Brough Park Couch to 5K (17.11.18)

A fantastic, autumn morning for the 150th Couch to 5K event; with a handful of youngsters presented with trophies for their attendance, from v80, club member, Bryan Vigrass.

The recipients were the Grimes trio of Oliver, Jessica and Jack for reaching 25 events; Laurie Hinton for his 75th and Joshua Eames for attending 125.

The combined events eventually got under way with Buxton AC athlete, Kevin Mottram leading the mass from the off; completing the 5K in 21.23, after increasing the distance over his pursuers on each lap.

Dan Knowles and Steve Massey were his immediate followers but crossed the line just over 80 seconds in arrears with a joint finish; the former 3-dozen from his last-event best and the latter over double that amount from his.

Carl Young pushed along to finish just a couple of strides from matching his last outing record in 23.17; while V60, Dave Edge’s 24.44 was only one stride from matching his last time, but a good 2 minutes from his long-standing best.

Dave Hinton’s return after a six-event absence resulted in an 88 second deficit from his 3-month-old record, in a time of 25.03; with Paul Lockett following a score later and 48 from his best after missing three events.

For once Karl Birch covered the distance unaccompanied and at his own pace to finish 8 seconds ahead of his last time and half that below the 26-minute mile-stone; while Bill Mould opted for a similar run to drop well below the 30-minute mile-stone in 29.13, just 90 seconds from his long-standing best.

In between, Suzie Noble and John Lagan changed places as they paced along the route but concluded with a joint finish of 26.36.

Ten-year-old, Jake Sanderson upped his distance to run alongside of gran, Susan Mellor in the longest event, which enabled the elder to reduce her best by 4-dozen to 34.41, with the youngster just one dozen adrift.

Jan Percival’s return to fitness continues as she reduced her last week’s second event of the year by over 90 seconds to 29.52; which was followed 30 seconds later by Jo Phillips with Dave Whelton not too far behind, after trying his utmost to catch up and overtake, but failing over the final run in.

Lack of training was once again Sarah Garde’s downfall; however, her intense, effort throughout reduced her previous time by half a minute to 32.28; with Dawn Brown following that pace to finish the same time-difference behind with the same amount of improvement.

Harry Durber once again fronted the 3.6K and reduced his PB by over 20 seconds to 16.16; with Ella Tideswell (12) and Ruth Cook covering the distance for the first time in 20.35 and 24.10 respectively.

Ian Frewer is still struggling to get to grips with the route following his previous injury and dropped back to 21.17; which was 4-dozen ahead of Harvey Murfin (10) and father, Lee; the latter dropping down a distance to encourage his son, who had struggled over this route in his previous attempt, with a resulting 10 minute reduction.

Four-year-old Oliver Grimes seemed to be boosted by his earlier presentation and shot round the 800m route, without his previous detours, to gain a PB of 17 seconds alongside of father, John in 5.51; while Claire Yates dropped back by a handful to 6.04.

Jessica, the twin sister of the aforementioned youngster, opted for the next distance of 1.5K, which she completed a few seconds faster than mother, Gina in 12.03, and only a few from her best, and half a minute in arrears of Joshua Eames (7).

Sophie Hinton (4) was also only a few seconds from her best but a score faster than her previous event, as she followed on a few seconds later alongside of mother Rebecca; while Keira Carney (12) stuttered over the route on her return following a minor operation, to a much slower 15.28 finish, alongside a father Jamie, and 2 minutes behind a slower time for Caiden Geens (5), whose brother, Ben (8) opted for the next distance and recorded a faster than previous 16.19 time.

Jack Hancock returned after a long summer of ‘not-being-bothered to get out the door’ to attempt his previous 5K distance, but found the going much too tough and opted for a 2.2K finish in 9.49.

However, following that ill-fated run, there were lots of PB’s: Shane Yates (9) reduced his best by a dozen to 11.42 and 40 adrift of Lucas Rowley (9); Megan Lawley (11) was 10 ahead of Joseph Lockett (11) as she knocked 3-dozen off her her previous time to 12.14; sister, Ruby (8) followed suit a minute later with a 50 second reduction, as she finished a stride behind Alex Poulton’s slower event, and along with Bell Clowes (8) and mother, Lucy who both reduced their times, by 70 and 90 seconds.

Miley Brown (8) reduced her time by almost a minute to 14.08 as she finished alongside of Max Tideswell (4), who was the same amount slower; while his mother, Kyla was just a handful from her best and 10 adrift.

Ten-year-old Toby Poulton reduced his five-week-old best by a score to 14.50 alongside of father, Lee who was unable to match his previous week’s solo-best.

Ian Spry returned after a 3-month absence to finish alongside of Sarah Ashe in an even 15 minutes; the former reducing his best by 90 seconds and the latter her 2-week-old record by a score more.

Seven-year-old Noah Phillips ran around with sister, Imogen (11) to finish a dozen ahead in 11.57; while Heidi Bettany-Simmons finished in a dead heat of 16.02 with father, Tim and only 15 from the youngster’s best.

Lorna Stoddart and daughter, Isabel (6) eased around to record a 17.48 time; 40 away from the youngster’s best and way off mother’s solo achievement.

The Damjanovic youngster’s, Alisha (9) brother Mack (6) didn’t stick together; the elder crossed the line in an even 17 minutes, whereas the youngest finished 10 ahead of mother, Nicola as they escorted Lynne Dempster to a reduction of 16 from her PB in 18.06.