Brough Park Couch to 5K (12.05.18)

The latest Brough Park Couch to 5K was boosted to a new record high by the attendance of several absentees, along with newbie’s, which included more than a handful of hockey players and supporters.

Helen Finney returned to the 5K for the first time since the Christmas break from hockey to a 28.11 finish - only a minute from her best - while her hockey mates eased their way around ahead of next week’s Manchester 10K; Vivian Ross 30.20, Alex Spragg and Gemma Hurst 31.44, Hazel Mycock a stride or two later with Emma Bettany 90 seconds adrift. While Darren Redman recorded 29.09 and 80 seconds ahead of Richard Warrilow.

Dan Frewer (14) and Martin Pigott swapped places as they pushed themselves through the full distance. The youngster was leading by about 10 seconds prior to a slip on the last corner which resulted in a similar time deficit on the line in 21.27 - Dan was more than 30 seconds from his best and Martin only two.

Steve Massey maintained his place as he progressed around to finish 3-dozen seconds ahead of Rob Bond’s 23.13, and further dozen from Jack Hancock who outpaced the pursuing Leah Finney by 16 seconds.

There was a regular time of 24.33 for Karl Birch which was only ten from his best, with Paul Goldstraw pulling himself along a minute later to a slightly improved time.

Suzie Noble was more than elated to finish with PB (-21) after forging ahead of John Lagan, only to be overtaken in the later stages and encouraged to surge for the line; the latter finished 37 seconds ahead in 25.34.

Dan Knowles back-tracked to complete more than the full distance in 29.35, after escorting niece, Ellie Dent (6), to an 800m PB in 6.35; whereas, Karen Avery was pulled along by Ivy the dog over her first a Saturday, full distance in 34.35.

A training duo of Charlotte Statham + Archie the dog and Dave Hinton, from Ched’ Joggers, crossed the line in below par times of 26.31, with Ian Frewer also dropping back with a 10 second slower event in 28.07.

V70, Bill Mould dropped back from last week’s time by just over a dozen seconds and the same margin from his best in 28.26; while Dave Whelton further reduced his best time with a 50 second faster pace to 31.19.

However, Jo Phillips completed a slower event in 31.50 and Danielle Sargent suffered a similar fate and 30 seconds adrift.

Nicola Damjanovic returned after three months absence to clock 15 seconds from her best in 32.56; with Sarah Garde, unable to better the PB of last week, 8 in arrears.

Lisa Soutart chopped almost 4 minutes off her last week’s time in 33.22 and gained a new PB by 3 seconds; while Dawn Brown was a minute from her best in 33.57.

Eleven-year-old, Sienna Phillips, seemed weighed down after receiving her 75 event trophy, however, she continues to take part in the 3.6K, on this occasion with a minutes slower than her last even time in 16.53. V50, Alex Tomlinson dropped back by 6 seconds to 24.12, which was 80 seconds ahead of the new PB, by 20 seconds, set by Teresa Morrison and John Corn; whereas, Sheila Allcock made a slight increase from her last event time to 25.47.

Suzanne Mellor dropped down a lap and returned a time of 26.25, which was 40 seconds ahead of Lauren Rooke, who returned after a four week absence; while Beverly Sloan dropped back slightly to 28.16.

Siblings, Rees (12) and Lisa Soutart (8) - along with Smudge the dog - chose the 800m event and a finish of 5.25 and 8.09, respectively; while v70, Zena Cope continued her attendance with a 13.15 finish.

Ella Tideswell (11) completed a slightly, slower solo 1.5K in 9.15, which was followed 34 seconds later by an improved time for Bleu Bailey (5); with Archie (3) and Kelly Woolley gaining PB’s of 20 seconds in 10.37.

Jack (7), Oliver (4) and father, John, completed this distance together, with the youngest gaining a PB of a dozen seconds in 11.23; which was followed 30 seconds later by the return of v65, Mary-Jane Searles.

V70, Wendy Allen reduced her best time by over a minute to 12.06; which was 30 seconds ahead of a marginally improved time for Sophie (3) and Rebecca Hinton.

Gina and Jessica Grimes (4) completed a slower time but were 3 seconds ahead of a reduced distance event for Martin Day, and a further 5 ahead of Jamie and Kiera Carney (10), who set a new PB by almost 100 seconds in 13.33; while newbie’s Anne and Robin Leese (4) found their way around in 14.32.

Oliver Bailey (10) improved on his last event time by 10 seconds and the same margin from his best; with James Burgess (7) and Eden Pigott (8) following on with slightly slower times of 11.07 and 11.15.

Eight-year-old Scarlett Bestwick improved on her four-week-old best by over 70 seconds to 11.30; followed by an improvement for Joseph Locket (11) to 12.09, which is only 20 from his best, however, Emily Jones was setback by that margin to 12.24.

Alex Poulton (14) was unable to match last week’s best time to finish 6 seconds ahead of Mark Duffield, who dropped down to this distance and the time of 12.40. Joel Day (7) was also below par as he finished 24 seconds ahead of Shannon Chandler (5) who returned after a long absence, and a further 6 ahead of Noah Phillips (7) who dropped back to 13.43.

Nick Webster and son, Rian (8), improved their time once again with a PB of just 4 seconds in 14.14, which was 2 seconds ahead of Charlie Bridgwood (5) and a further dozen from Cole Turner (8) who returned after a six week absence.

Six-year-old, Laurie Hinton (6) completed a ‘freer’ event with friend Connie Statham (6) only 7 seconds in arrears in 14.41, which was less than 20 seconds ahead of a PB by 70 seconds for Max Tideswell (4) accompanied by father, Gary.

Hayley Bestwick accompanied son, Arthur (5) to their first Saturday event time of 15.15 and 15.33, which was two minutes ahead of a new PB for Wendy Waddell, with John Chandler a further 8 seconds adrift and slightly ahead of Joshua Eames (7).

Thanks once again to: Sam Goldstraw, Maria Phillips and Jack Bray, who all coped under the increased pressure.