

Brough Park Running Club weekly Couch to 5K (23/09/17)

The latest couch to 5K event attracted more than a handful of newbie's, which included a family of four and a pair who were encouraged to take part by existing entrants.

There was a mass of juniors toeing the start line, however, Matthew Statham edged amongst them, determined to have a clear start which aided a 5K finish of 19.45, and undermining the PB he set on his last outing eight weeks ago by twelve seconds.

Another entrant who had missed a few weeks, due to work and other commitments, followed a mid-week marathon walk with a slower time of 22.05; with Steve Massey also recording a below average time of twenty three minutes.

Dan Knowles reduced last week's effort by twenty seconds but is still thirty from his best with a time of 23.15, which was forty three ahead of a new PB of thirty six seconds for James Locket.

There was almost an identical time as last week for David Edge as he eased his way past numerous runners to finish ten seconds ahead of Donna Eames' 24.29; with Ethan Ollier (13) another twenty two seconds behind as he pulled along Karl Birch who chipped a second off his previous week's PB in 24.53 with John Broadbent a stride behind; whereas John Lagan followed up a recent 10K event - in which he finished third in the over sixty category - with an improved effort and an even twenty six minute time.

Kevin Holroyd returned to the 5K after a five month absence to clock a 27.28 finish which was eight seconds ahead of an improved time for Suzie Noble with Mike Turner three seconds behind.

V60, Bill Mould improved on last week's time by two dozen seconds and is now only four from his best.

Eleven-year-old Rees Soutart upgraded to the longest event and a 28.53 finish which was three seconds ahead of Charlotte Statham.

Joanne Phillips is now on the brink of sub-30 time as she continues to reduce her time, on this occasion setting a new PB of thirty seven seconds in 30.08.

This month's visit by Kim Lagan-Walters produced a slower than previous time of 30.19, which was three dozen seconds ahead of Claire Williamson.

Sara Garde pulled away from running partner Dawn Brown during the last lap to ease past Elaine Hargreaves and Lisa Soutart, to finish in 34.24; the other three recorded times of 35.12, 35.13 and 35.41; and there was an inaugural time of 33.49 for Michelle Redfern.

The Smith family were out in force; ten-year-old Lewis leading the 2.2K event with a 9.13 finish; drawing along Oliver Bailey (10) to a PB of twelve seconds and only six adrift; with Father Martin crossing the line in 10.44 and twenty seconds ahead of a struggling Laura (8), their placing being separated by a PB equalling 10.49 for James Burgess (7); Harrison (14) finishing a minute ahead of mother Julie's 8.23 in the 1.5K.

The Dodd family also chose mixed agendas; Rebecca clocking a slightly slower 10.03 in the 1.5K following a three week absence; William (5) leaving father Richard at the cut-off point to race to the 2.2K line in 11.50 and only seven seconds from his best; Edward (8) finishing twenty one seconds ahead of his father who chose the 3.6K on this occasion; with Archie Bartram (10) finishing two seconds ahead of them both as he lowered his last week's PB by the same amount in 19.42.

Noah Phillips (6) crossed the line two strides behind Luke McMullen (6) as he lowered his PB by just one second to 13.26, which was around thirty in arrears of a slower finish for sister, Imogen (10).

Rebecca Hinton was escorting two six-year-olds around the 2.2K route; son Laurie pulled away to finish thirty seconds ahead in 14.24, with Connie Statham crossing the line at her side; while husband, David, took charge of three-year-old Sophie's 800m event and a 9.03 time.

Dan Bartram increased her distance for the first time to complete the 2.2K in 16.35, almost a minute behind Joshua Eames (6) and Emma Garde (11).

Tina Jones recorded 7.34 in her inaugural 800m event which was five seconds ahead of William Robinson (5).

Eight-year-old Libby Soutart returned to the 1.5K after a ten week absence to record a 7.25 time, which overhauled her previous best by two and a half minutes.

While Kirstin Bailey's hand-holding and encouragement led four-year-old Blue to a twenty second PB in 9.29; Scarlet (10) and Imogen Robinson (7) recorded a first 1.5K event time of 11.15; with Wendy and Pippa Waddell (6) just five seconds from their best in 13.30.

Running partners Tina Jones and Rebecca Love finished their first event in 13.32, while twelve-year-old Madeline Statham was dragged here and there and off route by her playful dog, Archie.

Thanks to: Rachel Massey and Paul Goldstraw for time recording duties and Bryan Vigrass for marshal duties.

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