Brough Park Running Club Couch to 5K (07/04/18)  
The BBC weather forecast for the morning was certainly on cue for the latest Brough Park Couch to 5K event, the heavens opened just as the runners toed the start line.  
Undeterred, the regular entrants, in addition to a number of newbie’s, along with a few returning after long absences, ploughed on.  
Three-year-old Rosie Carter was accompanied by parents, Sarah and Adam, to a 13.34 finish in their inaugural 1.5K. Ahead of them were the duo of Reuben (4) and Danielle Latham who returned to clock a 13.29 time; while Archie Woolley (3) and mother, Kelley, managed to breach the tape almost twenty ahead in their first event. The Bailey duo of Bleu (3) and Kirsten upped their regular distance to record 11.14; while Evie Lockett (8) headed the bunch in 9.51.  
Connie Statham (6) wasn’t amused by the weather and sought the confines of the dry band stand; cutting her distance down to 800m in 5.26.  
Fourteen-year-old Jack Bray used the interlude between, helping set up the event and assisting with recording, to blaze around the 2.2K just two seconds from his best in 8.50. The Smith trio followed with slower times than previous; Lewis (10) was seventeen from his best in 9.22, while Lara (8) and Martin were almost a minute from theirs in 11.31; their placing were split by a 9.44 finish for Oliver Bailey (10) who was two dozen from his best.  
Eden Pigott slowed her pace to accompany her friend, Scarlett Bestwick, through her first outing to record a 12.46 time.  
Seven-year-old James Burgess’ 12.47 was fifteen seconds ahead of William Dodd (6), despite the former having to stop for mother’s assistance during the first lap; while Charlotte Statham stuttered around with Archie the dog, a further twelve seconds adrift.  
V65, Mary-Jane Searles was only four seconds from her best, as she finished alongside of Lauren Rooke who chipped six seconds off hers’ in 16.28.  
Seasoned runner, Dan Knowles, accompanied Ellie Dent (6) throughout the 2.2K and a first time finish of 23.28; with Joshua Eames (7) five minutes ahead.  
Martin Pigott knocked almost three minutes from his previous 5K time in 21.59, which was only ten seconds away from his best; while Daniel Frewer was a minute slower than last week’s record best time in 22.40 as he stuttered to a walk early on; followed in a minute later by Jack Birch who was forty seconds from his last outing time in August last year.  
Jamie Carney’s times are up and down; on this occasion he clocked 24.18 which knocked eighty seconds from his last week’s time, but is still the same from his best. On the other hand, Karl Birch dropped back by two dozen seconds to 25.38 while John Lagan dropped below the twenty six minute mile-stone once again to 25.47, which is only half a minute from is best ever time at this distance.  
V60, Dave Edge suffered a slight set-back in attaining his best time, following a fall at the start, to cross the line in 26.23; while Ian Frewer was overjoyed as he dropped below the thirty minute mark for the first time to knock forty five off his PB in 29.39 with Paul Locket separating the two in a minute slower 28.02. Jo Phillips also dropped below that mark to 29.44 but has a good way to go to her best time; however, her pace pulled along Paul Goldstraw as he tries to progress back to better times, to trail by five seconds, while Richard Dodd failed to move forward with a slower thirty minute finish.  
V65, Dave Walton returned after eighteen months to chalk up just over thirty three minutes in the full distance as he accompanied Sarah Garde to a thirteen second PB of 33.17. Unfortunately, Wendy Lee suffered a slight injury and pulled in early; while Dawn Brown dropped back by half a minute to 35.03.  
Sheila Alcock cajoled a fitter daughter, Lydia, to attend her first event, boosting herself in the process to record 26.32 and a PB of seventy seconds in the 3.6K; while her daughter went on to record 32.42 in the full distance.  
Eleven-year-old Sienna Phillips pushed herself along and was more than pleased to knock thirty seconds from her last week’s time as she strives to get back on-track in the 3.6K; Edward Dodd dropped back to 21.42 and a good two minutes from his best; while Beverley Sloan knocked a whopping hundred seconds off her first event time in 28.10 and was thirty ahead of the initial time of Alex Tomlinson at this distance.

Thanks to event officials: Jack Bray along with Sam Goldstraw and Rachel Massey.