Brough Park Couch to 5K (01.09.18)

All bodes well for the future of Brough Park Running Club as the events near their third birthday; with a bunch of newbies and a handful returning after a long lay-off, with many families and individuals still to return from holidays.

Matthew Statham is known to train over 20-mile distances, that long-haul hasn’t affected his 5K time, as he returned after 2-months to reduce his PB by over 40 seconds to 18.48. Buxton AC athlete, Kevin Mottram was two minutes in arrears and 20 seconds from his best, with Isaac Elkington a further score behind and well off his sub-20 record.

Dan Knowles crossed the line a further 88 seconds off the latter with a PB of 6 seconds; the same time-gap ahead of a first event time of 24.07 for Mike Booth; with Paul Goldstraw almost 10 seconds adrift and 27 seconds ahead of Tony Williamson, who was a minute from his best.

Charlotte Statham was just a score from her best on her return after a 10-week absence to record 25.02; just 4 seconds ahead of an improved time for Dave Edge with Rob Warrilow a further 10 in arrears and half that ahead of John Lagan.

Suzie Noble dropped back by a score to 27.13 and 2-dozen in front of a return to the full distance for Karl Birch; with v70, Bill Mould pacing around with daughter, Rebecca Hinton and Claire Williamson. The elder reducing his best by a dozen seconds to 27.44 and 15 ahead of his daughter, who reduced her best by seven seconds - despite heavy legs from two mid-week training sessions with Ched’ Joggers - the latter dropped back to finish just 4 seconds from her record in 28.21.

Jo Phillips’ finish was 2 minutes from her best, and the same ahead of her slowest time over the full distance in 29.45; which was almost a 100 seconds ahead of a first event for Elizabeth Charles.

Almost at the rear of the 5K pack saw a beaming Sarah Garde pick up speed as she neared the line after seeing the finish clock edging closer to that milestone 32 minutes mark; knowing she’d gain a PB, which ended up 32 seconds better to record an even 32 minutes - all that after a very late, alcohol free, night; while Karen Avery struggled to a slower than usual time of just over 33 minutes.

Jack Bray (14) tried out the ankle he injured the previous week but found it still not perfect, however, he managed 3.21 in the 800m - 30 seconds from his best; followed in joint times of 6.59 for Sophie Hinton (3), Madeline Statham (13) and Martha Williamson (8) - with similar deficit times.

Six-year-old Marlie Bartram led the 1.5K entrants home in 8.16; with father and son, Lee and Toby Poulton (10), eighty seconds behind and Imogen Phillips halfway between - all with slower returns.

Kiera (11) and father, Jamie continued in this distance with the 16.13 finish; which was a minute improvement over their previous week’s time.

James Burgess (8) returned to the 2.2K with a slight improvement over his last effort in an even 11 minutes; 16 seconds from his best which was followed 3-dozen seconds later by new entrant Lucas Rowley (8).

Archie Bartram (11) was a minute behind and 2-dozen ahead of Joshua Eames (8), who reduced his recent PB by a second to 13.01.

Jan Percival returned after a long standing injury and eased around the route to gain a PB for this distance of over a minute; 7 seconds behind the 13.21 finish of Ella Tideswell (11), and the same margin ahead of Laurie Hinton (7); with Alex Poulton’s slower time resulting in a further deficit of 8 seconds.

Finley Gee (6) and father, Karl were a 20 seconds slower than their last week’s time in 14.02, with Connie Statham (7) the same in their wake.

The Chandler pair of Andrew and Celia crossed the line together in 16.10, which was 3-dozen ahead of Dan Bartram who once again tackled the hill without stopping.

Seven-year-old, Sydney Moss dropped down a distance and recorded 18.05, whereas, mother Heather Lyons went on to complete the full distance in 38.13. Audrey Warrilow was 90 seconds behind the youngster, while daughter, Sophie (7) failed to complete the distance.

John Hurst aimed to complete the 5K but somehow took a wrong turn and completed somewhere around 3.6K in 14.38; while Eden Pigott (8) upped her distance to record 20.37.

Dave Hinton reduced his nine-month-old best time by almost three minutes to 16.56, with Tom Warrilow (14) a similar time behind.

Lydia Alcock chopped 100 seconds from her three-month-old record to 22.01, with Gary Bartram a handful behind on his return; while Dawn Brown dropped down from her usual full distance to gain a PB of 3-dozen seconds in 23.39, and slightly more than 2 minutes ahead of an inaugural event for v60, Alison and Richard Dodd - No! The one you know didn’t fly back from hols’ to take part. We now have 2 RD’s.

Ps. Killer 10K event included with our normal distances on 15th of September.

Thanks to Bryan Vigrass for marshal duties and the recording staff of Kathryn Smith, Jack Bray and Sam Goldstraw.