Brough Park Running Club Couch to 5K (27/01/18)

Brough Park Couch to 5K attracts entrants whom are unsure as to whether a ‘get fit event’ is what they want, or are unsure as to them fitting in amongst the seasoned members. Several of those turned out today with all being pleased that they accomplished their goals and vowing to return.

At the start there were the usual batch of keen juniors towing the line with many regular entrants at the rear; all braving the gloomy, but dry morning with the rain holding off until all the events were wrapped up.

Not for the first time, stood back amongst the mass, was Jason Burgess, taking his time to move through the field before tail-gating Martin Pigott during half the first lap; eventually picking up the pace to finish the 5K in 19.06, with Martin some three minutes adrift in 22.33.

Steve Massey followed in 22.39 which is slightly faster than his last event time but, still a minute from his best; fourteen-year-old Sam Valentine’s first event saw him finish just a dozen seconds in arrears.

Clare Leek, as others, finds the event tough; however, she makes an appearance whenever she visits in-laws in the town; on this occasion finishing in 23.18, and should improve now she’s joined her local town, Loughborough’s athletic club.

James Locket pulled ahead of the group he was pacing around with, finishing twenty six seconds ahead of Donna Eames in 24.20 and a further six seconds ahead of Karl Birch - who was only a dozen from his best - with John Logan a further minute adrift.

Debutant, Beverly Sloan, erred off-route but was credited with a 30.07 time for her efforts, while two v65’s, Bill Mould and Lesley Woodward, were over ninety seconds apart in 31.25 and 33.10; unfortunately a time-set-back for both.

Sarah Garde and Nicola Damjanovic were happy for each other’s company along the route as they crossed the line in an equal time of 34.07.

After a four month absence, Christopher Bower eased into the distance with a 35.00 finish, which was a score ahead of the inaugural time for Fv50, Alex Tommlinson and a further thirty ahead of Dawn Brown.

Unfortunately both Paul Goldstraw and Adam Geens had to pull out during the early stages; the former due to a reoccurrence of a calf muscle tweak and the latter a possible football induced knee injury.

Also amongst a batch of wary entrants were the remainder of the Grimes family, who were about to try out the event; encouraged by mother Gina, they all attended, with a quartet completing the 1.5K distance almost together in 12.46 and 12.59; Oliver was alongside of mother and Jessica accompanying father, John; hopefully, they’ll return and chase down mothers best time of 10.02; Jack (6) going on to complete the next distance in 14.47.

Bleu Bailey was almost a minute from her best as she headed this group in 10.37; brother, Oliver (10) led the 2.2K home in exactly the same time of 9.47, as four events ago, and less than thirty seconds from his best.

James Burgess (7) followed in 11.47, with a PB equalling 12.34 for Luke McMullen - a time he set over four month ago at his inaugural event.

Joseph Locket (10) was one of many who struggled to take-up the pace following a few weeks absence, finishing in 12.54; while Eden Pigott (8) also completed this distance in a slower than usual 14.00.

Joshua Eames found a running partner for the day; he and Ben Geens crossed the line in 16.31 and 16.38.

V65, Mary-Jane Searles completed a string of ten events with a regular time of 17.24; Isabel (5) and Tom Stoddart followed some thirty second later; with inaugural, event partners, Lauren Rooke and Natasha Hughes, crossing the line together in 18.31.

Three-year-old Sophie Hinton once again ran hand-in-hand with her father, Chris; continuing along the 1.5K route before looping back to complete a little in excess of 800m in 7.13; remarkably only half a dozen seconds from her previous event time.

There was a happy return for Alfie Bower (10) as he chopped four minutes off his previous 3.6K time in 28.03.

Thanks to the recording staff of: Sam Goldstraw and Rachel Massey, and Karen Burgess for marshal duties.