Brough Park Running Club Couch to 5K (10/03/18)

Prior to the start of today’s event presentations were made to three youngsters for their attendance; Edward Dodd (8) attending his seventy fifth event and Daisy Williamson (12) along with Laurie Hinton (5) their fiftieth.

Martin Pigott emerged back on to the road after the first dip with a slight lead over fourteen-year-old Daniel Frewer, however, by the time they re-emerged at the same point after the skate-park circuit the youngster was more than a handful of seconds ahead, which he emulated throughout to cross the line 23 seconds ahead in 22.07, and only 8 off the PB set in the last event; with the elder reducing his last event time by almost a minute following the pursuit.

A string of followers also benefited from the pace to gain, or thereabouts, on their previous event times. Steve Massey clocked an even twenty three minutes and only down by a score; Jamie Carney’s 23.31 reduced string of previous times by 90 seconds and James Locket finished just one second off his best in 23.59 - a reduction of the score over his last outing. Adam Geens was another with a score down in 25.07; whereas John Lagan improved by two score to finish 5 seconds ahead of Charlotte Statham’s PB of 27.03, which reduced her twelve-month-old record by 4 seconds.

Christopher Nelson’s return after a six event absence saw a slower time by two minutes in 27.32, which was 7 seconds ahead of Suzie Noble who had a thirty three second improvement.

The Hinton family once again turned out in force; Laurie (6) went on to finish the 2.2K a minute ahead of his previous time in 13.53, but a minute off his best; Rebecca went on to clock 29.31 in the 5K, which was only 14 seconds off the PB she set in September; v65 Bill was a minute off his previous time and two minutes off his best in 30.34; David did his fatherly duty and returned back down the route to encourage a struggling Sophie (3), both ended up two minutes off their best in 8.48 in the 800metre.

Richard Dodd struggled throughout the 5K to finish with a time of 29.58, which was two minutes off his best and 50 seconds in arrears of his previous event time.

Claire Williamson’s 32.03 was 80 seconds off her previous time; Wendy Lee was two minutes behind hers; Lisa Soutart was 96 off the PB she set ten events ago; Sarah Garde managed an inhaler assisted 35.13; with Dawn Brown’s 35.55, three minutes off her best.

In-between there was an inaugural time of 34.05 for Daniel Sargent.

Both Libby Soutart (8) and Madeline Statham (12) chose the 800 meter event along with their dogs, Smudge and Archie; the former being pulled along to a 6.34 finish and the latter pulled off-route as much as along, and a slower 8.50 finish.

The Locket-Grimes trio of Oliver and Jessica (4) along with mother, Gina, ran alongside of the Statham duo, Reuben (3) and Danielle, to gain a group time around the thirteen minute mark in the 1.5K; while Jack Grimes (6) gained a PB of 40 seconds in the 2.2K in a time of 14.06.

Karl Birch struggled with a tight chest and pulled in a lap shorter than usual to finish the 3.6 K in 18.18, with Lauren Rooke consolidating her time a good nine minutes adrift of the more seasoned entrant; followed by twelve-year-old Rees Soutart’s 30.15 which bettered his four-month-old best by 100 seconds.

The 2.2K saw the return of Lara Smith (8) and father Martin after a four month absence to slightly slower 11.09 and 11.19 times; they were split by eight-year-old Eden Pigott’s 11.12, which was just one second off her four-month-old PB.

Edward Dodd (8) and Daisy Williamson (12) have similar PB’s; both were off those marks by 40 seconds but, improved on previous times with a sprint finish in which the former won by 3 in 11.50.

Two six-year-olds, Luke McMullan and William Dodd, finished a dozen seconds apart, with the former attaining a PB of one second in 12.07; while Joseph Lockett (11) was a minute off his best and 40 seconds in arrears.

A trio of running duo’s followed; Rowan Chandler (7) and Harry Cope (6), crossed the line 3 seconds apart with the former’s leading time of 15.15 only 20 off his six-month-old best; a dozen seconds separated Martha Williamson’s 15.58 and Connie Statham (6); Ben Geens (7) and Joshua Eames (7) teamed up in the latter stage to cross the line in a dead heat time of 17.38.

Thanks to Sam and Paul Goldstraw, Rachel Massey and Mary-Jane Searles for timing and recording the event.