Brough Park Couch to 5K (24.03.18)  
For a change a pleasant spring, morning greeted the entrants for the Couch to 5K, which once again the included the Killer 10K, optional event.  
Prior to the start there was a presentation to seven-year-old Eden Pigott for attending her 50th event in addition to numerous Wednesday night training sessions - which commence again for the summer season next week.   
Eden went on to outpace her father, Martin, to the cut off point, where he continued on to 5K in 24.42, whereas, Eden completed the 2.2K in a consistent 11.11 and only a second off her best.  
Despite what was considered to be sufficient marshals covering the three detours from the 5K circuit; with two marshals on each of loop in addition to ample direction arrows; both the leader, Daniel Frewer, and the rear guard, John Rice, failed to complete all the additional loops; however their times were 42.14 and 66.13 respectively for the distance covered.  
Jack Hancock paced himself around to a 51.57 finish followed by Rob Bond’s 52.54; Karl Birch recorded a remarkable 10K time of 57.29 - considering his recent problems - chopping almost two minutes from the first BPRC 10K way back in October.  
Fourteen-year-olds, Jack Bray and Harry Bond have elected to do their Duke of Edinburgh Award Scheme by aiding a community project; we couldn’t refuse their offer and both were put through their paces; turning up early and assisting in marking out the 10K route, recording numbers at the finish, and were allowed to stretch their legs in between.   
Jack completing an 800m sprint in 2.50 followed by Sophie Hinton (3) and father, David, in 7.33; an improvement of over two minutes over their last outing but still a bit off their best.   
Harry led a stream of youngsters to the 2.2K line in 8.42, which matched at least one other of his string of consistent times; a mere second off the PB he set eight months ago.  
Edward Dodd (8) staved off the pursuit of James Burgess (7) by twelve seconds in 11.47, with Luke McMullen (6) a further four seconds adrift but, drawn along to gain a PB of four seconds. The former’s younger brother, William (6) was only a minute off his sibling’s pace as he finished alongside of Imogen Phillips (10) who’s time was mid-way between her best and her last.  
There was an inaugural time of 14.15 for Cole Turner (8) as he paced around with some of the more-seasoned young entrants; finishing alongside of Laurie Hinton (6). While Jack Grimes (6) cut-loose from his mother, Gina, twins Oliver and Jessica (4) who were accompanied by Evie Locket (8), to set a time of 14.23 and crossing the line around two minutes ahead grouped with others of similar age.  
Jo Phillips has a problem with pacing herself from the off, to combat this she encourages Noah (6) to run along with her to the cut off point; where, on this occasion, he went on to record a time of 14.37, which was a hundred seconds from his best; with Jo going on to complete the 5K in 30.13; also around the same away from the PB set at the end of last year.  
Two five-year-olds, Huw Davies and Grace Locket, were schooled along to an inaugural 15.10 and 15.17 finish in the 2.2K; with Rowan Chandler (7) dropping back from his previous time to 15.51.  
Lauren Rooke set a new PB of 16.34, which knocked a dozen from her last and two minutes from her first outing at this distance.   
Eleven-year-old Sienna Phillips’ 17.12 was ninety five seconds from her best in the 3.6K, with v50, Sheila Alcock ten minutes in arrears in her first event; while Morgan Davies (3) was ushered along by his parents to 18.09 in the 1.5K.  
Jamie Carney had no pacemakers in the 5K which may have contributed to a slower than usual time of 23.25; while v65, Bill Mould, made an improvement of over a minute, compared to his last outing, in 29.32.  
The stop-start series of events hasn’t helped improve Richard Dodd’s pace, as he dropped below the thirty minute mark by thirty four seconds; while Ian Frewer seemed to suffer from a similar fate with a 32.30 finish.  
Sarah Garde seemed to have energy to spare as she pulled away from her early pace-makers, Elaine Hargreaves and Lisa Soutart, to improve on her last time by over a minute in 33.51; the latter two making a few seconds improvement with a 34.58 joint finish. Unfortunately, Angela Morris, veered off route in her first event and completed an unknown distance in 25.58.

Thanks to the many helpers:   
Rachel Massey and Maria Phillips for time-keeping, Harry and Jack for distance and number recording - a thankful task.  
Jan Percival, Dave Edge, Nick Hulme, Dan Knowles and Rebecca Dodd for marshal duties.