Brough Park Couch to 5K (28.07.18)

The predicted early morning rain-storm had passed long before the entrants lined up for the 134th Couch to 5K event, and the drop in temperature aided 14-year-old Jack Bray as he stormed to the front from the off.

Buxton AC member, Kevin Mottram, must have thought ‘not again’ as he was led around by a teenager for the second week in a row; the junior only had his sights on the 2.2K finish and peeled off at the cut-off point while the latter continued on to head the 5K with a PB of 16 seconds in 20.32; the former finishing double that from his 2.2K best in 8.33 - following a few weeks R & R in a distant clime.

The run-of-the-day should be set firmly on the shoulders of two 7-year-olds in the 2.2K, Joshua Eames and Luke McMullen.

Joshua’s Saturday attendance and training stints outstrip the vast majority; however, he doesn’t always put his mind to the task.

With the promise of playtime at the end with Shep the Collie pup, he applied his mettle to gain a PB of 45 seconds in 13.29; determined over the most part not to let the runner behind pass, however, Joseph Locket (11), managed to finish 8 seconds ahead.

Luke’s times have varied over the months, sometimes teetering close to his record and at others minutes away; however, seemingly buoyed by the earlier presentation of a 25 event trophy, he pushed onwards to reduce his best to 11.23.

Harry Durber (15) was a minute ahead of the latter and half that from his best; with James Burgess (8) having a sluggish run and 90 seconds behind; Alex Poulton dropped down a distance and finished a further 15 adrift.

This event saw the welcome return of Karl Birch, who eased his way around to a 13.49 finish, just 3 seconds ahead of Max (4) and Gary Tideswell, and a further 90 ahead of a slower than usual run for Laurie Hinton (7).

The Spry trio of Isaac (11), Ethan (8) and father, Ian, crossed the line half-a-minute ahead of a first Saturday event for Vicky James, to gain a PB for the youngest of over a minute to 17.04.

Six-year-old Pippa Waddell drew a cluster of youngsters to the 800m finish line in 6.30 with a last minute sprint ahead of Sophie Hinton (3) and Jessica Grimes (4), but failed by 3 seconds to better her previous best, as the latter’s escort, Dave and John, followed at a walking pace.

The former’s mother, Wendy, upped her distance to secure a 30.35 inaugural time for the 3.6K; which was 4 minutes behind Suzanne Mellor who was a minute from her eight-week-old best.

All the entrants in the 1.5K seem to have ‘burst their bubble’ as they returned slower than usual times.

Ella Tideswell (11) finished 45 seconds from her 3-week-old best in 9.26, which was 10 seconds ahead of Archie (4) and Kelly Woolley, who returned after four weeks absence to a 20 second deficit from theirs.

Lee Poulton and son, Toby (10), were timed at 9.45 and a minute from their month-old record.; while Jack Grimes (7) and mother, Gina, gave their best efforts to coax along Oliver (4), who was having an off day from the event he usually loves, to record11.17; which was 2 minutes ahead of Kiera (11) and father, Jamie who were a score from their best.

Steve Massey pushed along at his own pace to cross the line a score from his record in 21.48, pulling further away from Leah Finney on each lap, to finish 40 ahead and the further dozen from Dan Knowles who picked up his pace over the latter stages.

Paul Goldstraw continues to maintain his pace, to equal his two-week-old time of 24.36, as he strives to get back to his best.

V70, Bill Mould, ran unaccompanied to a 28.31 finish, an improvement of a dozen over last week and only double that from his long-time best.

Fourteen-year-old, Flora Kanan crossed the line in 29.16, a minute from her last-week’s inaugural, Saturday event; following on early-morning, unscheduled awakening by mother Lucy, who failed to finish this distance due to a calf muscle injury, however, they both may return refreshed, after a two-week break in the Pyrenees.

Wendy Lee returned to clock a 29.58 time, which is a minute from her best but a good 30 seconds improvement on her last; three seconds ahead of the pursuit of Dave Whelton, who slightly improved his previous time.

Lauren Emery coaxed along run-partner, Lydia Allcock, to finish 40 seconds from her last event and best time, and 20 ahead as she pushed on to the finish following the last incline; while Dawn Brown secured a regular time of 34.07.

Thanks to the staff of Bryan Vigrass, Sam Goldstraw and Kathryn Smith.