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

Brough Park Couch to 5K attracts entrants from far and wide, with a runner from Australia having taken part; at this outing there was a presentation of a trophy to seven-year-old Joshua Eames, who lives just a stone’s throw from the start line; the first, junior to participate in 100 events.

Most of the regulars will know of the young man’s antics along his regularly chosen 2.2K route; only occasionally does he take it seriously, often veering off route in the pursuit of a squirrel or two, kicking cans and sticks off the path or just chatting with other entrants along the way; as well as posing for the camera at every opportunity.

However, the park would not be the same without his smiling, joyful face, which has been with us from day-one, when he hadn’t attained his 5th birthday. He prides himself in finishing - one way or another - and always asks for his time, in addition to being up-beat when he beats Uncle Jason, who sometimes completes the 5K in a slightly slower time.

In addition to welcoming the young man and his family members to the event, we applaud all the other entrants who returned to the fold following a stop-start winter.

By no means was it a perfect morning for a mass turnout at the 113th event; at least there was no ice or snow to contend with, just a little drizzle as the race commenced.

As usual the youngsters shot off from the start to leave the main contenders to weave their way through to gain some headway.

Many of the participants were returning after a number of week’s absence and with little or no training under their belts; Matthew Statham didn’t seem to be one of them, as he strode forward to head the 5K to the line in 19.36, knocking nine seconds from the PB he set over four months ago. Following the completion of his run he let Archie, the dog, pace or pull him the four miles home to Cheddleton.

In his wake there was a contest between Harry Bond (13) and Isaac Elkington, with the latter shadowing the youngster for most of the distance before his extra stamina took him to the line thirty seconds ahead in 20.59; both benefiting from the tussle to gain times near their best.

Fourteen-year-old, Daniel Frewer also gained from the pace ahead; despite finishing a minute behind his younger, club colleague, he was able to chip six seconds off his PB to 21.59.

Martin Pigott reduced his pre-festive time to 23.08, but was a good eighty seconds off his best; however, his pace aided Rocky Dunn-Fox to cross the line just four seconds adrift in his inaugural event.

Adam Geens’ recorded 24.45, which was a minute off his previous event and best time but, his pace-making aided Karl Birch to get within eleven seconds of his, as they finished half a dozen seconds apart.

The following quartet of entrants: Jamie Carney, Tony Williamson, John Lagan and Matthew Hales, all eased back into their groove with slower than previous times of: 25.11, 25.25, 25.48 and 27.26; with the latter admitting he hadn’t done any training for months and is determined to make a regular attendance.

However, Charlotte Statham, along with her Cheddleton Joggers team, has kept up her mid-week training and returned a regular time of 27.42, despite escorting her daughter through to the shorter distance line. Suzie Noble followed a dozen seconds later and was eighty seconds from her best - perhaps, the jog from home to the line had taken the wind from her sails.

Another entrant to feel the strain of the stop-start event was Richard Dodd, who was thankful of Dan Knowles’ company as they crossed the line together in 29.47.

V65, Bill Mould also eased himself back en-route with a slightly slower than usual event time of 30.09.

Ian Frewer, in his first event, finished a stride ahead of Mike Turner in 30.25; which is a good two minutes slower than the latter’s last outing a month ago and way off his best time.

V45, Wendy Lee also stuttered back to the event with a slower 31.12 finish, which was two dozen seconds ahead of the first ever, hand-holding 5K finish for Rebecca and Dave Hinton, with Claire Williamson in tow.

Despite the recent lay off from the park run, Sarah Garde finished just five seconds from her best time in 33.37; Lisa Soutart was just forty from hers in 34.06; and Elaine Hargreaves just a minute from hers in 34.43.

The 2.2K saw a glut of entrants of all ages; Alex Lilburn made an infrequent visit to the event and secured a 10.16 time, while v40, Rob Bond took part in this distance for the first time and crossed the line in 10.51.

Whereas, Luke McMullen (6) and Joseph Locket (10) finished together in 12.09; which was a PB of twenty five seconds for the youngest and a similar time slower for the elder. Ten-year-old Edward Dodd did his own thing and finished in a sedate 12.51. While a trio of: Noah Phillips (6) and mother, Jo, alongside of Connie Statham (6) crossed the line together in 13.52, which enabled the latter to reduce her three month old PB by seventy seconds.

Another trio of: Laurie Hinton (5), followed most of the way by hand-in-hand Eden Pigott (7) and Amelia Dixon (6), sauntered around to cross the line 14.54.

The Webster trio of: father Nick, Arian (7) and Josh (6) completed the route just a handful of seconds off their three month old best but, two minutes faster than their last outing in 15.23.

On this occasion, Ben Geens (7) reversed the pecking order, finishing eight seconds ahead of run partner Joshua Eames (7) in 15.40.

V65, Mary-Jane Searles was only a score of seconds off her best pace in 16.42; while Martha Williamson (7) was a good five minutes off her best and forty seconds behind.

Danielle Latham introduced three-year-old Reuben to the route and was piped to the post in 18.43; there’s obvious room for improvement as they missed a turn and completed a few hundred metres extra.

Unfortunately, James Burgess set off at his usual high-octane pace but, had to cut his effort short as he suffered a painful head ache.

SMAC athlete, Sienna Phillips (11), has been avoiding her regular, training and the 17.07 finish saw her drop back by a few seconds from her last recorded time and ninety from her best at the 3.6K distance. Lauren Rooke thought an aching knee would prove to be a set-back; fortunately all was forgotten once the event commenced and the 27.30 was an improvement of thirty seconds over last week’s first event.

Three-year-old Sophie Hinton let her parents have their moment, allowing two eleven-year-olds, Daisy Williamson and Madeline Statham – with Archie the pooch – facilitate the hand-holding for the 800m event; finishing together in 6.42, before heading straight for the treats. Why not?

Thanks to the recording staff of: Jan Percival, Sam and Paul Goldstraw, in addition to Jan for aiding the make-up.