Brough Park Couch to 5K and 10K (15.09.18)

Done and dusted! How relieved we were that almost everything went to plan with one exception - a later start than ever.

No matter! It was a good morning for taking part in any of the 6 distances; either being one of the 13 newbie’s toeing the line, a junior or seasoned athlete chasing a PB, all were out to enjoy the day and do their best.

Once things were underway, following a presentation to Libby Soutart (9), for attending 25 events, by Mayor, Roy Tomkinson and Friends of Brough Park Chair, Sue Coleman, there was the usual sight of Harry Bond (14) racing ahead; unchallenged to a 5K time of 20.13.

Others pushed on early, including Kevin Mottram who completed the 2.2K in 9.11, a score from his 6-week-old best; followed by two nine-year-olds, Edward Dodd and Lucas Rowley, and a trio of seven-year-olds, Luke McMullen, Laurie Hinton and Noah Phillips.

Edward outpaced Lucas by 3 seconds and the same from his best in 10.56, the latter being pulled along to reduce his record by half a minute. Luke was almost 3-dozen ahead of Laurie, with Noah around a further dozen behind - all a little off their best.

The latter’s sister, Imogen (11), finished alongside of Ella Tideswell (11) in 12.47, which aided Ella to a PB of 26 seconds; with Thomas Hinton (15) just 10 seconds in arrears in his first event.

There was a rare appearance for Daisy Williamson (12) who tried her best to draw along sister Martha (8) to an improved time; finishing 18 ahead in 13.14; failing in her attempt by over a minute.

Max Tideswell (4) crossed the line in 13.47, just 2 seconds ahead of Josh Webster (7), both around half a minute from their record; there was a similar fate for Connie Statham (7) who finished 2 seconds from an inaugural 14.01 for Felix Bettany (11) and the same ahead of Finley Gee; with Rian (8) and father, Nick Webster, a minute from their best pace in 14.19; while Kyla Tideswell finished almost alongside to reduce her PB by 3-dozen seconds.

Joshua Eames (7) strolled in 90 from his record and almost the same ahead of Toby (10) and Lee Poulton.

Jack Grimes (7) was way off his usual mark in 17.27 but 30 ahead of Evie Lockett (9); while Sophie Warrilow (10) was the same ahead of mother, Audrey, who reduced her 2-week-old PB by 86 to 18.10.

The Clowes family of, Belle (8), mother and father, Lucy and Nick, chose to continue on from the 1.5K cut-off-point and travelled and unknown distance before finishing in 17.33.

There were a couple of new pairs in the 3.6K; Janine and Andy Hinton followed Sienna Phillips (12) to the line in 20.06 and 20.41; whereas the youngster finished almost a minute below her best in 16.44. The other pair, Sue Lancaster and daughter Grace (9) were hoping to complete the full distance but pulled in a lap early to record 27.12; followed by Wendy Waddell who was also a minute from her best in 31.32.

In the middle of the pack, James Burgess (8) returned a 21.20 time followed 90 seconds later by Lewis Warrilow (12), who was just a dozen seconds from his last week’s best. Twelve-year-old, Isaac Spry gained a PB of 8 seconds in 25.59 while v50, Sheila Alcock covered the route faster than last week, but was a 94 away from hers in 26.31.

There were a number of improved times in the 5K; v50, Colin Yates reduced his 5-week-old best by 15 seconds to 24.06; Michael DeBelan knocked 40 off his first event time to 27.53, to finish alongside of Thomas Turner (13) who was just 5 from his best; Finlay Warrilow (14) reduced his 3-week-old record by 2 minutes to 28.42; Heather Lyons chopped 75 off her best to 35.55.

In addition there were a number of entrants who continued on to up their distance for the first time; Harry Durber (16) recorded 24.21; Tom Warrilow (14) along with run-partner, Alex Poulton (15), returned 29.04 and 29.30; Karl Gee crossed the line in 32.05; whereas v60, Alison Dodd completed the full distance without the aid of son, Richard, to record 36.37.

V45, Vivienne Ross’ run partner, Richard Warrilow took on the Killer 10K, with no one to chase and no axe to grind, Vivienne recorded a slightly slower time of just under 29 minutes.

A quartet of over 40’s; Karl Birch, Suzie Noble, Jo Phillips and Lisa Soutart faired differently; the former continues to cut down his time on the way back to his best with 82 second reduction on this occasion to 26.15; Lisa completing the distance a minute slower than last week in 33.34; Jo improved her previous time to 28.37 and 70 from her record; while Suzie was just 13 slower and 9 from her best in 26.17.

Three twelve-year-olds, Alfred Lancaster and Theo Bettany in their first event, and James Cope also returned varying times; the newbie’s were 2 minutes apart from 28.02, while the latter was way off his best in 34.36.

Sarah Garde has upped her mid-week training to two early morning stints, this seemed to have buoyed her attitude in knowing she can do better; unfortunately she was only able to match her best time of 32.00; with her previous partner Dawn Brown a minute behind her best time in 33.57

Four-year-old, Archie Woolley and mother, Kelly returned to the event and slower than usual 12.39 times; while the Grimes trio were led off-route by wayward Oliver (4), with mother, Gina and his twin, Jessica, encouraging him back to a 12.40 finish. Jamie and Kiera Carney (11) continue to improve week-on-week and knocked almost a minute off their previous time to within the same from their best.

A good number of the usual 5K entrants moved along at a slightly slower pace, due to the fact they were hoping to go on to the Killer 10k finish.

Fortunately all the 24 entrants completed the distance a number of whom were recruited by their peers just prior to the start, and at least one, John Lagan, drawn off the 5K route at the first loop to once again take-up-the-challenge; 14 new entrants and 10 with times to compare.

A trio consisting of Gareth’s Briggs, Matthew Statham and Isaac Elkington completed the route in a joint finish of 45.39; the latter making up the leeway in the last 100 metres and drawn along to improve his previous time by 3 minutes; and Mathew using his run-partners to ensure he completed the correct route, and cannot compare his time.

Martin Pigott finished in 47.41, an improvement of 88 seconds and 2 minutes ahead of fourteen-year-old Ethan Ollier; Dan Knowles was 2-score behind and a minute ahead of Rob Bond.

Chris Hinton paced around with Leah Finney to the line in 53.25, the former encouraging the latter up hill and visa versa on the declines; they finished a ton ahead if an inaugural event finish for Carl Young.

Brothers, James and Paul Lockett crossed the line over 70 apart from 56.07; the former had a slower time; the Warrilow’s, Rob and Richard, over 8 minutes apart from 56.13.

Paul Goldstraw may have felt lethargic throughout as he finished just under a score in arrears if Dave Edge’s 57.01, following his earlier traipse over most of the route as he aided the marking.

Charlotte Statham pulled John Lagan along the first loop, literally pulling him from the 5K route to take on the Killer 10K, they were inseparable with a joint 57.25 time; Charlotte improving by almost 4 minutes and John a staggering 15; while Richard Dodd and Paul Cope may well be training for a half marathon, but were more than pleased to complete this, tough course in 58.41 and 64.54; with Stephen Lancaster crossing the line in between.

V70, Bill Mould completed the route alongside of daughter, Rebecca Hinton, and vet’ soon to be 50, Claire Williamson in joint 65.37 times; the elder vet covering the distance over 3 minutes faster and the younger vet an amazing 7 minute improvement - Claire starting off her target of 5 x 10K in her 50th year with the previous 10K, and finished her last event before her birthday with a sixth.

Thanks to Paul Goldstraw for aiding the long set-up and Sam Goldstraw along with Kathryn Smith fo their long recording stint at the end, or to the end; with grateful thanks to Steve Massey, Kate Salt, Sharron Turner, Rebecca Dodd, Bryan Vigrass and Louise Hackett for marshal duties - we/you couldn’t have done it without them.

A special thanks to; Deb Knowles for the birthday cakes, in addition to the Mayor, Roy Tomkinson and Chair of Friends of Brough Park, Sue Cawley for officiating.

Ps.

Obstacle Course Racing Athlete Jason Burgess was placed 6th in the World Series in Germany, earlier today - 16th September

This places Jason in fourth place overall with four more races next year to complete .

Well done from all at BPRC

A good enough excuse not to take part in our little event.