

Brough Park Running Club weekly Couch to 5K (30/09/17)

The Couch to 5K event is still attracting newbie's – despite the expected doom-and-gloom of autumn and beyond - with two new groups joining existing entrants and the return of the Cumberbatch trio after their summer siesta with Knypersley Cricket Club.

On this occasion it was Isaac Elkington and Jonathan Windsor who toed the line alongside of the eager band of youngsters; the duo competed neck and neck for the main-part before the former pulled away to cross the line a score ahead in 21.36; the latter returning after a six-month absence to assault his PB by eighty eight seconds.

Alex Lilburn was literally steaming following his 23.10 finish, as he returned to the area and the distance after a long absence; notably way off his best time. This week's local paper event write up headline-grabber and 'pic of the week', David Edge, seemed to have been boosted by those accolades and took the lead over his recent adversaries and pace-makers; maintaining his gait throughout to knock forty two seconds off his last week's time to cross the line in 23.37 - his first sub-24 time for five months.

Thirteen-year-old Ethan Ollier has been on a mission to chase down an elusive sub-24.30 time for a number of weeks - which would earn him a few bucks in prize money from his mother – leaving his usual pace-makers in his wake to concentrate on his quest, achieving that pinnacle with a 24.18 return; only twenty four seconds from his long standing all-time best.

Donna Eames followed her mid-week run around Central Park with a less-than average 24.39 finish, which equalled her on-the-day pace-maker Adam Geenes' previous PB; with the latter benefiting from the company throughout most of the distance, eventually pulling away to finish twenty four seconds ahead, and thirty behind a sedate Jamie Carney.

Alex Barker kept his placing around the route to finish forty ahead of John Lagan in 24.58; both setting PB's of eight and seven seconds; whereas today's event saw a stutter for Karl Birch who suffered along the way to record a much slower 26.09

On most, previous occasions, the Cumberbatch trio: father Jonathan, Dominic (10) and Jacob (13) run around together before the youngest peels off to complete the shorter event, however, they all completed the full distance around the same mark of 27.30.

Charlotte Statham's persistence enabled a reduction of almost fifty seconds over the previous week, with a time of 28.08; ten ahead of the pursuing Bill Mould and a further twenty ahead of Jan Percival.

After leading Noah (6) along to the cut-off point, from which he went on to complete the 2.2K in 13.41 alongside of Marlie Bartram (5), Joanne Phillips kept up her pace to complete the full distance in 30.17, almost forty ahead of Claire Williamson and the same time-gap to an unfettered Rebecca Hinton.

Eleven-year-old Rees Soutart wasn't able to match his previous week's time, however, his 32.52 was twenty seconds ahead of the strong finish and PB of thirty five seconds for Michelle Redfern.

Once again Sara Garde pulled away from running partner Dawn Brown with a surge over the last grass section to catch Lisa Soutart on the final incline, where both slowed for a while; the former carried on the stronger to finish six seconds ahead in 34.44; with Dawn a further thirty behind as she took the incline in her stride and able to reduce her last effort by a dozen seconds.

Ten-year-old Archie Bartram completed the 3.6K in 20.03 which was three dozen seconds ahead of Rees Soutart who upped his distance; with Howard Render also adding an extra lap - after dropping Florence (6) off at 2.2k finish straight to finish in 16.26 – some four minutes behind with Oscar Love (12) the same in arrears in his inaugural event.

The Davies siblings, Huw (4) and Morgan (2), were initially escorted by their mother, however, the youngest tagged along with Pippa Waddell (6) and William Robinson (5) to complete the 800m in just short of eight minutes and two minutes behind.

V65, Mary-Jane Searles maintained her fitness to complete the 1.5K in a consistent time of 11.36.

Eleven-year-old Mollie Williams surged around the 2.2K route to reduce her PB by six seconds to 9.44; while James Burgess (7) completed the distance in a slower 11.17 and an unaccompanied William Dodd (5) knocked seven seconds off his best only twenty in arrears; with Julie Barker completing a solo run in 12.11, a dozen ahead of ten-year-old Joseph Locket's faster time.

Imogen Phillips (10) was a minute off her best in 12.50 but six seconds ahead of Oscar Reagan (8) who veered slightly off route in his first event; with Luke McMullen a further score behind. Siblings, Scarlett (10) and Imogen Robinson (7), completed last week's shorter distance together; they both chose an additional lap and completed the route three minutes apart as the latter finished a stride or so in between Ben (10) and mother Laura Regan's inaugural 18.23. Six-year-old Joshua Eames enjoyed an improved time of 15.05 which was thirty seconds ahead of Laurie Hinton (6), while Dan Bartram was a further thirty in arrears as she increased her distance for the first time.

Another entrant, Wendy Waddell, was able to complete an increased distance in 18.40, without daughter but with the pulling power of run partner Tina Jones' dog Rufus, who completed their first event; with eight-year-old Izabella Love also completing her first event in 21.11.

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