Brough Park Couch to 5K (11/08/18)  
Perfect running, jogging or walking conditions greeted the entrants for the latest Brough Park Couch to 5K event.  
Even before the first lap had been completed there was an interchange between the first three runners, consisting of Isaac Elkington, 14-year-old Jack Bray and Martin Pigott; this scenario continued between the first two up to the cut-off point, the youngster having taken the lead on the second descent and was marginally ahead before peeling off to complete the 3.6K and gain a PB of 10 seconds with a 14.54 finish at the band stand, where he quickly took up the task of assisting with the race results.  
The former continued on to the full distance, over a minute from his best in 21.05, with the latter 3-dozen in arrears and a dozen more than that from his PB.  
The Soutart siblings, Rees (8) and Libby (6) - along with Smudge the dog - completed the 800m and 1.5K in 3.37 and 8.37 respectively; the elder chipping 6 seconds from his best; the latter was slowed by the pouch and was followed 80 seconds later by Sienna Phillips, also with a slower than usual time in the 2.2K.  
Both Karl Birch and Ian Frewer returned to the 3.6K distance, as the former continues to ease his way back to form; while the latter reduced his five-week-old best at this distance by over 6 minutes. Kerry Nixon moved up from her usual event to record 20.36 and Sheila Alcock 27.45.  
Kyla Tideswell returned after recovering from an injury to cross the 1.5K line over 3-minutes in arrears of daughter, Ella (11) who completed the distance in 8.32 alongside of run-partner, Imogen Phillips (11).  
Howard Render encouraged Florence (7) to a 12.01 time, whereas, Sophie Hinton (3) outpaced her grandpa, Bill Mould, to the line in 18.23 over this distance, while brother, Laurie (5) left mother, Rebecca in his wake to complete the next distance in 12.02.  
William Dodd (6) paced alongside of father, Richard and brother Edward (9), but finished the 2.2K in 11.30, in arrears by a dozen seconds of Eden Pigott (8), while his brother went on to complete his first-ever 5K in 29,599, just over 3 minutes behind his father who almost matched his best.  
Ten-year-old George Bridgewood crossed the line almost 40 seconds from his record in 10.16 but 90 ahead of Noah Phillips (7).  
Five other entrants finished within 4 seconds of each other from six-year-old, Finley Gee’s 13.14 to Gary Tideswell’s 13.18; father to the former, Karl was among them as he and his son entered this distance for the first time, with Max Tideswell (4) and father gaining PB’s of 2-dozen seconds; however, Joseph Lockett was almost 2 minutes from his best as he finished in between the other pairs.  
James Bridgewood and son Charlie (5) crossed the line 30 seconds from their best in 13.45, which was 45 seconds ahead of Archie (4) and mother, Kelly Woolley, who upped their distance for the first time and were followed by Lee Poulton and son, Toby (10), who did likewise to clock a 15.10 time  
V65, Jean Greenhalgh finished in 19.45, a score from her 4-week-old best.  
Jamie Carney’s consistent pace aided the improvement of Dave Hinton, who finished less than a handful adrift to reduce his last week’s best time by 10 seconds to 23.35 and a dozen ahead of James Lockett, who was over 80 seconds from his best but 3-dozen ahead of an inaugural event for James Stannard; while Paul Goldstraw once again consolidated his time with a 24.28 finish.  
There was a long awaited return to the full distance by Tony Williamson following a broken ankle, as he crossed the line only 75 seconds from his long-standing best and 30 ahead of Dave Edge who also returned after a lesser impediment; with John Lagan than 6 seconds behind but a minute from his best  
Claire Williamson’s tired legs had recovered sufficiently and carried her forth to a joint 28.17 finish alongside of Richard Warrilow who lowered his best by a baker’s dozen, while the former reduced her 3-week-old PB by half a minute.   
Ian Spry was 50 seconds in arrears despite reducing his PB by over a minute and finished 10 seconds ahead of Alex Spragg who reduced her best by 50 seconds to 29.09, and half-pace ahead of Vivienne Ross who chopped over a dozen from her best.   
Jo Phillips covered the full distance, unassisted by son, Noah, at a slower pace of 32.08; fifty in arrears of Lydia Alcock, with Wendy Lee a minute from her best in 29.47.  
Sarah Garde pushed onwards from her usual interchange with Dawn Brown to finish 90 seconds ahead of her adversary in 32.32, and less than a score from her best and that amount further ahead of Lisa Soutart, who was hampered by her wayward, untethered dog.

Thanks to the assistance of Bryan Vigrass, Jack Bray, Steve Massey and the regular recording duties of Sam Goldstraw and Kathryn Smith.