Brough Park Couch to 5K (04/08/18)

The latest Couch to 5K took place in almost perfect, overcast and cool conditions, compared to recent overbearing mornings; although the field was in the mid-50’s and not the heady heights of recent weeks there were over thirty different from the previous event; in addition there was an infrequent attendance of GB representative, Jason Burgess.

Unfortunately, the event was even later than usual in starting; due to the absence of a key-staff-member - Steve - and the directions from another, somewhat under-par.

Nevertheless, the proceedings didn’t deter the members from pursuing their own goals, with Sienna Phillips (11) leading the mass for the best part the first lap, before being joined and schooled along by Jason, who cut a few corners to take on that task.

However, the youngster must have already fallen behind her usual pace and unable to make up the deficit to finish 5 seconds from her 6-week-old best, over the 3.6K, in 15.41; her part-time partner cutting short his intended full distance to attend his 9.30am session in the gymnasium.

Buxton AC member, Kevin Mottram, yet again found himself trailing a youngster but, on this occasion it was intentional as he was partaking in an easier training session prior to 20K event the following day, and finished the 2.2K in 8.51.

Once again it was a case of many adults escorting youngsters to the cut-off-point or the finish line, before some of whom continued on to their own distance.

Newbie’s, Finley Gee (6) and v50, Colin Yates completed the full 5K in 34.18; Noah Phillips (5) and mother, Joe started together but completed the 2.2K and 5K in 11.25 and 29.19, only a stride from the youngsters best, while sister, Imogen (10) opted for a solo run in the 1.5K and a 8.29 time.

Lorna Stoddart returned after an 8-week absence to run along with daughter, Isabel (6) assisting the youngster to clock16.47, and reduce her best by a handful of seconds in the 2.2K and mother continuing to a 25.28 finish in the next distance; while George (3) was escorted by his father to 6.48 in the shortest event, and still found the energy for a sprint finish later on with mother.

Martha Williamson (8) was paced along to reduce her record by a dozen seconds to 12.21 in the 2.2K, after which father, Tony went on to complete the 3.6K in 19.20; mother, Claire, despite suffering from tired legs following the last Summer Series event two evenings earlier, finished only a dozen seconds ahead of her youngest, but reduced her best over this distance by well over two minutes.

Gina Grimes toiled along with son, Oliver (4) and the dog, to complete the 2.2K in 24.21; the other twin, Jessica finishing over 5 minutes ahead with father, John; followed 30 seconds later by Rebecca Hinton and Sophie (3); while brother, Laurie (7) somehow, ran off-route along with Jack Grimes (7) to complete a lot more than their intended 1.5K.

Eight-year-old twins, Hattie and Tillie Faulkner upped their distance and were escorted to a twin-finish of 19.26 in the 1.5K, and two dozen seconds behind in the previous pair in 19.26.

Margaret Hall also upped her distance and went awry to record just short of 27 minutes in the 2.2K.

Nicola Damjanovic clocked 34.29 in the 5K having dropped Mack (6) off to finish the 2.2K in 16.42 - both arriving two minutes from their best; the youngster’s time was 3 minutes in arrears of Karl Birch who continues to ease himself back to form with an almost identical time to the previous week, following Joseph Lockett (11) by 50 seconds to the line.

Seven-year-old Luke McMullen (7) reduced his previous week’s best by 8 seconds, which was 40 ahead of James Burgess (8), who was a stride from Dominic Chandler (9) at the line.

Ten-year-old, Toby Poulton led father, Lee by a couple of seconds over the 1.5K in 9.28; a little faster than their previous but a good 30 from their best; they finished just over a dozen ahead of Kelly Woolley and Archie (4), who were the same from their best; with v65, Mary-Jane Searles choosing a shorter distance and 80 in arrears; however, she cut 30 seconds from her best in this event.

Harry Durber and Alex Poulton joined forces once again to pace-around together; the former cutting off to complete the 2.2K in 8.51 and the latter the next distance in 23.15 and over a minute from his best.

John Green headed the 5K just 6 seconds ahead of Steve Massey in 21.33, with both entrants ending 10 seconds from their records; with Dave Hinton over a minute behind to gain a PB of 40 seconds.

Paul Goldstraw continues to improve, chipping a dozen off his previous run, and finished 70 seconds ahead of Paul Locket in 24.24, with John Lagan a further thirty six adrift, as he finished alongside Suzie Noble - the latter just a handful from a new record.

14-year-old Ethan Ollier returned for his third event of the year and paced around with Richard Dodd to a joint 27.35 finish; while v70, Bill Mould upped his effort to finish a score adrift but gained a 10 second improvement over his long-standing best and drew Paul Cope along to improve his time by 40 seconds to 28.28.

Wendy Lee covered the full distance in 29.31, reducing her previous time by 30 seconds, the same from her best and the same ahead of a record by almost 4 minutes for Ian Spry; with Dave Whelton a further dozen in arrears to gain a PB in excess of that.

Hazel Mycock returned to try and maintain her fitness in the summer break from hockey and recorded a 30.33 time, which was just half a minute from her last effort.

Dawn Brown and Sarah Garde swapped finish-places again, with the latter crossing the line 45 ahead in 33.16.

Thanks to Harry Bond, Sam Goldstraw and Kathryn Smith for result records and Dan Knowles for the variety of photos; in addition to Paul Goldstraw, and Steve Massey for sorting the route posts.