The presentation of a trophy to mark a junior’s attendance at the Brough Park Couch to 5K event are mounting up, the latest award, for attending twenty five events, was presented to eleven-year-old Molly Williams, who went on to complete the 2.2K in 10.13, just half a minute from her best. Her two brothers, Joshua (14) and Isaac (5) completed different distances; the elder completing the 1.5K in 8.58, and the youngest the 800m in 9.05.

As the combined events got underway, it was the intention of Lisa Gould Sandall to complete the 5K in her inaugural event, unfortunately, she found things a little harder than expected and decided to pull in early to complete the 3.6K distance in 23.35; which was two and a half minutes behind Rebecca Hinton - the latter’s recent, forays at the full distance seem to be working well as she chopped over 2 minutes off her last outing, PB at this distance.

At the head of this group was the another new entrant, Simon Bailey from Mercia Fell Runners, who completed his chosen distance in 12.48; six minutes ahead of Paul Goldstraw who cut short his usual full-distance challenge.

David Hinton contended with both three-year-old daughter Sophie and Pippa Waddell (6) in the early stage of the 800m, before Pippa changed her allegiance to the fleeting duo of Tina Jones and Imogen Robinson (7); they forged ahead to cross the line in 6.51, 6.21 and 6.45, alongside of William Robinson (5); the former youngster gained a PB of 110 seconds and the latter two 49 apiece. Libby Soutart (8) led the group for a while before veering all over the route with her dog, Smudge, to eventually finish a hundred seconds from the head.

The Hinton pair ambled to an 8.20 finish which was slightly ahead of Wendy Waddell, who, after missing a few weeks decided to take things in her stride and walked most of the distance.

Kirsten and Bleu Bailey (4) covered the 1.5K route together in a slightly slower than usual pace of 10.48.

There were a glut of SMAC runners in the 2.2K; Jack Hancock led the way in 9.09 after failing to shake off a cold and curtailing his, intended efforts. Oliver Bailey (10) reversed roles and staved off the challenge of Sienna Phillips (11) by 20 seconds in 9.39; with new entrant, Lacie Lloyd (9), fending off the pace of James Burgess (7) by four seconds in 11.27, with Eden Pigott a further dozen in arrears, after a speedy finish; followed by another dual, between Archie Bartram (11) and Edward Dodd (8), which finished in the latter being piped at the post in 12.06.

Luke McMullen (6), Ben Geens (7) and Scarlett Robinson (11) were all off their usual pace with respective 12.56, 13.39 and 13.49 times; as were the 16.13 and 16.30 times of Rees Soutart (12) and Laurie Hinton (6).

V40, Dan Bartram returned after a six week absence to a pleasing 16.10 finish, which is only 10 seconds off her best.

Simon Edge’s, slower 17.27 was due to aching muscles following early morning training run in mid-week. Whereas, V65, Mary-Jane Searles managed to consolidate her recent times with a 17.19 finish.

Isaac Elkington returned to the 5K after a five week absence with a time of 21.04, which is less than a minute off his best; pulling along Martin Pigott to reduce his last week’s time by 20 seconds in 22.19, which is only 30 from his best.

Steve Massey’s 22.29 was a minute ahead of thirteen-year-old Ethan Ollier’s new PB, which reduced his previous best by 22 seconds.

Jamie Carney finished 7 seconds ahead of Adam Geens, who eased past many on his way to a PB off 21 seconds in 23.54; an effort that drew along others to attain improved times; Alex Barker returned after six weeks to a PB of 50 seconds in 24.09; Karl Birch reduced his PB by 2 seconds in consecutive weeks, and is well below the 25 minute mark in 24.44; Matthew Hales was only 2 seconds from his last week’s best in 25.23 and Suzie Noble reduced her previous time by 46 seconds to 27.02; and is close to that mile-stone once again - and that was following a 2.5K jog from home to the line.

Obviously there are exceptions; Louise Hackett clocked a slower 24.14; Donna Eames returned a sluggish 24.29; both Richard Dodd and Bill Mould were 33 seconds from their last effort time in 28.03 and 28.35; V60, Dave Edge was way off his average times in just short of 30 minutes.

However, Jo Phillips returned after a four week absence to a creditable 29.52 and Elaine Hargreaves and Lisa Soutart joined forces in the latter stage to claim a joint 34.18 time. Twelve-year-old Oscar Love reduced his last week’s best time by 12 seconds to 32.06 and Dawn Brown equalled her four month best time of 34.30.

Thanks once again to Rachel Massey and Sam Goldstraw for time keeping.