary celebrations, both before and after the events. One of those who toed the line at the inaugural event, which traversed over a slightly different route, was v80, Bryan Vigrass; despite being in recovery-mode from a shoulder injury sustained during one of his training stints, he officiated in starting the 96th event and popping the champagne cork at the end.

The longest distance was fronted by Martin Pigott, newly registered to SMAC team, he relished the opportunity to stride ahead and show his metal, crossing the line only eight seconds from a new PB in 22.24 – his first 5K at Brough Park was timed at 24.38. Thirteen-year-old club-colleague, Harry Bond, initially followed in his wake, then took the lead for most of the two laps before peeling off to complete the shorter distance in 15.19; which is almost a minute from his best.

Jamie Carney once again started off sedately and was in-the-mix for a while before easing further up the field; that impeded start may have attributed to a few seconds slower 5K event time of 23.11; with Dan Knowles keeping pace to cross the line twenty four seconds in arrears; followed by an improvement of ten seconds for v60, Dave Edge.

Adam Geenes was able to run without family ties; that freedom enabled him to ebb and flow with Karl Birch; the former completing the distance only seven seconds from his best with the latter only seven seconds behind and lowering his two-week-old PB by the same to 24.54.

Both Matthew Hales and Alex Barker seem to run in their own space, neither following anyone in particular nor keeping pace; however, both can lay claim to improved times, Matthew covering the distance a minute faster than his last event to gain a PB of five seconds in 25.24; Alex saw an improvement of forty or so seconds over his last outings time in 26.05, which is only fifteen seconds from his best.

John Lagan improved on his last few, average times of 26.38 by sixteen seconds as he heads towards the elusive sub-26 point.

An infrequent visit by Charlotte Statham returned a 27.42 time which was seven seconds ahead of the pursuing Jan Percival; with Richard Dodd gritting his teeth to drop below the 28-minute mile-stone following a PB of eight seconds in 27.53 – a reduction of over one hundred and fifty seconds in five weeks.

Both V65, Bill Mould and Suzie Noble kept the previous bunch in sight and were able to reduce their previous times by thirty seconds; the vet' claimed a PB of two seconds in 28.07 which was eleven ahead of the latter.

Both Claire Williamson and Joanne Phillips are absorbed by music as they coast around the laps; Claire once again heading in the right direction with a 30.29 finish and Jo down to 30.45 with a PB of fifty one seconds – a reduction of almost two minutes in four weeks.

Regular training stints have helped Lisa Soutart reduce her PB by almost a hundred seconds as she finished within thirty seconds of Elaine Hargreaves' 34.19.

Dawn Brown returned to the mill following a venture into the unknown - a 10K - the previous weekend; once again being escorted by Sara Garde until the Band Stand emerged into sight for the last time, whereupon the latter found a little reserve to pull ahead to cross the line with an eleven second margin in 35.05.

One of the initial-band of entrants, Kevin Holroyd, returned to the mix after many weeks away to find the hills hadn't got any flatter and stuttered up the incline; calling it a day with a 19.38 finish in the 3.6K, surprisingly only half a minute away from his best at this distance.

When youth is on your side it's a bonus, with James Burgess (7) only fifteen seconds from the trainers ahead and half that from his best; with rival Edward Dodd (8) almost forty behind.

Nine-year-old Tommy Goulding upped his distance to complete an additional lap but was unable to keep up with the two seasoned juniors ahead to finish in 21.30; while the unfortunate Michelle Redfern was directed off route during her inaugural event to finish almost a lap short of her target in 25.38.

It was the turn of father, David Hinton, to escort three-year-old Sophie to the 800m finish with Daisy Williamson (11) assisting in the hand-holding.

Despite walking stints of eight and eleven miles in mid-week, v65, Mary-Jane Searles chipped a second off her 1.5K PB in 11.34; thirteen ahead of the returning Dan Bartram and son, Archie (10), with Marlie (5) following on twenty five seconds later; with an inaugural run time of 12.06 for Isaac Williams separating the brothers; while six-year-old Pippa Waddell ambled around joyfully in 13.25 before shooting off to purchase a gymnastic leotard and carry on with her fitness regime.

Sienna Phillips pulled in at the 2.2K point which was one lap shorter than planned in 9.47; twenty two seconds ahead of Molly Williams.

Eight-year-old Lara Smith was once again paced around by father Martin; however, on this occasion their effort of 10.58 fell short of a best time. After pacing around with father Richard and pulling ahead of older brother Edward, William Dodd (5) surged on to a PB of twelve seconds in 11.43 and only thirty behind brother's best time.

Despite finishing a minute faster than the last run, ten-year-old Imogen Phillips was still thirty from her best time but ten ahead of Luke McMullen (6); while her brother, Noah (5) was a hundred seconds behind.

Eleven-year-old Rees Soutart belayed the idea of an improved time as he escorted younger sister Libby (8) to her own PB of over two minutes as they crossed the line in 12.54.

Lena-May Goulding (7) crossed the line a dozen seconds ahead of mother Angela in 14.13; with Laurie Hinton (6) another dozen behind. While six-year-old Connie Statham and running partner Martha Williamson (7) walked and talked their way to a slower 17.38 finish.

Thanks to: Rachel Massey and Marie Phillips for time recording duties and Bryan Vigrass for multi-tasking.

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