Brough Park Couch to 5K (24.08.18)

The latest event attracted a couple of new entrants along with as many returning after a long absence.

The entire Bond family toed the line once again, with mother, Lisa taking up the challenge for the first time in over 18 months; escorted through the 1.5K distance by daughter, Grace (11), to a joint finish of 12.48.

Two more family pairs followed; Rosie Carter (4) and father, Adam’s finish of 14.00 was over 3 minutes ahead of Jamie and Kiera Carney (11); the latter returning after 5-weeks absence and deciding at the cut-off-point to push on to this distance rather than choose the easy option after her break.

Another member of the Bond family, Harry (14), shot off at a brisk pace, slightly behind Jack Bray (14) to overtake the latter on the first downhill stretch to the valley, as his companion eased up due to the reoccurrence of an ankle injury - first sustained some two years ago in the summer series at the rocky Shutlingsloe course - which on this occasion as that, reduced him to an almost walking pace.

Harry went on to a 5K time of 20.15, 45 seconds from his month-old best, with Buxton AC club-mate, Kevin Mottram following almost a minute later after pulling past Isaac Elkington, to finish 3-dozen from his best; while the latter’s recent lack of training showed in his 21.40 time which was 100 seconds from his best.

A regular paced Steve Massey followed in 22.19 and 40 seconds ahead of Dan Knowles who was only a dozen from his record, with Rob Bond a minute off pace in 23.23.

James Locket’s 23.40 almost matched a trio of recent returns but was well over a minute from his best; whereas, Ethan Ollier (14) reduced his last event time by well over 4 minutes to rest within a minute from his long standing best.

V50, Colin Yates once again led v60, Dave Edge to the line, to better his last event’s best by a minute; the latter suffering through lack of regular training but, still clipped his previous events time by almost the same.

Unfortunately, Leah Finney suffered from the early pace and dropped back to 3 minutes from her best; finishing 6 seconds ahead of Nick Beeby’s even 26 minute finish, which reduced his last week’s PB by a score.

John Lagan’s easing-off for a summer’s break resulted in a slower 26.12 time, which was 4-dozen ahead of Susie Noble’s post-holiday return, and the same from her best.

V70, John Broadbent returned after an elongated break to cross the line

100 seconds from his long-standing best; a score ahead of Gemma Hurst’s 27.55, in possibly her last event prior to the return to the new hockey season.

Richard Warrilow matched his two-week-old, last event PB with a 28.17 finish; while partner, Vivian Ross trailed by a minute and dropped back by 8 seconds from her record; a score ahead of ten-year-old Lucie Lloyd’s PB of almost 50 seconds, allowing her to drop below the mile-stone of 30 minutes by half that amount.

Alex Spragg reduced her record by 16 seconds to 28.19, and was a stride ahead of the Bill Mould, who was 2-dozen from his two-week-old best; while Hazel Mycock crossed the line just 3 seconds from hers in 30.03; while Sarah Garde was happy to match her previous time of 32.52 and remain under that mile-stone.

There were a few solo runners amongst the family pairs in the 2.2K; seven-year-old Luke McMullen’s slower run seemed effortless, as he completed the distance in 12.13; while Joseph Locket (11) kept up his attendance with a regular paced finish of 13.10; followed a couple of strides later by Joshua Eames (7), who once again tried his best but was a dozen from his last week’s record.

Dominic Chandler (9) crossed the line 150 seconds ahead of brother, Rowan (8), in 12.45; both a minute from their best.

There was a PB of 30 seconds for Mac Damjanovic (6) as he finished bunched up alongside mother, Nicola, who reduced her 10-week-old best by over 3 minutes; the Gee’s, Finley (6) and Karl, who had a slightly slower event; as were Ella (11) and Max Tideswell (4), in 13.50.

The latter’s mother, Kyla, was a minute in arrears as she returned to this distance after 4-months absence to gain a PB of well over the same.

Paul Locket coaxed Evie (9) to a 15.23 finish, followed a score later by Archie (4) and Kelly Woolley with a slower time.

Karl Birch chose the 3.6K once again as he eased into his come-back, to record a minute faster 19.31 time; two minutes ahead of Kate Bills and Alicia Earnshaw; while Sydney Moss (7) and mother, Heather Lyons, sauntered around their inaugural event in 31.32.

Thanks to the regular staff of Sam Goldstraw and Kathryn Smith, with Jack Bray helping with the records after his early finish.