Brough Park Couch to 5K (02.06.18)

A number regular Couch to 5K entrants were absent from the 126th event due to taking part in races on behalf of their club’s over the weekend.

Due to this, Leah Finney led from the off and found herself isolated at the head of the pack, reducing her pace in order to gain some company throughout the remainder of the full distance, which resulted a 23.38 time; which was still 20 seconds ahead of an improved time for Dave Edge, with Dave Hinton pushing on to gain a PB of a minute and 11 seconds ahead of Daniel Knowles’ 24.59.

Paul Locket was only 2 seconds behind as he reduced his five week old PB by 18 seconds; whereas Charlotte Statham chopped 45 off hers to 25.24 and Suzie Noble chipped another 2 off hers to 26.08.

In between, John Lagan crossed the line in 25.34 for the third time in the last month, with Matthew Hales getting back on form and reducing his previous time by 30 seconds to 26.14, which was seven ahead of Paul Goldstraw.

Ian Frewer was able to reduce his time once again, on this occasion by 20 seconds 27.38, with Jo Phillips pushing hard to chip just 1 off hers to 28.20.

Richard Dodd finished 10 seconds ahead with an improvement over previous weeks, while Darren Redman and Bill Mould eased back slightly to 29.10 and 29.17.

There was a dead heat for Rob Wattam and Thomas Turner (15) of 29.40 in their first event, while Richard Warrilow and Vivienne Ross were a stride apart in 29.55; both reducing their three-week-old best by best over two dozen seconds.

Joanne Higgins returned after a two month absence and followed up a recent half marathon in France with a 30.46 time, which was 8 seconds ahead of Claire Williamson, while Dave Whelton pulled along run partner, Kevin Gidman to a 31.05 finish.

After a week long holiday and a 10K in Manchester, Karen Avery returned with an improvement of almost two minutes in 32.37, which was almost that margin ahead of an improved time for Dawn Brown.

Ten-year-old Oliver Bailey usually finishes the 2.2K a few seconds ahead of sister, Bleu (5), who takes part in the 1.5K; on this occasion he was outdone by her PB of 38 seconds in a time of 8.48 and a 50 second gap.

Archie (4) and Kelly Woolley followed the youngster with a PB of their own of almost a minute to 9.13; unfortunately Rosie (4) and Adam Carter dropped back by more than that margin to 14.16.

The 800m saw Neve Jones (5) secure a PB of almost two minutes in 6.32; while a trio of Sophia Hinton (3) and Connie Statham (7), escorted by Daisy Williamson (12), become separated by 30 seconds, as the latter clocked 7.13; with Tom Stoddart - more accustomed to fell running - escorting his youngest, George (3) to an inaugural 7.05 finish.

Warren Mosley was unable to match his last week‘s PB, as he finished the 3.6K in 20.49, which was three minutes ahead of a first, at this distance for Lydia Allcock.

Partners, Teresa Morrison and John Corn, reduced their joint PB once again; their 24.51 time is two minutes below their first event some four-weeks ago.

Lorna Stoddart once again ran along with daughter, Isabel (6), to the 2.2K cut-off point, from which she went on to finish that distance 30 seconds faster than last week; mother, improved to 25.10 in the longer distance.

V60, Suzanne Mellor, chipped 16 off her best to 25.17, with Jack Moseley (12) completing his first event in 28.32.

Two eight-year-old rivals, James Burgess and Edward Dodd, were separated by just 4 seconds in 11.11 and 11.15 and a couple of dozen from their best; while Scarlett Bestwick (8) and Luke McMullen (6) - who have similar best times - completed this distance in 11.41 and 11.49.

Emily Jones (8) and Dominic Chandler (9) crossed the line almost together in 11.52; the youngest equalling her best and the elder reducing his by more than two and a half minutes.

Despite encouragement from parents Rebecca Hinton and Adam Geens, Laurie (6) and Ben (8) fell short of their best times by 30 seconds in 13.27 and 13.40; whereas, Rohn Chandler reduced his by almost four minutes to 13.33.

Five-year-old, Mackenzie Damjanovic returned after a long absence to a 14.10 time before mother, Nicola, continued on to finish the full distance with a PB of 18 seconds in 32.05.

Florence Render (6) and father, Howard, were set back to 18.16, while Keira (10) and Jamie Carney improved by almost 50 seconds to 22.27.

Thanks to: Sam Goldstraw, Harry and Grace Bond and Jack Bray for result records.