The 131st Brough Park, Couch to 5K event commenced on a beautiful, Saturday morning, with the addition of more than a handful of newcomers amongst the more than average turn out.

Prior to the off there was a presentation made by V80, Bryan Vigrass to seven-year-old Noah Phillips for attending his 25th event; with the youngster going on to a slower 13.41 over the 2.2K distance.

The 5K started off in a similar vein as the previous week, where newcomer, John Hurst, paced around behind Isaac Elkington. On this occasion, after he passed the latter, a sprint to the line left them a stride apart in 20.39; a reduction of 15 seconds for the newbie-leader, with the regular entrant 45 from his best.

Martin Pigott, Steve Massey, Paul Goldstraw and Charlotte Statham all endured slightly slower times, whereas Sienna Phillips (11) reduced her last October’s previous best, and last run at this distance, by over forty seconds to 23.48, as she slotted in between that quartet.

Dave Hinton’s 25.19 was two minutes ahead of Suzie Noble - both finishing a minute from their best; with the inaugural 26.30 of Lucy Kanan two minutes ahead of daughter, Flora (14), however, the youngster chose the 3.6K; afterwards mother was encouraging her to take part in the full distance in their next outing.

Kevin Gidman finished three minutes ahead of run-mate Dave Whelton in 27.29, which is only 30 seconds from his best, whereas, Rebecca Hinton knocked almost a minute from her 3-month-old best to 28.24.

After parting from their youngsters at the 2.2K cut-off point, both Richard Dodd and Jo Phillips went on to complete the full distance; the former ended up a hundred seconds from his best in 28.39 with the latter only 20 from hers and a stride behind.

V70, Bill Mould and v40, Alex Spragg dropped back from their regular pace while Lisa Soutart improved on hers by a couple of minutes.

Other, regular full-distance entrants chose the 3.6K for different reasons; Ian Frewer walked and jogged around with another new entrant, V65, Jean Greenhalgh, for the best part of the 2.2K in 20.26, and then carried on to complete the 3.6K in 26.41; while the former’s son, Dan (14), coasted around a minute slower than his best at this distance; Claire Williamson, Sarah Garde and Dawn Brown had an easier run prior to another event the next day; Gina Grimes cut loose from the remainder of her family to extend her regular distance and a 26.37 finish.

V65, Mary-Jane Searles was another who decided to accompany a newbie, v50, Justine Mole, crossing the 2.2K line in a joint 14.21, two minutes below the former’s regular time but, with an applaudable reason; they followed 10 seconds behind Simon Edge, who reduced his last-week’s first effort by 2 minutes.

Two seven-year-olds, Luke McMullen and Rowan Chandler, paced around together, before the former pulled away to cross the line 40 seconds ahead in 14.23, which was slightly faster than his previous event, with the latter dropping back from his last and best time by 30 seconds.

Jamie Carney once again accompanied daughter Keira (10) in the 2.2K following a few weeks in the longer distance; reducing their 5-week-old best by 7 minutes to 14.56 and 80 seconds ahead of an inaugural event for Rhys Edge (9).

However, Harry Durber (15) was less than a handful of seconds behind a slightly slower Oliver Bailey at the mid-distance, clipping 14 off his record and a minute off over four weeks, to 9.55; with Emily Jones (8) reducing her best by a dozen to 11.40.

Newbie, Daniel Paton crossed the line a dozen ahead of seasoned six-year-old, Laurie Hinton’s slower 12.08; with Dominic Chandler (9), Joseph Lockett (11), William Dodd (6) and Alex Poulton (15) following within a minute at a slower than usual pace.

However, Gary Tideswell and son, Max (4) bucked the trend of so many by reducing their best by ten or so seconds to 13.55.

Rosie Carter (4) alongside of mother, Sarah, dropped back down to the 800m and chipped 10 seconds from their six-week-old record to 6.48, while Reece Soutart (12) chopped double that off his to 3.43.

Sophie Hinton (3) ran alongside of Martha Williamson (8) to a 6.37 finish, just 15 from the youngest’s best and 3 from the elders; while Lisa Soutart dropped back by a minute to 8.28, alongside of Smudge, the dog.

Five-year-old, Bleu Bailey finished the 1.5K a score from her best in 8.56 while Toby Poulton (10) and father, Gary, were double that from theirs and thirty seconds behind.

Run-partners, Lilly Paton (8) and Isla Gorde (7) reduced their PB’s by 5 and 32 to 9.04 and 9.14, with Caiden Geens (4) and father, Adam chopping almost forty from their two-week-old first event time to 11.49.

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