Brough Park Running Club weekly Couch to 5K (30/12/17)

The very, last event of the year attracted a below par attendance and below par performances for a most of the stalwarts, on an above par day – weather wise for this month. So too much turkey and pud must have been consumed by all?

The best performance of the day goes to Chris Hinton, the only entrant to come close to a personal best performance with a 11.03 finish in the 2.2K, which was just one second from the time he set six events ago.

There were of course many friendships being maintained amongst the pack, despite several set-backs, and some brotherly love shown between two youngsters - not brothers but cousins - James Burgess (7) and Joshua Eames (6) who crossed the line almost together around 14.20, after Joshua put in a midstream burst to catch the elder, with an improvement of two dozen seconds over last week’s event, despite his meanderings along the route. The two other youngsters he pulled away from in the early stage, Laurie Hinton (6) and Cole Turner (8), finished eighty seconds behind.

V65; Mary Jane Searles and Wendy Waddell changed places en-route, with the former taking back the lead to finish eighteen seconds ahead of the latter’s PB of 18.00, a reduction of just two seconds following her twenty second improvement the week before.

Rebecca Hinton escorted daughter Sophie (3) and Pippa Waddell (6) throughout the 800m where both recorded slightly slower 7.22 and 7.13 times.

The Christmas present of a ‘Fit Bit’ watch did nothing to improve eleven-year-old, Sienna Phillips’ time, as she stuttered to a 17.04 finish in the 3.6K, which was almost ninety seconds from her best. Lorna Stoddart was only a twenty seconds from the six months old PB of 23.06, which was four minutes faster than her previous event - six weeks ago.

Jason Burgess did a little coaching during the 5K distance to finish nine seconds behind the 22.15 finish of Isaac Elkington, with that time being almost two minutes from the latter’s best; and was followed a couple of strides later by John Green who returned after an absence of four months and was a minute from his best.

Fourteen-year-old Daniel Frewer returned a time of 22.38 in his second successive event, but was thirty three seconds from his last week’s inaugural time; with Martin Pigott the same away from his best as he trailed Steve Massey by two dozen seconds in a time of 23.22.

Jamie Carney Ambled to the line with a time of 24.29 which is over a hundred seconds slower than his best time he posted some five months ago; whereas, Donna Eames improved by a dozen seconds over last week’s time, but is still two minutes from her best.

Several more runners suffered during this event, none more so than Karl Birch, Ethan Ollier (13) and Dawn Brown; the elder two suffering from heavy legs and a slower pace, while the youngster seemingly having the post-Christmas blues; their times of 25.54, 26.37 and 35.54 were way off their best.

Christopher Nelson’s 27.33 was a twenty second improvement over his last week’s time but is still two minutes from his best; with daughter Loren returning after ten months with a time of 30.55 which is over a hundred seconds from her only other 5K time.

The 27.51 time of John Lagan was a minute behind his Last week’s tutu-induced time and eighty five seconds ahead of Suzie Noble with Bill Mould a further three dozen adrift.

Jo Phillips was another who had a set-back over the previous week; her 31.53 finish being a deficit of two and a half minutes compared to her pre-Christmas time; whereas, Sarah Garde pulled away from her regular running partner, who had suffered from the second incline onwards, leaving herself almost fifty seconds from last week’s time and three minutes from her best in 35.04.

Thanks once again to Sam and Paul Goldstraw, Marie Phillips, Rachel and Steve Massey, and a Happy New Year to all.

Don’t forget! Next week is the time to put those promises into action?