Brough Park Couch to 5K (10.11.18)

A perfect, autumn morning for the latest event; in which none of the entrants seemed keen on lining up and getting on-with-it.

When things eventually got going, Martin Piggott and Isaac Elkington headed the bunch; the former going on to finish 1 minute quicker than his last and the same from his best, in 21.52; which was 16 seconds ahead of the latter who dropped back over the last lap to record a 2 minute slower event time than his previous.

As they, and others, paced around in pairs or groups, with many changing places along the three lap route to the 5K finish, others were completing their chosen distances.

Libby Soutart (9) raced around without the wayward dog, smudge, to a 4.24 finish in the 800m and a new PB by 80 seconds; followed by Dexter (3) and father, Dan Cook some 2 minutes later - the pair reducing their best by 18 seconds.

Four-year-old Oliver Grimes somehow made his way to the finish some two minutes later without covering any designed route; before being retrieved by father, John, and taken off to complete an unknown distance and another finish of 12.36.

Lucas Rowley (9) and Luke McMullan (7) both covered the 2.2K distance faster than their previous time, but were about to score from their best.

The Tideswell trio of Ella (12), Max (4) alongside father, Gary were separated by 100 seconds, as elder sister completed the route in 12.34; while the Lawley duo of Megan (12) and Ruby (8) were 70 apart from 12.54 - both less than a handful from their best; with the same amount separating Harry Cope (6) and Lee Poulton; the youngster was almost a minute from his best in 13.05 and the v55, reducing his three month old record by 3 minutes.

Ten-year-old Harry Murfin (10) was a score from his best in 13.40, and half that amount ahead of James Burgess (8), who ran alongside of cousin, Joshua Eames (7) throughout to cross the line almost together.

The Bettany-Simmons duo of Heidi (6) and Tim chipped half a dozen from their record as they finished in 15.47; while the Carter duo of Rosie (4) and Adam upped to this distance for the first time to cross the line in 17.40.

Visitor v50, Sue Kirby is more accustomed to the flat circuit around Newcastle park, however, she managed the hilly terrain in 16.33, which was 10 seconds ahead of Miley Brown (8); while Sarah Ashe was half a minute from her best in 17.19, to finish alongside of Nicola Damjanovic and 2 seconds ahead of Steven Wood with daughter, Nell (14) a minute adrift in their first event; Lynne Dempster crosses the line alongside of the latter as she continues to improve with a reduction of 30 seconds from her last event best.

Five-year-old Ned Cook pulled away from mother, Ruth over the last few hundred metres to finish half a dozen ahead in 18.47 and a score from his best.

There were a few firsts in the 3.6K distance after Harry Durber led them home 2 seconds faster than last week, and just 40 seconds from his record in 16.57.

This was the first event for Sam and Paul Hambleton, with a joint finish of 19.05; the Webster trio of Rian (8) Josh (7) and father Nick, took part in this distance for the first time; the elder completing the distance in 24.50, and an equal score of 27.33 for the latter pair.

In addition there were a couple of PB’s secured in this event; Ethan Ollier returned to this distance and knocked almost 5 minutes off his previous time with 18.15 finish; Heather Lyons reduced her best by 30 seconds to 25.28; whereas, Alex Poulton crossed the line double that from his best in 22.28 as did Sheila Allcock in 25.53; with Suzanne Mellor an additional 30 seconds from her record in 26.31.

Dan Frewer once again stretched his legs in the 5K event, as he tries to make progress back to his best. His 22.59 finish was 2 minutes from his best; while Carl Young was pulled along in the latter stage by the younger man’s pace to create a new PB by 10 seconds, to cross the line 16 in arrears.

James Lockett managed to outpace John Green by a stride in 23.39, with v60, Dave Edge a minute adrift, despite a slightly faster event time; Lee Murfin was only a dozen behind in his third event to create another PB, this time by almost a score; Jamie Carney followed 30 later although a minute away from his last week’s time.

Karl Birch and John Lagan paced around together to finish almost in tandem to record 26.04; with Matthew Hales a minute away on his return after three months absence.

Paul Cope and Ian Frewer have both suffered with injuries of late and are striving to get back on track; the former managing to cross the line 2 minutes ahead in 27.20 as the latter suffered on downhill stretches.

V50, Claire Williamson returned after a six event absence and paced around with v70, Bill Mould who has missed half that number; the younger vet’ pulling away over the last lap to finish 45 ahead in 29.54.

Jan Percival returned for only the second time this year and completed the full distance in 31.25; followed by Sarah Garde, Lisa Soutart and Dawn Brown in 33.02, 34.04 and 34.33.

The former of that trio found things hard due to lack of mid-week training, while the latter admitted ‘it just wasn’t a good day’; despite returning a regular, paced time as did her immediate adversary

Thanks to the regular help from Bryan Vigrass, Kathryn Smith in addition to Sam and Paul Goldstraw.