

Brough Park Running Club weekly Couch to 5K (21/10/17)

Back down to terra-firma for the latest Couch to 5K, with a gentle drop; there was an anticipated attendance reduction but, not down by two score from the heady heights of the celebratory event the previous week.

Nevertheless, those eager contestants applauded GB Gold Medal Winner of the Extreme Endurance Obstacle Racing World Championship, Jason Burgess, who was unable to take part due to minor foot injuries he sustained at that arduous, event.

The low entry could be attributed to many taking advantage of the school holidays and taking a last, family autumn break, rather than the weather, which was typically autumnal and a little blustery at times.

The latter fact affected at least one participant, Joanne Phillips, who literally had her breath taken away and ground to a sudden halt; attempts to regain a sustained oxygen intake led to her stuttering over the latter part of a sudden, shortened distance with a much slower 23.49. Newbie, v40 Simon Edge, completed an inaugural 1.5K in 10.45, followed by a PB equalling 11.34 for v65 Mary-Jane Searles; both were headed by a shortened version of the route by Pippa Waddell (6) in 9.50.

Eleven-year-old Sienna Phillips once again pushed her trainers through the 3.6K distance and followed front runner, Jack Hancock, around in the early part; the latter pulled away to finish the 5K, thirty seconds off the best time he set two weeks ago, in 21.00, and the youngster, who found parts of the route a little slippery, crossed the 3.6K line after a 150m sprint finish, thirty seconds from her best in 16.29.

Madeline Statham (12) was once again led by Archie the dog, pulled off-course most of the time and almost away from the 2.2K finish line which they eventually crossed in 20.20; a handful of seconds behind Joshua Eames (6).

John Green eased his way past some of the early pace-makers to finish the 5K in 22.22, which was ninety seconds faster than his previous outing; Steve Massey pursued with a purpose up and beyond the last incline, and despite covering the overall route thirty seconds faster than his previous attempt and the same from his best, there remained a five second margin at the tape.

Daniel Knowles was is in a buoyant mood from the off, even more so, as he finished just eight seconds from his best in 22.53; pulling along Dave Edge to an improved time of 23.36 and just a minute off his long-standing best.

Donna Eames paced around in the mix to finish with a regular time of 24.13, with Karl Birch using the position ahead to finish just three seconds from his best in 24.55 with John Lagan also being drawn along to create a PB of twenty seconds and twenty three in arrears - the previous weeks' Loopy 10k doing the latter two, no harm whatsoever?

It's unclear as to when there was a post twenty-six minute time for Paul Goldstraw, however, a 26.52 time following a long lay-off creates a marker for the future; just as the four week absence for Matthew Hales may have attributed to a thirty second slower time than the PB of 25.24 he set following his last outing.

However, the consistency of Suzie Noble showed as she improved by well over a minute on last week's time and is less than a minute from her best with a finish of 27.21; whereas Charlotte Statham dropped back by almost a minute from her last outing's time - understandable following the park 10K the previous week - in addition v65, Bill Mould also suffered a slight set-back to 29.11 following his excursion up and down the hills in that same event.

Choosing which distance to challenge yourself over is a bonus of the Couch to 5K; Rebecca Hinton moves up and down the distances as she sees fit; once again choosing the full distance, which she completed with a thirty second improvement on her last, full distance outing three weeks ago; heading in the right direction once again with a 31.03 which was thirty seconds ahead of another PB for Michelle Redfern, knocking more than a whole minute of last week's

time; Lisa Soutart also managed a PB with a reduction of almost thirty seconds to 34.06, however, Elaine Hargreaves seems to think she's hit the wall with her times; a 34.56 finish pushed through that wall and is a reduction of at least a minute from last week. Seven-year-old, James Burgess, pushed hard from the start in the 2.2K and was only eight seconds from a PB in 11.17, with Imogen Phillips (10) improving dramatically with a 12.24 finish. The Regan family were separated by almost three minutes; Ben (10) and Scarlett Robinson (11) were involved in a dead heat once again following a race to the line in 13.15, with PB's for both; Oscar (8) followed with an improved time of 14.52, but is still two minutes from his best, with Connie Statham (8) only 12 seconds behind and only 3 from her PB; mother, Laura, followed and knocked a whopping two and a half minutes off her only other time with a 15.54 time. Eight-year-old Libby Soutart coasted through the distance with a slightly faster finish than last week of 17.17. There have been regular improvements for event partners, Wendy Waddell and Tina Jones, however, they were clocked a second from their last week's best in 18.23.

Thanks to: Sam Goldstraw, Marie Phillips and Rachel Massey for time recording duties, along with Jason Burgess and Bryan Vigrass for marshal duties.