As one could anticipate, the Brough Park Couch to 5K is cancelled for tomorrow.

The start line on Park Road is obscured by icy snow and the first descent resembles a glacier, thereafter the going gets worse until the descent to the gates on the town side which is virtually void of ice or snow, however, the footway through the flower beds is akin to any other unsalted thoroughfare, the path alongside of the hard ball arena is carpeted with a mixture of ice and crunchy snow and the skate park lives up to its name; following that it gets worse after the relatively clear descent to the valley where the grassed area is not conducive to running and the area between the trees resembles an ice covered pond followed by a treacherous turn by the bin and climb up to the gate.

Walking the route was bad enough and the overnight forecast of -2\* doesn’t bode well with the aforementioned.

Sorry once again to be the bearer of bad news as far as the fitness program is concerned.

Hope it’s better for the Santa Dash on the 23rd when we hope to see you wearing appropriate attire.

BPRC