Brough Park Running Club weekly Couch to 5K (18/11/17)

The sudden drop in numbers from the ‘of-late highs’ wasn’t anticipated but, could probably be attributed to a number of families having a lie-in following a late night at the Leek Town Centre festive evening, coupled with the excitement of an early sighting of Santa?

Nevertheless, there was a serious bunch toeing the line; a handful who were anticipating best times and others willing to progress to longer distances, and yet again a new member.

Leading the field around most of the first lap of the 5K was Donna Eames; the combination of an early night and a relatively undisturbed sleep seemed to give her a boost of energy as she sped away following the whistle. However, there was a large group who followed that lead, and Steve Massy wasn’t about to lose the chance of glory and managed to overhaul the front runner before the second lap; pushing on and increasing the separation to cross the line seventy two seconds ahead and fifty two between Jamie Carney, who overhauled the early leader, despite her improved time of 23.23. The pace and place changing of the previous trio led to a ricochet effect down through the contingent; who followed the trio’s improvements of 18, 44 and 60 seconds over their previous event, with gains of their own.

V60, Dave Edge was among a tight-packed group and made headway until the later stages to return an improved time of 23.32; which is only one minute from his best-ever. Adam Genes was five seconds adrift at the tape as he too was pulled along to improve his previous week’s personal best by seventeen seconds.

Buxton AC member, Roland Meylan, claimed a PB of almost half a minute at his second event, despite losing a place or two along the way, with Karl Birch hot on his heels to finish four seconds in arrears in 24.47; dropping just three seconds from his previous week’s best time; Matthew Hales tail-gated throughout and trailed by just seven seconds; reducing his two-week-old PB by twenty seven seconds for his effort.

That wasn’t the end of the improvements that reverberated throughout; John Lagan equalled the PB of 25.18 he set a month ago; Susie Noble continues to improve and knocked almost a score off her last time and is only a dozen seconds from her personal best; Jan Percival also reduced her previous time by that amount with a finish of 28.22; Jo Phillips may have joined the accolades of her peers, except for the fact she ran most of the way alongside one or more of her siblings, however, she was only two dozen seconds from last event’s time in 30.16; twelve-year-old Oscar Love was eight seconds behind and gained a PB of over a hundred seconds over his last week’s best - reducing his initial time by seven minutes over five weeks. V65, Bill Mould started the event late and managed to pick one or two off on his way to a 29.08 finish, which is only a minute from his best.

Last week Dawn Brown equalled her best time and trashed it on this occasion by a whopping ninety seconds, and is teetering four seconds from a sub-33 time. Lisa Gould Sandall upped her distance in her second event and clocked a bench-mark 33.20, which was thirteen seconds ahead of Lisa Soutart who improved her previous time by forty seconds - only eight from the PB she set three weeks ago. Sarah Garde wasn’t about to be outdone as she unknowingly reduced her last outing’s time by fifty seconds and is less than half a minute from her seven month-old best.

The duo of Pippa Waddell (6) and Sophie Hinton (3) were escorted to the 800m finish in just over seven minutes and were followed ten seconds later by the meandering, Smudge and Libby Soutart (8).

Noah Phillips (6) went ahead of his mother to claim a PB of half a minute in 12.53 over the 2.2K distance, followed four seconds later by Laurie Hinton (5), with Joseph Lockett (10) also returning after a few weeks absence to a 13.06 finish.

Luke McMullen (6) wasn’t far from his best as he crossed the line in 13.37 followed a handful of seconds later by Imogen Phillips (9).

Seven-year-old Ben Geenes crossed the line a dozen seconds ahead of Rees Soutart (11) in 15.03, whereas V65, Mary Jane Searles covered the distance a little off her best in 17.08; with Wendy Waddell once again completing this route a handful from her previous best in 18.28; followed a dozen seconds later by Joshua Eames (6).

After dropping son, Laurie, off at the cut-off point, David Hinton completed another lap and finished in 19.46; with newbie, and Special Olympic Athlete, Joey Courchene just thirty seconds adrift and James Burgess (7) upping his distance once again to 3.6K and a time of 21.39; however, V55, Elaine Hargreaves cut her usual distance by a lap and recorded 25.12.

Thanks once again to Rachel Massey, Sam and Paul Goldstraw for time keeping, along with Jason and James Burgess for assisting in the make-up.