BPRC Couch to 5K (23.06.18)

The 129th Couch to 5K event attracted an attendance of exactly 100 finishers, with the staff and the race clock coping admirably with that mass.

Once again, amongst those on the line were another batch of new entrants; the duo of Fiona Copeland and daughter, Daisy (10) initially aiming for a 2.2K but, more than happy to cut their inaugural event short and coast in to a 1.5K time around 7.30; the Faulkner trio of father Carl, twins, Tillie and Hattie (8), followed by Margaret Hall crossed the line four and a half minutes later; whereas, Esme Akerly (7) and father, Mike, completed the 2.2K in 17.25; with last event newbie’s, Lee Poulton and son, Toby (10) moving up from the shortest distance to record 8.46 in the 1.5K; while Lilly Paton (8) and mother, Kelly, alongside of Isla Gorde (7), cut their initial times down by 52, 20 and 3 seconds to 9.09, 9.40 and 9.48.

Just as important as the newbie’s heading their chosen distance were those - somewhat regular - rear guards, all moving along to do their own thing. V70, Zena Cope, admittedly, walks the whole 800m, to utter a regular ‘it gets no easier’. It may not! However, she reduced her best by another 19 to 11.56 - a far cry from the initial Wednesday trial almost two months ago. Others including, Sarah Garde, Dawn Brown and Lisa Soutart all move along at their own pace, with up and down times week-on-week in the full distance; with Oscar Love (13) ahead of the trio in 32.55.

Not forgetting the last-but-not-least pair of Jamie Carney and daughter, Keira (10), who improved their 3.6K time by 2 minutes to finish in 100th position in 35.22 - a reduction of 6 minutes over 3-week’s.

Nick Beeby added to the ‘hockey club family’ with a 28.36 finish in the 5K; with club-player, Helen Finney, returning for a summer workout a minute ahead and a stride behind Kevin Gidman.

Others from the club improved their initial full distance event times; Gemma Hurst chopped 4 and a half minutes off hers to 27.15 and Hazel Mycock chipping 73 seconds off to 30.35; with Lydia Allcock dropping back to pace along, resulting in a slower time by 6 minutes; as did Alex Spragg but only by 20 seconds.

V50, Alex Tommlinson gained a new PB of 3-dozen seconds to 32.44, while the continued pairing of, v70, Bill Mould and Claire Williamson - nowhere near v50 - is paying off; the vet increasing his pace to get nearer his best while pushing/pulling the latter along to reduce her last week’s PB by a dozen seconds to 28.51; in addition to Charlotte Statham piping John Lagan at the line following joint, improved efforts throughout, to reduce theirs by 18 and 16 to around 24.42; Paul Goldstraw was 10 adrift after slip-streaming to gain a long awaited reduction in his time and a good 2 minutes ahead of Richard Dodd.

Dan Frewer (14) headed the 5K just 30 seconds from his best in 21.32, followed by a slower time for Isaac Elkington but, an improved one for Steve Massey, in 22.02 and 22.16, respectively.

John Green also improved his last event time, by half a dozen seconds, with James Lockett benefiting from the pace ahead to cross the line a handful in arrears but, reducing his best by 20 seconds to 22.49.

In the shortest distance of 800m there were improved times for some of the youngest; Oliver Grimes (3) gained 3 minutes to 6.08, alongside of father, John; George Stoddart (3) chipped half a dozen from his 3-week-old PB with a 6.58 finish alongside of sister, Isabel (6) and father, Tom; followed a score later by Pippa Waddell (7) and Madeline Statham (12).

The 1.5K saw improvements of 13 seconds to 8.19 and 8.35 for Imogen Phillips (10) and Bleu Bailey (5); with Ella Tideswell dropping back by 6 and the same in arrears.

Charlie Paton (13), Harry Durber (15) and George Bridgewood (10) crossed the line 20 seconds apart in 9.56, 10.09 and 10.15; with PB’s for the former pair of 6 and 46 seconds in the 2.2K.

Eight-year-old rivals, James Burgess and Edward Dodd, finished just 8 seconds apart in 11.02 and 11.10, with their placing being split by a PB of 3 seconds for Joseph Lockett (11); while Laurie Hinton’s 11.16 was 3 ahead of mother, Rebecca, with reductions of around 50 seconds for both in 11.16.

Two nine-year-olds, Dominic Chandler and Lorna Stoddart finished32 seconds apart; the latter gaining a PB of over a minute in 12.39, with Noah Phillips (7) and Emily Jones (8) in between.

Emily Holland (10) was escorted by father, Greg, to the cut off point to finish in an even 13 minutes, with father going on to the next distance in 22.31.

V80, Bryan Vigrass gained a PB of almost 20 seconds to complete the 2.2K along side of Libby Soutart (9) and 40 behind v60, Mary-Jane Searles.

Reuben Latham (4) gained a PB of 25 seconds in 18.18, with mother, Danielle, Gina and Jessica Grimes (4) and Wendy Waddell; with Jack Grimes (7) 10 seconds ahead.

The pairings of Nick and Rian Webster (8) and Max Tideswell (4) with father, Gary, gained PB’s of 24 and 2 seconds as they finished around 30 apart, from 13.13; while James Bridgwood and Charlie (5) were a little slower in 14.46; with four-year-old Archie Woolley upping his distance and a 15.15 time.

Martin Pigott eased to a 3.6K finish of 15.39 - ahead of an orienteering event an hour later - which was 20 ahead of Sienna Phillips (11) and a further 5 minutes ahead of Olivia Bray (9), while Rees Soutart reduced his long-standing best by over four minutes to 25.41; two dozen ahead of a 1 second improvement for Lauren Rooke.

Thanks to Sam Goldstraw, Ian Frewer and Jack Bray for the results and Dave Edge for marshal duties.