Brough Park Couch to 5K (16.06.18)

The latest Brough Park Couch to 5K attracted several new entrants; Charlie Paton (14) completing the 2.2K in 10.02, while mother, Kelly, and sibling, Lilly (8), completed the 1.5K just a few seconds ahead and Isla Gorde (7) a further 10 in front; Toby Poulton (10) was shown the 800m route by - seasoned - brother, Alex (14), in 4.51, followed by a few regulars; Pippa Waddell (6), completing this distance 30 seconds from her last week’s best of 6.28; whereas the related pair of, Dan Knowles and Ellie Dent (6), were triple that from their 3-week-old best in 8.06.

However, after receiving a commemorative trophy for attending her 25th event, nine-year-old, Imogen Phillips paced around with running-pal, Ella Tideswell, to a 8.42 finish in the 1.5K, which is just ten from her best, while Ella was a stride or two behind at the line but, gained a PB of 3 seconds.

Six-year-old, Laurie Hinton pulled ahead of Jack Grimes (7) by 10 seconds, to reduce his 1.5K best by 96 seconds to 9.19, with Jack reducing his three-week-old PB by 74.

Noah Phillips (7), chopped 80 seconds off his PB to 7.47 after being escorted around by mother, Jo, who went on to complete the full distance a minute from her best in 28.25.

One of the regulars had child-minding issues to deal with; Kelly Woolley entertained her youngest, Annie, while brother, Archie (4), was more than content to stride-out on his own; although unable to secure a best-ever 1.5K time, he did reduce his previous one by 18 seconds to 9.30, to set a challenge for mum.

The 2.2K distance was once again headed by Sienna Phillips (11) in 9.22, while youngsters, George Bridgewood (10), Eden Pigott (7) and Joe Lockett (6) all recorded slower times of, 10.11, 11.35 and 11.37; with Richard Dodd pacing alongside of William (6) to improve their previous times to 26.58 in the 5K for father - only 6 from his best - and 11.57 in the 2.2K for his youngest, with sibling, Edward (8), just ahead in 11.40.

Gary and Max Tideswell (4) dropped back by a dozen to 13.58, with Joshua Eames (7) following 30 later, and Connie Statham (6), unable to match her 6-Week-old best, a further 7 behind.

Isaac Spry (11) reduced his best by a minute to 15.32, while father, Ian, went on to complete the next distance in 25.70; with John Grimes chalking up 15.38, with the remainder of the family; Jessica (4) finishing only 7 in arrears, and twin, Olive rand mother, Gina, a score adrift.

Four-year-old, Mackenzie Damjanovic, finished 13 ahead of mother Nicola in 16.58 but, he had completed the 1.5K, as opposed to her 2.2K, in her best time by over 5 minutes.

Both Daisy Williamson (12) and Rebecca Hinton escorted daughter, Sophie (3), throughout her first 2.2K in 18.21.

Jason Burgess continued his European Championship workout in the 5K with a 18.27 finish, before completing a 200m hill climb from the park valley to the St. Edwards Church and then going on to a ‘Cave’ fitness session in the nearby gym.

Martin Pigott equalled his last event time of 21.26 and remains a good 30 from his best, with Nick Hulme 80 behind alongside of Steve Massey and Matthew Statham, the latter two easing themselves back after injury. Brothers, James and Paul Locket finished almost 80 apart in 23.08 and 24.39; both gaining PB’s of 12 and 22 seconds; with Dave Hinton benefitting from the pace and securing a PB of 18 as he finished alongside. However, Charlotte Statham and John Lagan dropped off a little but, secured best times by 24 and 18 seconds in a dead heat of 25 minutes.

V60, Dave Edge forged around at an even pace following mid-week events, finishing 50 ahead of a 20 second PB for Ian Frewer in 27.58. Eden

V70, Bill Mould once again played cat and mouse with Claire Williamson to almost mirror their previous week’s effort.

Lauren Emery reduced her last full-distance time by almost a score to 30.39 - just 10 from her best - whereas, Dave Whelton suffered a set-back of that margin to 31.25; with Oscar Love (12) two minutes in arrears and a handful ahead of an improved time for Dawn Brown with Lisa Soutart dropping back a little.

In the 3.6K, Jamie Carney was pulled along to a PB of almost FOUR minutes to 37.32, by daughter, Keira (10); while Alex Tomlinson headed the group in 23.44 with Lauren Rooke reducing her best by two dozen to 26.06, and Beverly Sloan completing the distance in 28.31.

Thanks to the support staff: Louise Hackett and Maria Phillips along with Jack Bray and Harry Bond in addition to Jo Hackett and Bryan Vigrass for marshal duties.