Brough Park Couch to 5K (09.06.18)

Despite one entrant vowing not to and another vowing never again - after the fact - both Isaac Elkington and Claire Williamson gained from following a faster paced runner in the 5K.

GB representative, Jason Burgess, pulled the former along from the off, to a sub-20 finish of 19.55 and a PB of 17 seconds, and just 27 in arrears; the latter was drawn along by Bill Mould, who had taken the lead late on, to attain her first sub-30 in quite a while, the finish of 29.31 was only a stride behind and reduced her last event time by over a minute - both of them having sufficient left to discuss their achievements after crossing the line.

Meanwhile, on one of the best mornings for running this year, and a record equalling turnout, there were numerous other highlights; Ethan Ollier (14) returned to add a 28.35 finish in the full distance to his stop-start season, with Richard Dodd tagging along to a score slower time than his last; V70, Zena Cope resumed her 800m challenge after a week's absence and recorded best ever of 12.15 - despite a mid-stream gasp of 'it's not getting any easier'; Jamie Carney and daughter, Keira (10), took up the longer distance challenge of the 3.6K, to trail in way behind everyone else in a fantastic 41.30 time, and a rapturous applause.

Many entrants recorded pleasing times despite taking part in the mid-week, summer series events, while others chose not to take part due to club commitments in the afternoon or the following day.

Three-year-old Sophie Hinton and father, David, eased their way along the 800m route to a PB of a dozen seconds in 6.22; while sibling, Laurie (6) was escorted by mother, Rebecca, in the 2.2K and reduced his best by 30 to 12.03.

Martin Pigott’s extended warm up may have attributed to his slightly slower 21.26 in the 5K; whereas, Mark Sharrock improved on his previous event fastest time by a score to 22.11; followed 20 later by the, long overdue, return of Nick Hulme, with Rob Bond a further 10 adrift.

Leah Finney continues to return mid-23 minute times, to finish a dozen ahead of Steve Massey’s 23.34, while Adam Geens was unable to match their pace and crossed the line almost a minute behind.

Both Alicia Earnshaw and Charlotte Statham reduced their best to 24.29 and 25.44; with the latter previously returning a batch of finishes over a minute slower with John Lagan alongside throughout but 20 from his best, and Matthew Hales the same margin behind but continuing to improve; while Paul Goldstraw is still easing himself around - wary of aggravating a previous injury - to return a consistent time of 26.25; with Thomas Turner (15) reducing his last event, inaugural time by over two minutes to 27.48; while Alex Spragg almost matched that with a best time of 29.57.

Unfortunately, Darren Redman, Kevin Gidman, Vivian Ross and Richard Warrilow all dropped back by a handful of seconds from their last return; with Jo Phillips’ slower 29.48 being attributed to earlier escort duties, with Wendy Lee just twenty seconds behind, reducing her previous event by the same margin; followed by Lauren Emery who returned after a six-week absence to a PB of 30.29.

Thirteen-year-old, Finlay Warrilow’s, inaugural event saw him finish 6 seconds behind the slightly, slower 30.36 of Paul Cope, with Dave Whelton a stride ahead at the line, reducing his last event time by 20 seconds.

Lydia Alcock and Karen Avery may have finished a minute apart but, both reduced their PB’s to 30.46 and 31.42; the former by 22 and the latter by 51 seconds. Lisa Soutart and Dawn Brown were also a minute apart but recorded slower times by 25 and 30 seconds in 33.55 and 34.56.

The 2.2K was headed once again by Sienna Phillips (11) in 9.20 - only a dozen from her record, while George Bridgewood (10) dropped back by double that to an even 10 minutes; with Harry Durber (15) just 54 seconds behind in his first event.

Despite the partnership of his mother, Jo, Noah Phillips (7) completed this distance in the slower than usual time, while Joseph Lockett (11) reduced his previous best by 15 seconds to 11.29 and the same margin ahead of Archie Bartram (11).

Edward Dodd (8) crossed the line over two minutes ahead of rival James Burgess (8) in 11.44, with the latter pacing alongside of cousin Joshua Eames (7) for the most part of the distance before sprinting to the tape.

Fifteen-year-old Alex Poulton’s first event time of 12.16 was almost a minute ahead of the on-the-day partnership between Grace Bond (11) and Imogen Phillips (10); with Ella Tideswell (11), brother Max (4) and father, Gary, gaining PB times of 13.13 and the latter pair’s 13.47.

Howard Render completed this distance in a slightly slower 14.08 after escorting Florence (6) to the 800m cut-off-point, from which she went on to a 6.23 finish, which was 5 seconds ahead of the PB of a dozen seconds for Pippa Waddell (6).

The Webster trio of Rian (8), Josh (7) and father, Nick, completed the 2.2K in slightly slower times of 14.31, with Ben Geens (8) and Jack Grimes (7) fairing similarly in 14.55 and 16.26; while Dan Bartram’s every-other weekend event was also slower. There was a first event time of 16.33 for Isaac (11) and Ian Spry, which was followed a minute and two minutes later by Mary-Jane Searles and Wendy Waddell.

The Woolley pair of Kelly and Archie (4) dropped back to 9.48, which was a minute ahead of another pair of Reuben (4) and mother, Danielle, with the Grimes trio of four-year-old twins, Jessica and Oliver, with father, John, finishing 90 seconds adrift after a slight detour; another pair of Rosie (4) and Adam Carter finishing with a slight set-back from last week, in 14.34.

The 3.6K saw a batch of PB’s: Sarah Garde dropped down from the full distance to reduce her long standing best by a dozen seconds to 23.42; followed 7 seconds later by a 40 second reduction for Theresa Morrison and partner, John Corn, with Lauren Rooke chipping just 9 seconds off to 26.31; while Sheila Allcock dropped back by half a minute to 25.28.

Thanks for the result recording staff of: Sam Goldstraw, Harry Bond, Louise Hackett and Jack Bray; with thanks to Gareth Briggs for marshal duties and assisting in sign retrieval.