Brough Park Couch to 5K (19.05.18)

A number of regular 5K entrants planned to take part in the Astbury Mere Marathon Relay the following day, with two dropping down a distance in preparation.

Daniel Frewer(14) completing the 3.6K for the first time with a 14.40 finish, while Paul Goldstraw returned 18.25, and a PB of 22 seconds. Whereas, three others competed as normal in the full distance; with Martin Pigott also gaining a PB of 22 seconds as he crossed the line just 4 seconds behind the 20.48 finish of Isaac Elkington; Jack Hancock’s 22.49 reduced his previous week’s effort by almost 40 seconds, with Daniel Knowles the same amount in arrears and only 5 seconds from his best. That quartet were separated by the 22.32 of Mark Sharrock, which gained him a PB of 11 seconds over his previous week first-outing and Gilbert Rooke’s inaugural time of 23.18.

Andrew Barlow reduced his time for second week in a row and is down to 23.37, which was a dozen seconds ahead of Karl Birch who dropped back by a similar amount.

John Lagan’s 25.39 was also a little slower than the previous week but his efforts once again drew along Suzie Noble to another PB, albeit of just one second in 26.10.

Paul Chauveau returned after a seven month absence to a PB of 12 seconds in 26.29, which was followed 17 seconds later by Charlotte Statham; with Matthew Hales a further three dozen behind but, with an improved time.

Kevin Gidman outpaced Jo Phillips by 4 seconds in 28.22, as they both reduced their previous week’s time by three minutes, with Darren Redman and Daniel Sargent only 2 seconds behind and an almost dead heat at the line to gain PB’s of 41 and 50 seconds.

Newbie, Katie Sanderson secured a 28.38 first event time to finish two dozen seconds ahead of Mike Turner - who returned after three months absence - and this further minute ahead of Paul Cope, who chopped 50 seconds off his first event time of four-weeks ago.

Wendy Lee eased her way around after two months absence with a 30.23 time, which was a score ahead of Dave Whelton who reduced his time for the third event in a row; while Denise Eassom improved over her last event to 31.10, which is only half minute from her best.

Four female, entrants who gained PB’s followed; Lydia Alcock (-6) in 31.18, Lisa Soutart (-5) in 32.07, Sarah Garde (-14) only 7 in arrears and Nicola Damjanovic (-18) a further 10 adrift. Dawn Brown returned a regular time of 34.48 whereas visitor, Joanne Gray from Yorkshire, finished with a 39.01 time over her first, undulating 5K route.

Warren Mosley secured a 20.35 time in his first 3.6K event, which was three minutes ahead of Alex Tomlinson who chalked up her fourth successive PB, this time by 30 seconds.

V60, Suzanne Mellor has decided to build up her stamina in the 3.6K before returning to the full distance; on this occasion reducing her previous time by 30 seconds to 25.53, which trailed Sheila Allcock by 10 seconds - the latter adding to a string of similar times.

Twelve-year-old Rees Soutart finished the 800m with a PB of 20 seconds in 4.29, which was 14 head of Laurie Hinton (6) who reduced his five-week-old best by almost two minutes, and a further 4 ahead of Connie Statham.

David and Sophie Hinton (3) eased around in a slower than usual time of 9.21 but, more than a minute head of Libby Soutart and Smudge the dog; while v70, Zena Cope continued her attendance with a 13.04 finish.

The 1.5K saw Imogen Phillips (10) cross the line a dozen seconds from her best time in 8.44, while Ella Tideswell (11) reduced hers by two dozen seconds and only 5 in arrears.

Robyn Leese (4) was escorted by father David in her second event and chopped five minutes off the previous time to 9.32, which was half a minute ahead of Archie (4) and Kelly Woolley who reduced their best by almost the same.

Four-year-old twins, Oliver and Jessica Grimes finished 22 seconds apart, the latter claiming a PB of 7 seconds in 11.56, with mother Gina a further 4 in arrears; with Reuben (4) and Danielle Latham following 30 seconds later.

Eleven-year-old, Sienna Phillips equalled her year-old best of 9.09 in the 2.2K, with a sprint finish against Nick Hulme who was 30 seconds away from his year-old best.

George Bridgewood (10) crossed the line just over a minute ahead of the 10.47 PB of Daisy Williamson (12), while Neve Jones finished 30 seconds later.

There were PB’s for Alex Poulton (14) -30; Joseph Lockett (11) -4; Emily Jones (8) -66 and Noah Phillips (7) -34. Unfortunately, Jake Sanderson (10) and Charlie Bridgwood (5) completed a slightly slower event in 12.45 and 13.22.

Joshua Eames (7) had a mission in mind - band stand DJ - as he completed a faster than usual 2.2K in 14.06 - only 30 seconds from his long-standing best time.

Max (4) and Gary Tideswell scored a PB of 18 seconds in 14.41 which was three dozen ahead of v40, Mara Cope; while v80, Bryan Vigrass returned after a long absence to a PB of 15 seconds in 17.14, and a minute ahead of Martha (7) and Claire Williamson with Jamie Carney and daughter Kiera (10) upping their distance and a 23.16 finish.

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