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

It was another good morning to stretch those legs for the entrants in the latest Brough Park Couch to 5K event; fine weather, a good turnout another change in entries and a glut of PB’s.

Most of the regular entrants know that Joshua Eames (7) doesn’t always take his chosen distance too seriously, nevertheless, he has taken part In almost 120 of the 137 events, and exceeded all expectations after his on-the-line declaration to get a PB, by doing just that in the 2.2K, and reduced his long standing best time by 27 seconds to 13.02.

Twelve-year-old Sienna Phillips warmed up for change before participating in this distance and hoped, at least, to match her training night time of 9.00 when she followed Jack Bray (14) to the line. However, the latter tore away on this occasion, aiming for an 8 minute finish but fell short by 2-dozen to cross the line almost 70 seconds ahead, but at least the youngest improved over last Saturday.

George Bridgwood (10) was timed at 9.50, and 26 seconds ahead of Paul Lockett and a further 13 from a limping Paul Goldstraw, both of whom usually take part in the full distance.

A few youngsters were saving their energy for the forthcoming fun run, however, James Burgess (8) was not one of those as he pushed along to a 11.03 time and only a score from his best; which was 3-dozen ahead of Eden Pigott (7) who was the same ahead of Laurie Hinton (7), who was a minute from his best.

Eleven-year-old Joseph Lockett completed the distance at his recent, regular pace of 12.57, which was 44 seconds ahead of Finley Gee (6) who was accompanied by father, Karl, and unable to match their last week’s best.

Four more pairs followed, Charlie Bridgwood (5) and father, James; Paul Cope and son, Harry (6); Danielle Latham and son Reuben (4), followed by Jessica (4) alongside of mother Gina Grimes in times of 14.10, 14.15, 16.40 and 16.50; with Harry improving his best by 80 seconds and the Latham’s by 20 more.

There was an additional pairing of a Marlie Bartram (6) and brother, Archie (11), who trailed in over 140 seconds behind mother, Dan’s 15.44 finish; which was accomplished with much plodding but without stopping.

Here we have an interlude:

One of the benefits of being able to listen to entrants in the events; before, during or after, or on a social basis, is in hearing those three words: ‘ I didn’t stop ‘! Over no matter which distance.

On this occasion it was from Dan in the 2.2K, in a similar vein to many, many others over the three years of our little event.

Listening to her gasp after she pushed over the line, almost shattered from the effort, elated and beaming at the same time from knowing she’d beaten the hill - at least once.

Well done to her and all the others that preceded.

To those yet to follow; take note - it can be done!

It’s our aim, your event and your achievement.

Evie Lockett (9) finished 18 seconds ahead of cousin, Jack Grimes, in an even 16 minutes.

Unfortunately, Oliver Grimes (4) stuttered to a stop early on, which slowed 800m event-partner Pippa Waddell to an 11.00 minute finish and accompanying father, John, to a 18.35 time.

Fifteen-year-old Harry Durber completed the 3.6K distance 2 minutes ahead of Ian Frewer in 17.47 and 10 seconds behind Leah Finney. The youngster knocked over 4 minutes from his month-old best, his leader and his follower nearly a minute from theirs.

Karl Birch continues to improve his comeback with a 30 second reduction over last week in 20.13; while Wendy Waddell once again chose this distance but unable to better her 3-week-old first attempt, with a 30.54 time.

The 5K was fronted once again by v50, John Green, who reduced his best by half a dozen seconds to 21.19 to finish 10 ahead of Martin Pigott who was only 3-dozen from his best, with Steve Massey - who is usually a consistent sub-22-finisher - a further 50 adrift.

Jamie Carney continues to get back into his full distance groove, missing out on a PB by less than a handful of seconds with a 22.51 time, and a score in front of Dan Frewer (14) who has missed a few sessions; with James Locket a further 2-dozen behind, a dozen improvement on last week but over a minute from his best.

V50, Colin Yates led v60, Dave Edge to the line by 44 seconds in 25.20, however, both were off their usual pace.

Hockey Club associates, Nick Beeby, Gemma Hurst and Hazel Mycock were separated by almost four minutes with times of 26.19, 27.39 and 30.00; the former returning after a few weekend’s car-hunting to claim a PB of twenty seconds and the latter more than happy to chip one second off her 7-week-old and last attendance, best.

Rebecca Hinton crossed the line in 28.06 despite accompanying son, Laurie to the 2.2K cut-off-point, and gained a PB of almost a score, and is now half that from father v70, Bill Mould’s best as he finished the same in arrears.

Kevin Gidman returned after a few weeks absence and pushed on throughout and still managed a sprint finish to pip Alex Spragg on the line in 28.34; with Dave Whelton finishing alongside of the aforementioned, Hazel Mycock, to gain a PB of 17 seconds; with Alex knocking double that from her last week’s record.

Nicola Damjanovic returned after a couple weeks in sunny Spain which must have recharged the battery, as she chopped almost 40 from her 5-week-old best in 31.22, which was 80 seconds ahead of Sarah Garde’s consistent time, and a further half minute ahead of Dawn Brown’s improvement, which took her within a score from her best.

Thanks to the assistance of Paul Goldstraw, Bryan Vigrass, Jack Bray, Richard Dodd and the regular recording duties of Sam Goldstraw and Kathryn Smith.