Brough Park Couch to 5K (30.06.18)

Prior to the latest Couch to 5K events, which attracted a larger than average turnout on a beautiful summer’s morning, there was a presentation to seven-year-old Pippa Waddell for attending her 25th event.

Two eight-year-olds and local club-mates led the 2.2K; Eden Pigott ending the distance 6 seconds in arrears of James Burgess’ time of 11.10, following their spirited duel; newbie, Charlie Wardle (15) followed a minute later alongside of Alex Poulton and Joseph Locket, in slower times than previous.

Noah Phillips (7) and Dominic Chandler (9) were a further 20 adrift with six-year-old Laurie Hinton unable to match his previous week’s PB, another 16 behind.

Connie Statham (7) paced around to finish alongside of Nina Riley (11) and father, Barry, to gain a PB of over a dozen seconds in 13.28.

The Grimes family were split by a minute from four-year-old Jessica’s 19.41, alongside of mother, Gina, to twin, Oliver, accompanied by father, John.

There was a five minute time difference separating the Aberley family; Tanya and daughter, Esme (7), crossed the line in 18 minutes, with Archie (8), suffering after falling along the route, managing to recover and finish alongside of father, Mike.

Imogen Phillips (10) also suffered a fall and was walked to the line by mother, Jo, who later completed a 5K on her own, once her youngsters had gone swimming.

Unfortunately, Dave Edge also failed to finish following on early, en-route hamstring injury.

Seven-year-old, Pippa Waddell led v70, Zena Cope in the 800m by 6 minutes in 6.32.

New entrant John Hurst soared around the full distance ahead of a batch of previous winners to claim a 20.46 finish time; which was 8 seconds ahead of Isaac Elkington, who was a minute from his best; Buxton AC athlete, Kevin Mottram, returned after a long absence and was only six behind, with Mac’ Harriers v50, Julian Brown almost 50 seconds away from his last event, eight-week-old PB in 21.31; while fourteen-year-old, Daniel Frewer was a further 18 seconds adrift, managing to fend off Martin Pigott by 2 seconds.

James Lockett continued to reduce his times, on this occasion by slightly more than 50 seconds to 21.57; two dozen ahead of an improvement for Steve Massey with Daniel Knowles the same in arrears and only a couple from his record.

Jamie Carney finished alongside of Matthew Statham in 24.13, with David Hinton benefitting from the pace ahead to reduce his PB once again, on this occasion by 12 seconds and only a handful behind.

There was a return to the full distance for Joey Courchene who crossed the line less than a score from his best in 25.20 and a dozen in arrears of Paul Locket; with Nick Beeby almost 80 seconds behind but, gained a PB of two minutes over his last event’s first attempt.

Susie Noble returned to a 27.09 finish with Gemma Hurst only 10 seconds behind and 3 from her six-week-old best, ahead of Ian Frewer’s slower time by 10 seconds.

Kevin Gidman crossed the line in a similar time to his last of 27.42, with a handful of entrants gaining improved times in his wake; Martin Day reduced his ten-week-old best by 90 to 28.21; Paul Cope his 4-week-old PB by 50 to 29.07; Richard Warrilow saw a reduction of 43 and only 5 behind; Vivienne Ross finished 10 ahead of Hazel Mycock with a PB of 6 seconds in 29.52, the latter reducing hers by almost 3 dozen.

V70, Bill Mould and Dave Whelton suffered slight set-backs to 29.18 and 31.17, as did Sarah Garde, Dawn Brown and Lisa Soutart - the latter having to cope with a playful, inquisitive and off route, Smudge.

Karen Avery followed her last weekend’s Wilmslow half-marathon with a consistent 31.51, with the Warrilow brothers, Finlay (13) and Lewis (12) finishing a minute apart and only two seconds behind the former, with Alex Tommlinson splitting their placing with a PB of 8 seconds in 32.36.

The 3.6K saw newbie, Adam Carter, set a time of 16.11 followed half a minute later by Nick Webster, who moved up from the shorter distance, ahead of Sheila Allcock by 10 minutes.

In the 1.5K, several pairs trailed Joshua Eames’ 9.26 to the line; Toby Poulton (10) and father, Lee, were 10 behind; Caiden Geens (4) recorded an inaugural 12.27 alongside of father, Adam; followed 80 seconds later by the stuttering run of seasoned entrants, Rebecca and Sophie Hinton (3); with Rosie Carter (4) and mother, Sarah, continuing their progress with a 15.10 time.

Their places were split by slightly slower 9.44 for Ella Tideswell (11) and four-year-old Archie Woolley’s 14.15.