Brough Park Running Club Couch to 5K (06/01/18)

The latest Couch to 5K event failed to attract the expected numbers considering that many New Years resolutions needed full-filling; however, there was a club event on the same afternoon which drew a number away.
Fortunately it did attract an unprecedented clutch of volunteers in its hour-of-need, which was due to four regular staff members being absent.
So, before the meat of the events are presented, our thanks go to the following: Jan Percival and John Green for timing and recording along with Karen Burgess, Sharon Turner for covering the photo shoot, in addition to GB representative, Jason Burgess, for marshal duties.
As the events got under way there were the usual juniors vying for the lead, none more so than seven-year-old James Burgess, who relished the moment with his parents officiating; going on to an 11.15 finish in the 2.2K; less than half a minute from his best. During his chosen distance he was overhauled by 5K leader, Jamie Carney, who completed the route a little faster than the previous week in 23.28.
On the-day entrant, Andy Ainsworth, followed three dozen seconds later after taking advantage of a spot of shoe-lace-tying by Donna Eames, who was unable to regain her place and trailed in a minute later; his early pace-maker, Karl Birch, another fourteen behind.
Charlotte Statham, Christopher Nelson and Suzie Noble also paced around a few strides apart early on, to cross the line with thirty seconds separation in 27.30, 27.51 and 28.01; with the former two recording similar times to previous events.
Perhaps, Claire Williamson’s mid-week training stints have helped her maintain some pace over the festive period, as she attained a regular time of 30.52; whereas, Bill Mould and Jo Phillips seem to have slipped back with returns of 30.06 and 31.13.
A few others suffered similar fates, with v65, Lesley Woodward’s 32.54 some fifty seconds from her inaugural four-week-old time; Dawn Brown knocked over a hundred seconds off her last event along with run-partner, Sara Garde’s score-gain.
V55, Elaine Hargreaves’ 35.29 was also off her usual pace, which was due to her escorting newbie v50, Jackie Murdock to the line; Lorna Stoddart was twenty seconds in arrears after escorting her five year-old daughter, to a 17.54 finish in the 2.2K before continuing along the full distance.
Two twelve-year-olds, Daisy Williamson and event partner, Madeline Statham, crossed the 800m line in 7.10 and 7.18; while another pair, Pippa Waddell (6) and Sophie Hinton following a score of seconds behind, despite the youngest suffering a fall and was aided to the line by her father, Chris and Martha Williamson (7).
Rebecca Hinton crossed the 3.6K line over a score from her last effort in 22.44 and more than a hundred seconds from her best.
Local club runner, Lacie Lloyd (9), was unable to match her previous effort and recorded 12.36 in the 2.2K, followed a minute later by two six-year-olds, Laurie Hinton and Luke McMullen a stride or two behind.
V55, Derek Parry returned after a nine month absence to record 14.43 alongside of event partner and family relation, Joanne Vickers’ inaugural time.
The Webster trio started out together but finished twenty three seconds apart; father Nick and Rian (7) crossing the line in 15.08 and Josh (6) slightly behind and unable to match his siblings PB of six seconds.
V65, Mary-Jane Searles’ 17.28 time was an improvement of fourteen seconds over last week’s event with Wendy Waddell dropping back by a similar amount to 18.16 with Joshua Eames (6) splitting that pair.

In addition to the above mentioned staff, whom also assisted in the make-up, we also need to thank, Suzie Noble and Mike Turner for their after-event help.