Hi, once again from the side-lines of Brough Park Running Club.

The pic’ of the week’ from 19.07.18 is of two regular family members, Jo and Noah Phillips, depicting the family ties that lie within our little event.

It isn’t a case of mother escorting son to the cut-off point. He’s covered the route enough times to do it blind fold?

It is the case of son acting as a foil for mother, otherwise she is prone to taking off too fast and burning herself out mid-stream; on this and other occasions it worked, as she gained a PB.

Happily, this close association between family members of all ages is prevalent within the ever growing group

Long may it continue!

We invite the fit and the not-so, the young and the older person to take part in any one of our five distances.

Wishing each and everyone the very best on their journey.

BPRC