

Brough Park Running Club weekly Couch to 5K (04/11/17)

The forecast for the event wasn't favourable, however, about fifteen minutes before the start the rain abated and the atmosphere was sedate and mild. Ideal!

The turnout was good considering the early downpour which must have put many off attending, coupled with a large number that were taking part in events later in the day or the following one.

Preceding the rocket launch that was designed to start the event on this bonfire weekend, there was a presentation made by co-organiser Steve Corden to Mollie Williams (6) for attending her 25th, Saturday event.

As the entrants tore away down Park Road there was a sight to behold, Gold Medal Winner of the Extreme Endurance Obstacle Racing, Jason Burgess, following along at the rear. Perhaps not for long?

However, it was eleven-year-old Sienna Phillips that emerged in lead position back onto the roadway, followed by fellow club-mate, Oliver Bailey (10), and Martin Pigott. The lead youngster keeping position throughout the full lap, the latter being pegged back before both went on to complete the 2.2K in 9.23 and 9.42, the former just fourteen seconds from her best and the latter twenty three; with the V40 covering the remainder of the full distance at the head, recording 22.39 which is fifty seconds from his fastest time; the two youngsters were followed to the tape by Matthew Love in his inaugural event.

The GB athlete sauntered around and paced others along the way before easing ahead and stretching his legs to cross the line in 23.01, followed fifty seconds later by thirteen-year-old Louise Hackett who was thirty from her three-week-old best time.

Thirteen-year-old Ethan Ollier had a new tail-gaiter to contend with; Buxton AC athlete, Roland Meylan, in his inaugural event, the latter paced ahead for most of the distance before the youngster showed his metal to finish three seconds ahead in 24.09, with Jamie Carney easing past many others a further two seconds in front.

V60, Dave Edge once again gained a few places throughout the three laps, however, despite trying to hunt down the next runner ahead, James Locket, he was behind last week's pace with a time of 24.29 and five seconds adrift at the line; the place changing amongst a group, throughout the full distance seemed to urge along one or two; Karl Birch eked out a two second PB in 24.46 as he piped Paul Goldstraw on the line, with the latter once again clocking an improved time; Matthew Hales also gained from the pack to record a PB, his 25.24 finish chipped three seconds from his best; followed by John Lagan's almost identical time to last week of 25.32.

Richard Dodd made a steady improvement of sixteen seconds over his previous time in 28.35; whereas V65, Bill Mould dropped back almost the same to 29.11.

Claire Williamson returned after a month's absence to an almost identical time of 30.32; with Lisa Soutart almost a score behind last week's PB time, crossing the line in 33.43; Elaine Hargreaves was a minute adrift but claimed a minute's improvement over last week; Sarah Garde once again ran alongside of Dawn Brown, both stuttering along the way to a joint 34.59 finish.

Three-year-old Sophie Hinton was once again led and piggy-backed around the 800m route by Daisy Williamson (11) to cross the line in 8.10; which freed up mother, Rebecca, and father, David, to pursue improvements in the 2.2K; the former's time being 12.49 and a PB of more than a minute, the latter running alongside of Tony Williamson to the line in a joint 11.05 time, which was a stride or two slower than his best.

The Bailey duo of Bleu (4) and Kirsten equalled their three-week-old time of 10.29 in the 1.5K which is a minute off their best.

Seven-year-old James Burgess returned to the fold and completed the 2.2K in a much slower 12.45 which was almost a minute ahead of Kim-Lagan Walters who also returned for her monthly event.

Ben Regan (10) found a new partner for the day in Ben Geenes (7) and both ambled around in slower 14.36 times; followed twenty seconds later by an improved event for Joshua Eames. Oscar Regan (8) and Laurie Hinton (6) covered the distance unaccompanied but crossed the line alongside each other; with Florence Render (6) trailing by twenty seconds in 16.50 after being escorted to the cut-off point by father, Howard, who went on to complete the 3.6K in 25.08.

V40, Simon Edge completed an extra lap by mistake the previous week; on this occasion it was by design and in doing so he clipped eight seconds from that time in 17.08 alongside of V65, Mary-Jane Searles who also upped her distance.

Seven -year-old Martha Williamson seemed weighed down by her earlier accolade and finished way off par.

Adam Geenes continued his progression back to the full distance with a 17.20 finish in the 3.6K, with Libby Soutart (8) leading Isabelle Love around the longer distance with the latter drifting back by a minute to an inaugural 23.39 time.

One of the more pleasing bonus' from the Couch to 5K is in the progress of many; four of whom were discussing further progress.

Claire Williamson gears up to enter her second 10K in her five-10K's in her 50<sup>th</sup> year the following weekend; in addition to Elaine Hargreaves, Dawn Brown and Sarah Garde discussing entering the Cheddleton Pudding 10K in mid December amongst many others from our clan.

We wish them all well as they continue their fitness goals.

