

Brough Park Running Club weekly Couch to 5K (14/10/17)

Well it's over, done and dusted, the 100th event and our first - but not last - 10K; it wasn't perfect, however, many entrants kicked another milestone in to touch; all but one of those twenty starters in the 10K managed to finish; some with a smile.

There was more than double the number of entrants toeing the line for this event than at the first, even more newbie's, and perhaps, more than the entrants in our celebratory event were nervous; as those intrepid runners joined the other fifty five at the start.

Some of the 10K entrants had had a leisurely jog around the route on one or more occasion but, none had been driven along by the euphoric and epic event in our park. But they were about to!

Let's not forget there were another five distances about to be tackled by entrants with their own particular milestones to be broken.

Eight-year-old Libby Soutart decided to drop down a distance to 800m and escort friend, Niarah Cope, to an inaugural 5.24 finish; where Pippa Waddell (6) once again seemed to make her own way to the finish line, her 7.30 time knocking seven seconds off her previous best; while mother, Wendy, also gained a PB, chipping four seconds off her 2.2K time in 18.22.

Sophie Hinton (3) and her running pal, Martha Williamson (7), were slower by over a minute to 7.43, despite the former's fatherly escort in the shortest distance.

There were two further partnerships in the 1.5K; Lewis Smith led mother, Julie, to the line by a minute with a time of 7.20, however, the latter did chip three seconds off her three week old PB.

Four-year-old Bleu Bailey and mother Kirstin returned after a few weeks absence and were a minute off their best in 10.29; whereas, a few weeks absence for V65, Mary-Jane Searles, doesn't seem to have affected the pace, as she once again consolidate her time in 11.36.

Eleven-year-old Sienna Phillips led club-mate Oliver Bailey (10) to the 2.2K line; both were twenty seconds or so off their best in 9.31 and 9.40, followed twelve seconds later by Molly Williams (12).

Lewis Smith (10) once again escorted sister, Lara (8), around to cross the line in 10.36; just three seconds off her best time he had helped attain the previous week, with father, Martin, ahead for a while but finishing ten seconds adrift.

Two seven-year-olds and local club-mates, James Burgess and Eden Pigott, paced around neck-and-neck to cross the line in 11.11; which gained a PB of twelve seconds for the latter but twenty from the formers best; with Edward Dodd (8) ten in arrears and the same from his best.

Joseph Locket (10), Luke McMullen and Laurie Hinton, both six, covered the distance in similar times to their last of 12.37, 13.09 and 13.50; the latter was escorted by mother, Rebecca, before she continued on to once again challenge the 3.6K; that 23.13 finish gained a thirty second PB over her seven-month-old previous attempt.

Five-year-old William Dodd is used to pacing ahead of his father, on this occasion he escorted mother, Rebecca, to her first 2.2K in 14.01.

There was a PB of one second for Connie Statham (6) as she finished eleven seconds behind the first event time of 14.50 for Cole Turner (6).

Six-year-old Florence Render was escorted to the line in a much slower time of 17.37 by father, Howard, who went on to cover the next distance in 26.16.

Rebecca Love upped her distance and was paced to the line in 21.06 alongside of daughter, Isabella (6), beating her two-week-old PB by five seconds for her efforts; their time was over two minutes behind the inaugural 2.2K run of Jackson Baker (6).

Joshua Eames (6) decided to carry on and completed extra loops, way longer than his normal distance and plodded along for almost thirty five minutes.

A couple of weeks after upping their game to the full distance, the Cumberbatch duo of father Jonathan and Dominic (10) dropped back down to complete the 3.6K in 19.10 and only six seconds from the seniors best.

Previous 5K winner, Gareth Briggs, ran alongside of Louise Hackett (13) to reduce the youngster's three month old PB by almost fifty seconds to 23.20; following their pace for a while before dropping back resulted in Ethan Ollier crossing the line two minutes from his best in 25.29; whereas Paul Chauveau was drawn along to finish with the PB of fourteen seconds in 26.41.

Ashbourne AC club members, Anastasia Stock-Clare (15) and father David paced round together in their first 5K to a 27.55 finish. Suzie Noble, Richard Dodd and Joanne Phillips all suffered slight set-backs with slower than usual times of 28.30, 29.20 and 30.02; in contrast, Michelle Redfern reduced her three-week first effort by over a minute with a new PB of twenty five seconds in 32.49; followed by two twelve-year-olds, Daisy Williamson and Madeline Statham, who returned to the distance after a long period and a joint 34.17 finish. There was a PB of seventeen seconds for Lisa Soutart, reducing her time down to 34.30, which was fifteen seconds ahead of Sarah Garde with Elaine Hargreaves a further four seconds behind.

Dawn Brown's slight setback to 36.03 was two minutes ahead of the inaugural time of Oscar Love (12) and v60, Liz Thompson.

The Loopy 10K run attracted twenty contestants with Matthew Statham bounding forward, full of energy to lead them to the line in 40.31; despite veering off track on one occasion. There was an eight minute gap before Thomas Vaughan and Isaac Elkington, who had paced around together during the three laps, found the energy for a Sprint finish before collapsing over the line.

Ten minutes separated the following runners who kept each other in sight with little place-changing; Martin Pigott, James Locket, Steve Massey, Donna Eames, Adam Geens, Kevin Holroyd and Alex Barker crossed the line in 49.09, 50.25, 51.57, 53.30, 53.37, 54.48 and 59.17; the latter being pushed along by the following pair to reach his goal of a sub-60 minute time.

Both Karl Birch and Tony Williamson were also more than pleased to finish in a sub-one hour time of 59.25; followed two and a half minutes later by Charlotte Statham who had run alongside Bill Mould for a while; the latter finishing a further minute adrift; with Dan Smith's solo-run gaining a 66.09 time.

Jan Percival and John Lagan in addition to Claire Williamson and Cheddleton Jogger's running colleague, Anita Hurst, covered the distance in tandem; the previous two waiting before the finish straight, from which they all crossed the line hand-in-hand in 72.39. (To quote Anita 'this was tougher than a half-marathon'.)

That quote was at the end when fatigued.

We wonder what other quotes or conversations were forthcoming between run partners, and/or as the 10K entrants passed or were passed along the way, by their friends in other distances?

Our page awaits them but, keep them clean?

Congratulations to all our 100th event entrants in whichever distance they chose; wishing Claire Williamson all the best in her next four 10K events as she chases down five 10K's in her 50th year; perhaps the remainder will all be a 'walk in the park' in comparison?

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