Brough Park Running Club Couch to 5K (21.04.18)

The staggered start of the Couch to 5K continued, with the delayed entrants’ times being adjusted before the results were posted, in addition to a change to the way those results were recorded at the finish, and a trio of ‘runner-calming’ measures that have suddenly appeared, unannounced, on the Park Road, to contend with.

All of which were taken in-the-stride of the increased numbers.

The beautiful weather encouraged many to toe the line and coupled with the drier underfoot conditions resulted in numerous PB’s, with several others moving on to a longer distance.

Oliver Bailey (10) led the 800m group home in a last-event matching time of 9.44 and just two dozen from his best.

George Bridgewood (10) was almost a minute in arrears in his first outing, followed thirty seconds later by James Burgess (7) in 11.10.

Two six-year-olds’, William Dodd and Luke McMullan attained PB’s of a dozen and eighteen seconds in 11.26 and 11.45, whereas Eden Pigott was a minute from hers but, thirty up on her previous time; Joseph Lockett (11reduced his last time by over a minute but is still a little from his best.

Ben Geens (7) gained a PB of three dozen seconds in 13.03, as he was schooled round by his father; knocking over four minutes from his previous solo-run; followed by Laurie Hinton (6) - still nursing a broken arm - and run-partner Jack Grimes (7) finishing in a dead heat of 13.16; which is one second from the latter’s best.

Obviously - from previous observation - Connie Statham approves of the warmer weather, not only upping her distance but gaining a PB of fifty seconds in 13.44.

Andrew Chandler escorted son, Rowan (7), to the line to gain the youngster a PB of just two seconds in 15.13; with v40, Kyla Tideswell, completing her first event in 16.17 and v70, Wendy Allen, upping her second event distance to clock a time of 17.02 and Joshua Eames (7) easing round in 17.51.

Harry Bond (14) drew the fleet-of-foot contingent through their paces, before dropping off the pace and completing the 3.6K one minute from his best in 15.16; followed in by Edward Dodd (10) who reduced his personal best time by eight seconds to 19.13 - two minutes faster than two previous efforts.

Three female vets followed: Sheila Allcock gained a personal best time in 25.51, knocking fifty seconds from the previous week’s time, and Alex Tomlinson reduced her previous time by ninety seconds in 27.05, with Mara Cope’s chalking up an inaugural event time of 25.53.

Five-year-old Bleu Bailey surged round the 1.5K route to chip two seconds off her PB in 9.26, with Imogen Phillips (10) just ten seconds ahead of Ella (11) and Max Tideswell in 10.42; with Martha Williamson (7) and Dominic Chandler (9) finishing alongside of each other a further minute adrift to gain Dominic a PB of twenty six seconds.

It was Rebecca Hinton’s week for escort duties, while hubby covered the longest distance; minding daughter Sophie (3) to her first ever 1.5K to a finish of around twelve minutes.

Evie Locket (8) was two minutes from her usual pace as she raced to the finish ahead of Jessica Grimes (4) and escorts, Gina and John, with Jessica gaining a PB of one minute in 12.04.

Daniel Knowles, forty years senior of six-year-old niece, Ellie Dent, also upped their distance to finish the 1.5K in 17.07.

Daniel Frewer (14) eased back from his last week’s PB by a dozen seconds in the 5K, which allowed his adversaries, Isaac Elkington and Martin Pigott to cross the line a stride apart in 21.13; which is a minute from Isaac‘s best but, gained Martin a PB of two dozen seconds.

James Locket gained a PB of forty four seconds in 23.15 which was two and a half minutes ahead of elder brother Paul.

Leah Finney managed to stave off the last ditch catch-up attempt of Jamie Carney, both improving their previous times but, remain a good thirty seconds from their similar PB’s in 23.34 and 36; however, v60, Dave Edge, improved his time by score as he continues to head in the right direction once again; drawing Karl Birch along to an improved time of 24.44 and just a score from his best and a score adrift.

Charlotte Statham improved her time for the second, consecutive week and is down to 26.09, which is almost a minute gain over last week’s PB.

After running alongside of his son to the 2.2K cut-off-point, Adam Geens increased his pace to finish with a time of 26.20 - which reduced him to the prone position at the band stand finish - to gain an adjusted time of thirty seconds, however, he politely admitted, after the results were posted, that this was not warranted due to a start at the head of the pack.

Joey Courchene returned to the full distance and reduced his previous best time by ninety seconds to 26.27; followed thirty seconds later by an improved time for Susie Noble with David Hinton a further twenty in arrears and just four from his best.

Richard Dodd paced around un-guided, and just like his sons, further improve his time and finished only two dozen from his best ever in 28.21; with Ian Frewer just ten seconds behind to gain another PB - following regular attendance.

Unfortunately, Matthew Hales hasn’t kept up winter training, with several months between outings, noted by a 28.40 finish, which was nine seconds ahead of v70, Bill Mould, who reduced his previous week’s effort by almost a minute.

Joanne Phillips managed a thirty second reduction on her previous week’s outing to cross the line a minute ahead of the inaugural event of Damien Lloyd and daughter, Lacie (10); with v55, Denise Eason chopping ninety seconds off her previous finish and ten seconds ahead of the first event time for Lauren Emery, in 30.45; the latter pulling away from event-partner Lydia Alcock by thirty seconds, however, their joint effort gained the latter a PB of seventy seconds; followed by a best time, by a score, for David Welton in 32.08.

Sarah Garde was unable to emulate the previous week’s boosted-time as she dropped back slightly to 33.03, with Lisa Soutart around a minute in arrears.

Twelve-year-old, Oscar Love, Struggled to a 38.18 finish; with Kevin Gidman suffering likewise and walking most of the distance; Dawn Brown unable to complete the route due to a slight health problem.

Thanks to the staff who coped with the changes to the normal routine: Harry and Jack, Rachel and Steve Massey, Jan Percival along with marshal duties from Bryan Vigrass - watch this space as the v80 + is back in training.