Brough Park Running Club Couch to 5K (03/02/18)

It was fortunate that the start of the latest Brough Park Couch to 5K was uncharacteristically, delayed, as two late arrivals took the entry into double figures; with eleven hardy members eventually, toeing the line.

There may have been a flurry of snow in the air - and the photos make it look worse than it was - but that didn’t deter this bunch; with one entrant taking part in his summer attire, whilst others were wrapped up from head to foot.

The only youngster, amongst ‘the mass’, was eight-year-old Edward Dodd who followed father, Richard, around for the best part of the 2.2K distance, before a sprint finish ensured a dead-heat, as they crossed line in 13.23; a time that was way off their best but, understandable following a few weeks absence to overcome the flu.

The conditions failed to deter v65, Mary-Jane Searles, who ploughed along to a 17.07 finish, which was her third best time to date over this distance, and seventeen seconds faster than last week.

Both, Lauren Rooke and Beverley Sloan, returned for their second successive event; the former upping her distance and securing a 28.01 finish, and the latter finding the going a little tough and pulled in a lap earlier than the previous week to a 31.20 time in the 3.6K distance.

Isaac Elkington led the 5K event from start to finish, braving the climate in his trademark shorts and T shirt and a 20.57 time; which was one of his better and less than fifty seconds from his best.

Despite finishing four minutes behind, there was an improvement of a score of seconds over his last outing for Adam Geens, as he recovered from last week’s injury.

Karl Birch pushed hard to reduce the five second gap between the runner ahead, and that effort gained a time of 24.59; which was only a score from his best.

Jamie Carney’s 25.16 was a good two minutes from his usual array of times; confirming the fact he hadn’t laced up his trainers for a while.

V50’s, Dawn Brown and Alex Tommlinson, kept going despite the conditions; their times weren’t their best ever but, commendable nevertheless. Dawn’s was only half a dozen adrift of last week in 35.44, and Alex only a minute in arrears of her inaugural, previous time of a little over thirty six minutes.

Thanks to the recording staff of: Rachel Massey, Sam and Paul Goldstraw.