Brough Park Couch to 5K (27.10.18)

An abundance of entrants lined up in the cold as flurries of snow fell, to take part in Brough Park’s Halloween event.

Chair of Friends of Brough Park, Sue Coleman officiated at the start and chose ten of the best dressed and somewhat scary participants, who all seemed to be enjoying themselves; none more so than when they arrived at the unseen, band stand display.

Despite Archie Woolley (4) refusing to leave his dad’s arms and line up alongside of the scary faces, it seemed that the majority of the youngsters revelled in the fun of the events, rather than chasing down a record time; less than a handful of juniors claimed new PB’s, out of just seven.

Ben Geens (8) reduced his four-week-old best by 7 seconds to 13.04 as he headed the 1.5K, leaving brother, Caiden (5) a minute adrift; Miley Brown (8) chopped a whole minute from her two-week-old 2.2K record to cross the line in 15.01.

Fourteen-year-old Louise Hackett has hit a rich vein of form of late, following her recent 5K, female record time with a level 15 minutes in the 3.6K, which reduced her previous best by well over a minute, to reside within the top six over this distance.

The other four to attain improved times were; two v60’s, Susan Mellor and Alison Dodd, the former chipped 16 seconds from her 3.6K record as she followed the latter to the line by over 80 seconds as she had pushed on to gain a PB of 140 seconds; while Lynn Dempster secured the services of a friend, Sarah Ashe to accompany her over the 2.2K route and gained a PB of 16 seconds in 18.50; in addition v40, Claire Yates improved for the second time by reducing her best by a brace to 6.25 in the 800m.

Kevin Mottram took part in the 3.6K for a change and recorded 16.40; while the Webster family grouped together at this distance for the first time; Josh (7) finishing 10 seconds ahead of Rian (8) in 25.43, with father Nick in the middle.

Marlie Bartram (6) slowed her usual 1.5K pace down by five minutes to allow her grandma to keep up in her inaugural event; while mother, Dan went on to finish the 2.2K three minutes behind with an 100 second slower 16.24.

The Grimes quartet split up, with mother, Gina crossing the 1.5K line a score behind the 13.08 of Jack (7), while four-year-old twins, Oliver and Jessica finished the 800m over 2 1/2 minutes apart from 7.15.

The Hinton quartet were all dressed up for the event and went different ways; Sophie (4) and father David returned a slower 7.29 in the 800m, while mother, Rebecca and Laurie (7) also recorded a slower time of 12.52 in the 2.2K.

The Lawley trio of sisters, Megan (11), Olivia (10) and Ruby (8) were escorted to the 2.2K cut-off point where the elder pair went on to cross the line almost together in 23.10, which was less than 20 seconds from their best, while the youngest was a minute adrift; mother, Clare going on to cover the full distance in 28.43.

The Carney pair of Keira (11) and father, Jamie maintained their attendance in the 1.5K; however, on this occasion they were 90 seconds away from their best time.

Harry Durber was without his regular run-partner, who’s usual pace making may have been the reason he ran a much slower 10.19 in the 2.2K; he was followed 50 seconds later by Lucas Rowley (9) who was also off pace.

The Dodd brothers, Edward (9) and William (6) were both a minute from their best over this distance in 11.50 and 12.05; which may be attributed to their early arrival and running around, as they helped organise the band stand display; Luke McMullan finished alongside the latter and the brother’s placing was separated by Shane Yates (9), who was 3 seconds ahead of the pair and just 5 from his last attendance best.

Harvey Murfin (10) recorded 13.17 in his first event to finish 90 ahead of Harry Cope (6) who had raced the same amount ahead of mother, Myra.

Seven-year-old, Sydney Moss and Heather Lyons were less than a stride away from equalling their best in 18.06 to cross the line a score ahead of Tim and Heidi Bettany-Spears (6) in their inaugural event.

Olivia Bray (9) escorted cousin, Lily Pearson (8) at a steady pace over the route in a joint 18.27 time.

Sam Hambleton outpaced the pursuing Kate Bills by 30 seconds over the 3.6K distance in 20.18 - the latter almost equalling her four-week-old best time.

Both Martin Pigott and daughter, Eden (7) seemed slowed by their extra attire; father was 2 minutes from his best in 22.53 over the full distance and daughter a minute, over the 3.6K.

Jack Bray returned and led the mass from the off, however, he once again suffered from tight muscles and pulled in to finish the 800m in 3.01; while his initial follower, Ian Yates went on to cross the 5K line 30 from his best in an even 20 minutes; with Thomas Vaughan 90 behind in his first event.

Daniel Knowles’ 22.53 was only a dozen seconds from last week’s time and three ahead of Adam Carter, who was 30 from his last event, first time, and the same ahead of Rob Cimino’s initial time.

V60, Dave Edge maintained his lead over Paul Lockett to finish just short of 25 minutes; while the latter fended off the pursuing Karl Birch by just 2 seconds in 25.16; with Richard Dodd dropping back over the closing stages to finish 20 seconds ahead of Lee Murfin’s first event time of 26.03.

Suzie Noble was another who seemed weighed down by the extra attire as she finished 20 seconds in arrears of her best time in 26.28; with Paul Cope almost 2 minutes behind but, at least managing to finish, which he hadn’t done in two previous, injury set-back attempts.

Dawn Brown once again took up the rear-guard with a 34.28 time, as she attempts to get back to form following a recent holiday break.

Many thanks once again to Edward and William Dodd, Joshua Eames and Jack Bray; with additional thanks to: Sue Coleman, Steve Massey, Sam and Paul Goldstraw, Dan Knowles, Richard Dodd, Bryan Vigrass and Kathryn Smith for their much appreciated assistance; a combination of which is the only way this event, if not the majority, take place.