Brough Park Couch to 5K (01.12.18)

The meteorological, first day of winter started off with a cold and damp morning; deterring a number and perhaps contributing, along with many suffering from the post Ched’ Pud’ Run blues, to only one in the 5K achieving a PB.

Once again v80, club member, Bryan Vigrass presented youngsters with trophies to denote their attendance; on this occasion it was to William Dodd for attending 50 events and Bleu Bailey for 25.

The main bunch in the latest Brough Park Couch to 5K were led off at a brisk pace by Louise Hackett (14) with Isaac Elkington in her wake, before the teenager peeled off to finish the 3.6K in 14.36, reducing the PB she set 5-week-ago by two dozen seconds.

GB representative, Jason Burgess returned and took time out to coach Carl Young throughout the first half of the full distance before stretching his legs to overhaul the leader; finishing six seconds ahead in 20.18, and two minutes away from his all-time best.

Richard Pigott made an appearance in the 5K after 20 months absence to knock 33 seconds off that previous time to 21.54, a good minute ahead of brother, Martin, whom was ahead for half the distance.

Dan Knowles increased the gap on each lap to finish 50 seconds ahead of Carl Young in 22.54 and 45 from his fastest; the latter 30 from his, with Jamie Carney once again having a solo-run to finish a minute later and 20 ahead of Paul Lockett who was half a minute from his best.

V60, Dave Edge finished with a slower time of 25.39, which was a dozen ahead of Karl Birch who improved on his last event time to once again drop below that pendulum, milestone.

There was a dead heat of 26.53 for two runners who have trained together many times, in addition to completing the recent Manchester Half Marathon; Paul Cope paced his run-partner, Richard Dodd back into the groove following a recent high blood pressure scare which side-lined him for several weeks.

Another who returned after a medical ailment of an infected kidney, was Charlotte Statham, who was escorted around by v70, Bill Mould, before she found the energy to pull ahead to a 30 second margin in 28.27, and 4 minutes from her best; with the elder a minute from his.

Claire Williamson, Jo Phillips, Sarah Garde and Dawn Brown, all trailed in well below their best following last week’s epic 10K run, to finish in 30.17, 30.22, 32.34 and 33.38.

In the shortest distance of 800m Sophie Hinton (4) and mother, Rebecca were a good minute below their best due to the youngster not really wanting to take part until they took Shep’s lead; the Collie was keen to forge ahead for the first 100m before pulling back to the start and his owner.

All this delayed the pair who reluctantly carried on to a slower 7.07 finish, which was a handful of seconds ahead of Pippa Waddell (7) who had become embroiled in all the toeing and froing.

Caiden Geens (5) and father, Adam both gained PB’s of six seconds with a joint time of 11.44 in the 1.5K; while brother, Ben (8) crossed the next distance line in a slightly slower 13.18.

Five-year-old, Bleu Bailey wasn’t involved in a usual challenge with her brother, Oliver (11), to see who reaches the finish line first - despite him taking part in the next distance - and covered the route a minute slower than her best in 9.27.

On this occasion her sibling was busy racing mother, Kirstin in the 3.6K, whom he beat by 17 seconds with a slower 17.07; while mother pushed on and was eventually drawn along to gain an improved time by a dozen seconds, once her son who had started a minute later overhauled her, despite a few seconds lost as he retired his lace.

Buxton AC athlete, Kevin Mottram returned after a 5-week absence to reduce his best in the 3.6K by well over a minute to 15.27, as he followed the early pace-makers around; while Dave Hinton was unable to match his 3-month best time and dropped back by a similar amount to 17.46.

Nine-year-old, Edward Dodd opted for a second outing at this distance and eased round to a 20.12 finish, which was two minutes behind his six-month-old best.

Heather Lyons reduced her PB by 55 seconds to 24.01, while Wendy Waddell returned after a 6-week absence to cross the line just two seconds adrift of hers in 30.04; both teetering on individual, mile-stone markers.

Eight-year-old, James Burgess followed on from an excellent time in the previous weekend’s Fun Run with a last 100m battle in the 2.2K, involving a sprint with Lucas Rowley (9), who wanted to retain his recent top spot. The former achieved the pinnacle by a stride in 10.50 and a handful from his six-month-old record.

Eden Pigott (8) pulled away by 20 seconds from her immediate challenger, William Dodd (6) to finish 30 seconds from her long-standing best time in 11.15; the latter drew along Maddie Stone (10) to reduce her best by 15 seconds to 11.38 and a handful behind.

Oliver Sigley (7) reversed the pecking order with brother Sam (8) to reduce his previous event best by 90 seconds to 12.22; while his elder was grouped around the slower pace of Connie Statham (7) and Martha Williamson (8) in 14.15.

The Poulton trio faired differently; Alex was without his regular run-partner and covered the route a minute from his six-month-old best in 12.49; whereas Toby (10) finished less than 2-dozen from his record alongside of father Lee in 15.12.

For once, Laurie Hinton (7) ambled around the route to cross the line a good two minutes from his best in 13.48; followed 10 seconds later by Joshua Eames (7), who is used to an erratic gait.

There was an improvement of exactly 1 minute for Miley Brown (8) over her last event time, to finish just a dozen from her best in 14.17; which was 10 seconds ahead of Bailey Dunn (12) who was the same time difference better than his previous week record and has reduced his event time by 150 seconds over four weeks.

Wow! Jo Higgins returned after so long that her previous time can’t be located. However, a 14.40 finish is a good benchmark for the future?

Thanks once again for assistance from Sam Goldstraw, Bryan Vigrass, Kathryn Smith, with the addition help from Louise Hackett and Gareth Briggs.