Brough Park Running Club Couch to 5K (13/01/18)

The 110th Brough Park Couch to 5K attracted a larger crowd than the first week of the year, along with a number of new entrants and several returning after a long lay-off.

One of the those was Gina Locket who was urged to attend by her six-year-old son, Jack, who had never shown any interest in running before; spurred on by this, and knowing that only poor excuses had kept her away for so long, they both recorded just over ten minutes for the 1.5K; vowing to return to reduce their time or complete a longer distance.

The Bartram trio returned after six week absence; mother Dan and Marley (6) dropped down to this shorter distance and a secured a 12.17 time, which is ninety seconds slower than before; while sibling, Archie (11) also had a slower-event-time of 14.20 in the next distance.

Two new-comers, Kay Bailey and Huw Davies (4) also completed the 1.5K distance with a time of 11.49, and were headed by Bleu Bailey (4) and Jack Grimes in 9.40 and 10.01.

The Hinton duo of father David and Sophie (3) recorded 7.06 in the 800m, and despite another tumble by the youngster were three dozen seconds faster than last week, with Pippa Waddell (6) chasing them to the line and only eight seconds adrift.

Ten-year-old club runner, Olivia Bailey led the 2.2K in 9.32, which was fifteen seconds faster than his previous outing, but a dozen from his best. Unfortunately James Burgess (7) suffered along the route and eased over the line almost a minute from his best in 11.35; followed a good half minute behind, by a rare appearance in this distance, of Daisy Williamson (12).

Laurie Hinton pushed hard and secured a 12.57 time which was two dozen seconds faster than last week and only a stride or two from his record.

Connie Statham (6), Joshua Eames(6) and Martha Williamson (7) were bunched together during the middle of the route; finishing forty seconds apart in 14.34, 15.01 and 15.21; Connie gained a PB of twenty seven seconds, Martha a couple of minutes off her previous pace, with a consistent time for Joshua.

V65, Mary-Jane Searles reduced her time for the fourth week in a row and is down to 17.09, while Wendy Waddell chipped eight seconds off her last week’s time in 18.08 and is only the same time from her best.

The Kenealy trio of, Elodie (4), Estelle (3) and mother Zoe, returned after a five month absence to a slower 19.10, followed by Morgan Davies’ inaugural 19.34.

SMAC runner Sienna Phillips’ 16.13 finish in the 3.6K may well have been half a minute from her five-week-old best but, is understandable considering her mammoth effort in the Staffs Cross Country Championship the week before, where she secured fourth place in the U13 category, at the age of eleven, and has been chosen to represent the county in the fourth coming inter-county race in March.

Louise Hackett (13) wasn’t far behind in 16.22 and, despite a cold was only a dozen seconds off her all-time high.

Joey Courchene reduced his five-week-old PB by forty six seconds with a time of 19.40; while Howard Render knocked three and a half minutes off his twelve-week-old PB and is down to 21.18.

After only attending once since her initial event a score of weeks ago, Libby Soutart (8), returned a 21.23 time, which was only two score from her initial and best effort.

Chris Hallsworth intended to cover the full distance in his first outing, however, an early collision resulted in a stiff muscle and he pulled in a lap earlier with a time of 21.26, followed by Rebecca Hinton’s 22.08, which is an improvement of over half a minute over her last outing.

V55, Derek Parry recorded 23.11 in his inaugural event which was ten seconds ahead of Joanna Vickers, who was more than pleased with her time and an increase in distance; Oscar Love (12) followed in 24.03.

Local club runner, Jack Hancock, set his PB of 20.19 ten events ago but was a minute from that despite his surge to the front early along the route; relegating last week’s winner, Jamie Carney to third place and almost ninety seconds in his wake, even though he improved by twenty seven seconds over his last time and only thirteen from his best. Fourteen-year-old, Daniel Frewer, chipped just two seconds off his PB as he divided the previous two in 22.03.

V50, Stoke FIT member, Pete Holdcroft, finds the course tough in comparison to other parks - we have what we have; a challenge - however, on his return after seven months he managed to knock three dozen seconds off his time in 24.17; club-mate, v60, John Beats wasn’t able to match that with a slower than previous 25.33.

Donna Eames fended off the rest of the pack she paced around with; her trade-mark downhill speed assisting her to finish fifteen seconds ahead of Karl Birch in 24.32 and a further twenty one in front of Steel City Striders, Gibson Matthew; Adam Geens another seven in arrears.

Tony Williamson’s 25.48, was two minutes away from his long-standing best; as was Matthew Hales’ 26.48; with Lucinda Stone chalking up an inaugural 26.01 – following her part in the SMAC veterans, silver medal winning team the previous week.

Charlotte Statham has managed to reduce her times a few seconds each time over the last two events, on this occasion by another ten seconds to 27.20; now only a bakers’ dozen from her ten-month-old record. Suzie Noble paced along and crossed the line six seconds behind and an improvement of over thirty on last week as she strives to overhaul her own pre-foot-operation PB.

Wendy Lee’s recorded 31.16 on her return to the event after four months; with v65, Lesley Woodward following on twenty four seconds later with a PB of the same after a slight setback last week.

There was a drop-back of forty seconds for Claire Williamson from last week to 32.32 and a good three minutes from her ‘sub-30’ best.

Sarah Garde and Dawn Brown continued their partnership with a joint 33.30 finish and an improvement over last week; in addition it was a PB of two seconds for Sarah but thirty four away from Dawn’s.

Elaine Hargreaves reduced her New Year’s time by over a minute down to 34.06 and less than a score from attaining her best.

Lisa Soutart’s 34.20 was almost a minute in arrears if her four-week-old last event time and her best return.

Thanks to the returning staff of: Sam and Paul Goldstraw, Rachel Massey and the Selfie, photogenic Jason Burgess.