Brough Park Running Club Couch to 5K (24/02/18)

A nice, crisp morning for the events within Brough Park, and prior to the 114th Couch to 5K there was a presentation to Madeline Statham (12) for attending her 25th event; joining a growing number of juniors who have reached this pinnacle.

There’s no point in taking things too seriously when you’re young; even when taking part over the shortest event of 800 metres, progress ebbs and flows.

Three-year-old Sophie Hinton, escorted by Daisy Williams (11), trailed in a good forty seconds behind the PB they set the previous weekend; finishing seventeen seconds behind Pippa Waddell (6), who returned after a four-event absence to a better time than her last and just eighteen seconds off her best in 7.03.

The previous trio, in addition to all the other juniors, were passed not long after the start by Martin Pigott who seemed to be on a 5K mission; taking the lead and continuing on to the line in 22.10; just twenty seconds off his best and a minute faster than his last outing.

For the first couple of laps he was followed by eleven-year-old Sienna Phillips who completed the shorter 3.6K in 16.35, a minute off her best but half that faster than three events ago.

Our GB representative, Jason Burgess, started at the back and despite that, and running alongside of his son James for part of the way, he still managed a 22.13 finish after kicking-in over the later stages.

Andy Ainsworth progressed through the field and followed with a time of 22.53, which reduced his only other recorded time by seventy four seconds.

Adam Geens pulled away from his pace-maker, Karl Birch, to cross the line almost half a minute ahead; his time of 24.00 was two dozen seconds off his best but drew Karl on to knock a dozen from his PB.

There was a dead heat of 25.20 for Jamie Carney and Tony Williamson; the latter had some reserve in his tank and gained ground in the final part of the distance, and was still able to produce a sneaky sprint finish. John Lagan wasn’t able to keep pace and finished in a personally, disappointing 26.02; fourteen seconds in arrears of his last effort and forty off his best.

Dan Knowles tried his utmost to make progress and catch those ahead to return a decent time; starting late following a thank-full effort in applying rock salt to a frozen area of pathway near one of the many natural springs within the park. The recorded 27.13 doesn’t reflect on his actual time.

It is also hard to judge Charlotte Statham’s progress; does escorting a wayward, leashed mutt aid or impede one’s time. A PB of 27.07 has been challenged by mid-27 returns on numerous occasions; however, this event time was a minute off that record. Perhaps her pooch was dragging her backwards and not forwards while its usual handler, daughter Madeline, was completing the 2.2K in 12.52; followed five minutes later by sister, Connie (6), who had dropped behind early partner, Martha Williamson, by a minute.

A PB of 26.32 was set by Suzie Noble over a year ago; this event’s time was ninety seconds off that and twenty down from last week. There was a forty second improvement for Richard Dodd but, well over a minute off his best.

The Hinton related family were bunched together for a while; however, there were different agendas afoot. David led Laurie (6) to the 2.2K cut-off-point, which enabled the youngster to clock 13.31 and less than thirty seconds off his best, while father moved on to record 20.46 and just a minute from his record in the 3.6K; Rebecca passed and pulled away from V65, Bill, to clock a PB of almost forty seconds in 29.17; the latter was fifteen seconds adrift at the tape and ninety off his best, over the full distance.

The Gilmore trio set off with high hopes, of finishing their first 5K event, which they accomplished, albeit seven minutes apart. Eleven-year-old Tilly strode ahead with father, Justin, to record 29.29, with mother, Emma, taking up the rear-guard.

Both Wendy Lee and Claire Williamson made progress over their last outing times in 30.18 and 3041; whereas, Elaine Hargreaves dropped back a few seconds in this event; however, V50, Jackie Murdock chopped twenty two seconds from her PB and is nearing a milestone marker with a 35.12 finish.

Gina Grimes-Locket brought the whole family along for their first, combined 2.2K outing; Jack (6) pushing on to a 15.09 finish; three-year-olds, Oliver and Jessica, were five minutes adrift with Gina and John.

Danielle Latham attempted to complete any distance with son, Reuben (3); however, the youngster’s asthma took hold and he pulled in early to rest at the band stand, allowing mother to complete somewhere in the region of 2.3K in 18.13, following their detour.

Regular entrant Dawn Brown, also suffered along the way; reducing her usual full-distance to 2.2K in 15.37, following a week-long illness. Joshua Eames had toyed between v65, Mary-Jane Searles and the aforementioned, to finish in 16.09; a score ahead of the latter who reduced her last event time by a dozen seconds.

Lauren Rooke also suffered en-route and chose to finish the shorter than usual 2.2K distance in 16.45.

In the 1.5K distance there were two V65’s taking part for a one-off event, alongside of other, regular family members, Zoe Kenealy and elder daughter, Elodie (4) and Estelle (3) in her first outing. There were no records set, just family fun in flowing along and hand-holding with grandparents, Michael and Plaxy Arthur.

Joe Phillips and son Noah (6) completed the 3.6 K in the joint 23.50, which was a minute off their best. Whereas, nine-year-old Robert Kincaid piped V40, Katie Solomon’s by four seconds in 33.10.

The 2.2K was fronted by James Burgess (7) in a regular 11.49 time; followed three seconds later by club-mate, Edward Dodd (8). Six-year-old Luke McMullen was drawn along to chip a second from the PB he set last week in 12.08.

Thanks to the regular staff of Rachel Massey and Sam Goldstraw for timing the events.

We also wish a clutch of regular participants, who will be absent from the next event, all the best, as they are moving on, if only temporary, to take part in the Ashbourne 10K.