Brough Park Running Club Couch to 5K (31/03/18)

The latest event once again saw a number of family groups take part.

The trio from the Dodd family completed different distances; Edward (8) holding himself back to run alongside of William (6) and father Richard; the elder sibling managed to pull away midway through of the first full-lap and went on to complete the 3.6K in 21.20; the youngest raced away from his pace maker once the band stand finish was in sight to complete the 2.2K with a sprint finish in 12.37; while father continued along and made up time in the latter stages, completing the full distance in 29.30, which was a minute improvement on last week - almost duplicating his mid-week training time.

The youngest was twenty seconds faster than last week but, a minute from his best; the elder was also a minute from his best, having not completed the 3.6K distance for over six months.

Fourteen-year-old Daniel Frewer, ran a restrained 5K following his spirited mid-week training stint where he dropped well below the twenty one minute mark; following a few places back from Isaac Elkington around for the main part of the distance, finally moving to the front and pulling away to finish sixteen seconds ahead in 21.40, securing a PB nineteen seconds; while Isaac was disappointed with his time following a six-week absence.

Dan Knowles managed to maintain his high placing throughout to complete the distance two minutes in arrears and a minute from his best.

A struggling Jamie Carney finished three minutes off his best time and twenty seconds in arrears of Karl Birch who dropped back a place and finished forty five seconds from his best in 25.12.

V60, Dave Edge returned after a three month absence to complete the distance in 26.04, which is four minutes from his best but, the same time improvement over his last outing.

John Lagan pulled away from Suzie Noble to finish two minutes ahead in 26.32 with new entrant, Paul Locket, only thirty seconds adrift and brother James a further dozen behind - the latter making up a lot of distance after escorting his son to the cut off point.

Ian Frewer nursed a strain and dropped back half a minute from his last effort to 31.08 and aided the return, after six months, of Jo Higgins, who crossed the line seventeen seconds ahead of the 31.47 attained by Claire Williamson.

Newbie, Lydia Alcock, claimed an initial time of 32.38 which was a minute ahead of Dawn Brown and a further two in front of twelve-year-old Oscar Love; Lisa Soutart was hampered by Smudge, the wayward dog, to finish another thirty behind.

Eleven-year-old Sienna Phillips isn’t running to form and completed the 3.6K in 17.02 - ninety seconds from the PB she set a year ago; whereas, v50, Sheila Alcock chopped a minute off her last week’s inaugural time in 26.44.

The Bailey duo of Bleu (5) and mother Kirsten, dropped down to the shorter 880m distance which they completed in 5.41; while sibling Oliver (10) went on to cover the 2.2K in a slightly slower than previous 9.59.

The Grimes/Locket quartet: twins Jessica and Oliver (4) covered a little more than 1.5K in 16.10, escorted by mother Gina and cousin Evie (8).

Six-year-old Luke McMullan equalled his PB of 12.03 in the 2.2K, with Jack Grimes (6) alongside of run partner and cousin, Joseph Locket (10), assisted to a 13.35 finish.

Another partnership of Libby Soutart (8) and Isabelle Love (9) ambled around to clock 14.30; followed twenty seconds later by the Webster trio of: Josh (7), Arian (8) and parent Nick, with Joshua Eames easing round in a little less than twenty minutes.

Thanks to Rachel and Steve Massey along with Jack Bray for time and number recording.