Brough Park Running Club Couch to 5K (20/01/18)

Unbelievable! Today’s events had to be cancelled once again due to icy conditions underfoot. The fourth time this season.

Unfortunately, it was a late decision and there was insufficient time to make a media post which may have saved many travelling.

At 8am the overnight ground frost seemed to be thawing, with a scattering of rock salt applied to a couple of dodgy areas; however, as it got nearer to the usual start time conditions worsened, and a reluctant decision had to be made.

Our apologies, once again, to all those who turned up and the handful of new registrations who returned home without breaking sweat.

Hope to see you all next weekend to recommence or start your fitness programme.

Thanks to Dawn Brown for assisting in the make-up.

BPRC