Brough Park Running Club Couch to 5K (14.04.18)

Following a minor incident the previous week, involving a senior runner and a junior, a change was made to the start format of 119th Brough Park Couch to 5K.

As a result, the majority of the juniors and their adult partners, commenced thirty seconds after the main adult-group, with their times been adjusted accordingly in the results.

Normally, Dawn Brown starts at the rear of the pack, on this occasion she was a bit shocked to have the noise of so many pounding feet around her as she made steady progress down Park Road; however, she wasn’t drawn along by the fleet-of-foot youngsters to increase her gait; progressing around the 5K route in her even-paced mode to take up the rear guard and completing the distance in 34.53.

At the head of the 5K group, Isaac Elkington led fourteen-year-old, Daniel Frewer, around for most of the route, before the younger athlete seized the opportunity to move to the front in the final stages to finish nine seconds ahead and knocked twenty three off his best time in 21.17 - the second time that Dan has gained a PB after outpacing Isaac to the line.

Jamie Carney’s 24.02 reduced his previous time by a dozen seconds but, is still ninety from his best as he crossed the line forty four ahead of the improving Dave Edge; with Karl Birch a further thirty six behind to reduce his previous week’s time.

Charlotte Statham managed to hand the dog-handling duties to daughter, Madeline, and forged round to finish in 27.06, only three seconds from the best time she set a month ago; which was fifteen ahead of the much improved Paul Goldstraw, with Suzie Noble reducing her previous time by a minute, and only ten seconds adrift - an obvious result of recent continental, warm-weather training.

No sooner has Ian Frewer dropped below the thirty minute point than he heads nearer to another marker with a 29.17 finish and a PB of twenty two seconds.

Daniel Sargent returned after a three event absence to reduce his time by almost five minutes to 29.19, which was twenty seconds ahead of v65, Bill Mould, who played cat and mouse with daughter, Rebecca Hinton, before pulling away to a three second margin; with Kevin Gidman making a return after more than twelve months just twenty seconds behind.

An improvement of thirty seconds saw Claire Williamson finish half a dozen ahead of Helen Finney in 31.10 - the latter popped into the park following an infrequent visit to the town from Manchester.

Joe Phillips crossed the line four seconds behind the joint finish of 31.21 between Martin Day and Paul Cope; all three having started at the rear to escort youngsters - the latter two being more than pleased to have covered the full distance.

V65, Dave Welton improved his last week’s first event time by forty five seconds with a 32.30 finish, as he crossed the line alongside of Alex Fleming and fourteen seconds in arrears of the inaugural time set by Denise Eason.

Pic’ of the Week publicity or increased fitness may have resulted in a twenty one second PB attained by Sarah Garde, as she crossed the line sixteen behind the previous pair.

Six-year-old Pippa Waddell returned with a PB of six seconds in the 800m; followed two seconds later by Madeline Statham (12), accompanied by Archie the dog (3), to gain a PB of two seconds.

Thirty seconds separated the next seven in this distance; Laurie Hinton (5) eased around nursing a broken wrist to a 6.49 finish, schooled around by father, David, along with sister Sophie (3) and Connie Statham (6); with Rosie Carter (5) escorted by mother, Sarah, who dropped down a distance, finishing alongside of Kyla Tideswell, who dropped down from the full distance to escort Max (4) throughout most of the shortest event.

Four-year-old Oliver Grimes was escorted by father John to the cut-off point, before finishing this event in 8.50; father going on to complete the next distance in 11.09.

Once the Dodd youngsters made up the initial time-gap behind their father, William (6) paced around the rest of the lap alongside his father, who went on to knock a minute off his last week’s full distance time in 28.55; the same digit from his best; while eldest son Edward (7) pulled away to go on to a PB equalling time of 11.11 in the 2.2K, with his sibling finishing forty seconds behind and six from his best, but a minute faster than the previous event.

Eight-year-old Scarlett Bestwick chipped three seconds from her inaugural time in 12.43, following a good mid-week training stint.

Joseph Locket (12) has seen a mixed return of times; on this occasion he dropped back to 13.57.

Kelly Woolley and son Archie (3) along with Reuben Latham (3) and mother, Danielle, chopped over a minute from their 1.5K time in around twelve minutes; followed six seconds later by Dominic Chandler and Joel Day - the latter reduced his previous best by a handful of seconds.

A daunting first event was in the mind of Wendy Allen; however she managed at least one jog throughout the distance, to finish in 13.10.

The Grimes trio of mother Gina, Jack (6) and Jessica (4) got to grips with the course and knocked their time down by over a minute; Jack’s to 13.15 and the latter’s to 13.32.

Joshua Eames (6) was out to impress a side-lined mother, and surged round to a 14.11, second-best time in the 2.2K.

Imogen Phillips (9) and brother Noah (6) crossed the line a little off-par in 14.15, alongside of run-pal Ella Tideswell (11).

Rebecca Dodd’s come-back event didn’t go fully to plan; after taking advantage of and tailing Dawn Brown’s steady pace early on, then completing the ‘dreaded incline’ without a pause, to find herself suffering over the last three hundred metres resulting in a 14.28 time, which is thirty seconds from her best.

However, v65, Mary-Jane Searles chopped thirty seconds off her PB and is now down below the next mile-stone marker with a time of 15.54; followed six seconds later by Sandra Mollats’s first event finish.

Rowan Chandler (5) returned after a couple of events absence to record 15.54 and thirty from his best; with a similar drop-back for Wendy Waddell as she recorded a 18.56 time.

Adam Carter upped his distance to 3.6K with a 16.49 finish, while Lauren Rooke returned to this distance and a PB of nearly a minute in 26.40; whereas, Alex Tomlinson reduced her first event time by over three minutes to 25.18 at this distance, and Beverley Sloan dropped back a handful to 28.15.

Thanks to event officials: Rachel and Steve Massey, Sam Goldstraw, Harry Bond and Jack Bray.