Brough Park Couch to 5K (20.10.18)

A perfect, autumn morning brought out the mass for the 146th Brough Park Couch to 5K; with the continued route change being taken in their stride.

The Bower family followed up last week’s return; Chris knocked 3-dozen seconds off from that event to 31.29; Cathy dropped down to complete the 3.6K alongside of Alfie (10) in 31.28, almost 10 minutes behind George (13) who was a minute slower.

Claire Yates’ 6.27 resulted in a PB of 2-dozen seconds in her second 800m; followed 14 later by Dexter Cook (3) and father, Dan; the youngster equalling his PB and creating his father a new one by a score; Libby Waddell (7) was another dozen adrift.

Rosie Carter (4) was another youngster who pulled along a parent to gain both PB’s; mother, Sarah reduced hers by 80 and daughter by 20 in an equal 12.15 time over the 1.5K distance.

Danielle Latham escorted son, Reuben (4) and family friend, Oliver Grimes (4) to a 12.23 time; the latter improving over recent weeks and the pair slowing as encouragement.

The Carney duo of Jamie and daughter, Keira (11) improved once again to lie just 2-dozen from their record of 13.13.

Nine-year-old Lucas Rowley seems to be flying around the 2.2K route as he continues to improve; on this occasion reducing his best by over two score to 10.16 and a reduction of more than a minute over his three outings.

Edward Dodd (9) managed to keep a few paces ahead of sibling, William (6) throughout the distance, finishing just 10 seconds from his best in 11.04; while brother cropped his by almost double that as he finished a handful in arrears; Noah Phillips (7) was 50 adrift with Alex Poulton improved by the same amount as he crossed the line a couple of strides ahead of Laurie Hinton (7) in 12.06.

Ella Tideswell (12), Imogen Phillips (11) and Grace Bond (11) crossed the line almost together; the former reducing her five event last and best time by almost half a minute to 12.20.

Seven-year-old Luke McMullan’s slower pace enabled Joshua Eames (7) to almost keep up, which reduced the latter’s best by 2-dozen to 12.38, as he crossed the line 10 behind.

Adam Geens returned and escorted son, Ben to a 13.42 finish, whereas Max Tideswell (4) pulled away from mother, Kyla to finish 30 seconds ahead in 13.45, with Ruby Lawley (8) finishing in between; the latter two securing PB’s of 2 minutes and 8 seconds, respectively. Ruby’s previous week run-partner, Miley Brown (8) paired up with Martha Williamson (8) on this occasion, both ambled over the line over 3 minutes adrift in 17.46, and 20 behind Isabel Stoddart (6); while Daisy Williamson (12) and Belle Clowes (8) finished 100 seconds ahead.

Harry Cope (6) and the Woolley duo of Archie (4) and mother, Kelly returned; the youngsters’ set their own pace to cross the line in 15.36 and a dozen ahead.

Ruth Cook and son, Ned (5) upped their distance to record 18.27; while Eve Clowes (6) was 2 minutes behind after being dropped off at the cut-off point by mother, Lucy, who went on to record a slower 31.27 in the next distance.

Lynne Dempster was once again accompanied throughout the 2.2K by Nicola Damjanovic and reduced her first effort by 80 seconds to 19.06, to quote “it doesn’t get any easier”.

It may not but, you’ve improved.

On this occasion it was fourteen-year-old Harry Bond from Buxton AC who returned to lead the 5K field through the first lap, before being overtaken by Ian Yates, who increased his lead slightly over the next two laps to finish 10 seconds ahead with a PB of half a minute in 19.33.

Isaac Elkington was pulled along to cover the distance a minute faster than his previous event in 20.19; with Martin Pigott making a slight improvement but 80 seconds behind and 10 ahead of Dan Frewer who returned to this distance after a six-week absence to finish a minute from his best.

Adam Carter recorded and inaugural 22.31 as he paced around with John Green, who had a slightly below par run; with Dan Knowles a dozen adrift and 30 from his previous event best.

There was an improvement of over 40 seconds for James Lockett in a time of 23.05, which was the same amount from his best and 20 ahead of Carl Young who was just a handful away from his record; as was v40, Claire Lawley’s 24.20.

Karl Birch knocked another 30 seconds off his time to get within a minute of his best in 25.20, with Richard Dodd unable to keep pace to finish a handful from his best but 20 in arrears; while Thomas Turner reduced his 4-week-old PB by 30 seconds and a handful behind, with Suzie Noble another 30 adrift and less than a handful from her best.

V70, Bill Mould paired with daughter, Rebecca Hinton to cross the line in 28.06; just a score from his best, with daughter a dozen from hers.

Dave Whelton was unable to keep pace as he finished a dozen behind the even 30 minute finish of Joe Phillips and 2-dozen from his best.

V50’s, Sarah Garde and Lucy Kanan have managed to team up for Monday training sessions, which seems to have benefited both; the former reducing her best by 6 seconds to 31.51, the latter her 3.6K time by almost 2 minutes to 23.44.

V69, Alison Dodd reduced her PB by more than 30 seconds to 33.32 which was 40 behind son Richard, who dropped back by the same amount; with Lisa Soutart slotted in between.

Suzanne Mellor reduced her 4-week-old best by over a minute to 35.28; which was 2 minutes behind a post-holiday time for Dawn Brown with Heather Lyons just a handful from the best she set 7-events ago.

Sienna Phillips (13) recently qualified for the inter-counties championships and found time from her heavy, Buxton AC itinerary to head the 3.6K just 30 seconds from her record in 16.07; with Harry Durber being pulled along to finish just half-a-minute in arrears and a PB of over double that.

James Cope (12) reduced his last event time by over a minute to 21.52, as he finished a dozen ahead of a best time by 3-dozen for Megan Lawley (11); whose sister, Olivia (10) upped her distance to finish alongside.

V50’s, Claire Williamson and Sheila Allcock covered the 3.6K in slower than best times; the former just over a dozen in arrears with a time of 20.48; the latter 70 away from hers but improved by a similar amount over her last outing.

Isaac Spry (12) was a minute slower than his last in 26.50, while Wendy Waddell reduced her last time by a score to 30.17 and a dozen away from her record.

Thanks once again to the team that make the event possible: Kathryn Smith, Sam and Paul Goldstraw along with Bryan Vigrass.