ing and Bryan Vigrass for marshal dutiBrough Park Couch to 5K (22.09.18)

The first event of our fourth year not only attracted a handful of new members but also the return of GB representative, Jason Burgess after his previous weekend trip to Germany, where he took part in the Obstacle Course Racing League (OCR).

The newbie’s eased their way round to test the route, whereas, Jason led from the front in his usual style, to finish 15 seconds from his best in 18.30; to quote “It’s sometimes easier to compete against the best in the world rather than take on this course”.

It’s all we have, and members are encouraged to do their best without necessarily racing, running or jogging all the way; just try to get round and improve the best they can.

The new entrants consisted of; four-year-old Ellie Cope who was assisted by Mara who dropped down from her previous longer event to clock a joint 9.30 time; a minute and a half behind regulars, Libby Soutart (9) and Smudge, the dog; with Pippa Waddell (7) a further 80 seconds ahead; the Cook family, Dan and son Dexter (3) completed the 800m in 6.50, while Ned (5) and mother, Ruth recorded 10.56 in the 1.5K while Jakob Kocko completed the full distance in 24.37.

V60, Dave Edge had a total off-day and completed the 2.2K for the first time, in 11.27.

Luke McMullen (7) and Lucas Rowley (9) headed the remainder in this distance with a joint time of 11.38. The youngest just 2-dozen from his best and the elder a dozen more from his last week’s PB.

Joseph Lockett (11) completed this distance in a regular time of 12.39 followed 10 seconds later by Laurie Hinton (7); with Joshua Eames improving on his last event time in 13.55, but a good 50 from his best; while Lee Poulton and son, Toby (10) finished a minute away from their six-week-old best in 16.09.

Jack Grimes (10) seemed to encourage both Evie Lockett (9) and Jessica Grimes (4) along, but pulled away to a 17.42 finish with the pair following on 33 and an additional 10 in arrears.

The Clowes trio of Belle (8), Eve (6) and mother, Lucy returned to the event; the latter pair finishing 20 seconds behind the 18.21 recorded by the elder sister.

Oliver Grimes (4) moved along more consistently on this occasion and completed the distance alongside of mother, Gina in 19.20.

Archie Woolley (4) and mother, Kelly covered the 1.5K route a couple of minutes quicker than their last event time, but still a minute from their best in 10.16; while Rebecca Hinton ushered daughter Sophie (4), Harry Cope (6) and Marlie Bartram (6) along to a 12.40 finish.

The latter’s mother, Dan having only recently completed the 2.2K distance without stopping, has now moved on to record a 27.50 time in the 3.6K.

Colin Yates pulled in one lap earlier than usual to complete this distance in 16.46, followed a dozen seconds later by Dan Frewer (15), while Alex Poulton finished just 17 seconds from his last event and best time in 21.47.

A 30.29 finish saw an overjoyed Wendy Waddell chip 6 seconds from her 2-month-old PB – mainly due to a regular attendance and mid-week training.

There was a mixed return for six of last week’s 10K entries as they dropped back to complete half that distance.

Isaac Elkington crossed the line a dozen seconds behind John Hurst and the same from his last event time; while the latter was unable to match his 10-week-old best in 21.18.

John Lagan dropped back 18 seconds from his previous event time to 25.17; Paul Cope over 80 from his last 5K, PB in 28.12 and V70, Bill Mould a score from his last return and double that from his best in 28.23.

Whereas, Dan Knowles knocked 10 seconds off his PB in 22.25 and Richard Dodd almost 30 off his in 26.24.

Chris Hinton’s improved times over the week’s are commendable, especially as he crossed the line only 4 seconds from his best.

Harry Durber’s 22.39 reduced his first and last 5K by over 40 seconds to 22.39; with

Steve Massey returning after a slight injury to an expected, slower 24.17; while Karl Birch continues to reduce his time following his long lay-off, and is now only 90 seconds from his long-term-best following a 26.02 finish; which was 10 seconds ahead of Suzie Noble, who was 4 seconds from a three-month-old record; while Thomas Turner finished only 5 seconds behind as he chopped 90 seconds from his similar aged PB; with Michael DeBelan reducing his record time by half that to 27.08.

Sarah Garde dropped back half a minute from her even 32 minute best, while Lisa Soutart was double that from her last week’s time and the same amount in arrears; with Dawn Brown recording a consistent 33.46 time which is 50 from her best.

The second Richard Dodd upped his distance to accompany his v60, mother, Alison to a PB of over 40 seconds in 35.54; with Suzanne Mellor following three dozen in arrears but reducing her last time by a minute to gain a PB of almost 50 seconds.

Unfortunately, Heather Lyons was the same amount away from her last event best and a dozen behind.

Thanks to Sam and Paul Goldstraw along with Kathryn Smith for time recording and Bryan Vigrass for marshal duties.