Brough Park Couch to 5K (08.12.18)

A beautiful morning and the best two hours of a very, wet Saturday, greeted the entrants of the latest Brough Park Couch to 5K.

Three runners with sub-20 times for the 5K toed the line, however, from the off Matthew Statham shot ahead to pull away for an early lead from Ian Yates and Isaac Elkington.

He pushed on unchallenged but was 50 seconds away from his best time which was set in his last outing 3-month-ago, in 19.29.

The trailing pair swapped places before the former cut his usual distance short to finish the 3.6K in 14.57; while the latter finished a minute behind the leader and 3-dozen from his best.

V40, Clare Lawley is enjoying the challenging, course and pushed on with a solo run at a slightly slower pace than usual to cross the line in 25.13, a minute below her record but a score ahead of James Lockett who was several minutes from his 4-week-old best.

Karl Birch’s recent times see-saw around the 26 minute mile-stone; on this occasion he dropped back by 5 seconds to be followed half a minute later by Charlotte Statham and John Lagan who had paced round together, leaving Suzie Noble a further 20 adrift and a good 40 seconds from her best.

Paul Goldstraw made a come-back after three-months following an injury and recorded a 27.40 finish, which was 2 minutes ahead of Jan Percival, who is only a few weeks into her own come-back.

Claire Williamson paced round to almost match her previous week’s time in 30.19; which was a minute ahead of Jo Phillips who dropped back by almost the same margin from hers; while Katy Sanderson followed 30 seconds later, following a seven-month absence from the event.

Despite a pace-maker assisting Sarah Garde up the last incline, she was unable to match her best, in addition to dropping back over that pivotal 32 minute mark by a second; with Alison Dodd half-a-minute from her record in 32.46 and Dawn Brown clocking 34.12.

The 800m saw the usual duo of Sophie Hinton (4) and Pippa Waddell (7) alongside of each other; on this occasion being escorted along by Madeline Statham (13) at a brisker pace than usual; reducing the two elder’s PB by 10 seconds in a triple-joint finish of 6.18.

The 1.5K saw Bleu Bailey (5) head the group unchallenged, to finish slightly faster than last week but in a minute from her best in 9.20; with Caiden Geens (5) and father, Adam along with Dan Cook and son, Dexter (3) all reducing their best times to 11.16 and 12.49 respectively; the former pair knocking 20 seconds from their previous record and the latter’s by a minute.

Keira Carney (11) returned to partner father, Jamie and covered the route in a faster pace than previous in 13.40.

Despite Dave Hinton finding it ‘not to be his day’ and having to cut short his intended distance to 2.2K, he finished 2-dozen seconds quicker than his previous best in 10.37; followed a minute later by Grace Bond (11) who had returned after seven-weeks absence to broach the tape a dozen ahead of Shane Yates (9) who produced a PB by one second.

Seven-year-old, Laurie Hinton crossed the line 90 seconds behind his aforementioned father, 60 from his best but improved by 100 over his previous outing, as he finished alongside mother, Rebecca.

Noah Phillips (7) was 90 seconds from his record as he raced Oliver Sigley (7) to the line, outpacing him by two strides in an even 13 minutes; while the Tideswell duo of father, Gary and son Max (4) followed 15 seconds later to lower their previous PB by a stride; with Michael DeBelen separating the duo in an inaugural 2.2K run.

Two 8-year-olds, Ruby Lawley and Ben Geens were separated by 30 seconds from 13.43, with Alex Poulton easing round to finish in between; while Connie Statham (7) ran alongside of Noah Goldstraw (7) to a slower than usual 14.47, which was less than a handful ahead of Nick Webster and son Josh (7), with sister, Arian (8) almost 80 seconds in arrears.

Bailey Dunn (12) was a pace behind Millie Brown (8), with the younger entrant almost matching her last outing time in 15.16; while Toby Poulton (10) and father, Lee were a minute behind and the same adrift of their previous time; with Ruth Cook and son, Ned (5) reducing their PB by a dozen to 18.13.