Brough Park Couch to 5K (24.11.18)

Yet another fantastic morning for the latest Couch to 5K event; with v80, club member, Bryan Vigrass presenting youngsters, Alfie (10) and George Bower (13) with trophies for their 25th attendance

The elder went on to finish the 3.6K five minutes ahead of his brother, who paced mother, Cathy along to reduce her best by over 40 seconds in 29.42; while father, Chris improved in his last event time by 3 minutes to finish the 5K in 34.14.

Despite over twenty club members opting to take part in the Cheddleton Pud’ Run later in the day, the overall field wasn’t depleted by that many, due to the return of a few, additional newbies and four visitors.

It’s difficult to create a PB when you have no immediate challengers and this was the case for you Ian Yates, who returned to lead from start to finish which was achieved in 20.28, almost a minute from his best.

The next finisher in the 5K was fourteen-year-old Ethan Ollier who was also around the same margin from his long-standing best in 24.13, after a lay-off from this distance of over ten weeks; however he did overtake several others during the three laps before finishing strongly.

New entrant, Chris Walton was 30 seconds adrift and was followed a dozen later by Claire Lawley who was just 10 seconds from her PB, forging around 4 minutes faster than her last outing.

Once again Karl Birch’s regular pace found him adrift from others as he matched a recent time of 26.04, dropping back over that mile-stone once again.

Twelve-year-old, James Cope pushed hard to gain a PB of 150 seconds in 27.28 and two minutes ahead of Dave Whelton who pulled away from his early pacemaker, Jan Percival to gain a PB of a dozen seconds, while the latter improved on her previous week’s outing by a similar amount and the same in arrears.

V60, Alison Dodd reduced her last event PB by 10 seconds to 32.18 as she also overtook several during the last lap; while teenager Harry Durber finished 14 seconds behind and double that ahead of run-partner, Alex Poulton.

Tim Bettany-Simmons upped his distance and headed the 3.6K in a time of 20.44; followed 90 seconds later by Mike Turner who improved his previous time, with Oliver Lawley (10) just a stride behind and a dozen away from his last event best.

Twelve-year-old, Isaac Spry set a new PB by 90 seconds and is down to 23.22, he was a similar time-distance ahead of Heather Lyons who chopped 30 seconds from her best.

Twins, Jessica and Oliver Grimes (4) covered different distances with different guides; Jessica chose the 800m and eventually sprinted ahead of father, John to gain a 6 second lead in 6.19 and a PB of 21 seconds, followed by visitors, Dom Gibson and daughter, Niamh (3) who was partly carried around to a joint 7.12 finish; while the latter’s brother Larnie (5) proceeded on foot to finish the 1.5K alongside of the former’s sister, Danielle in 14.14; the latter pair were a stride behind an improved event for Kiera (11) and father, Jamie Carney.

Meanwhile, Oliver continued along with mother, Gina to finish the 2.2K and recorded a joint 18.11 time, just behind friend, Reuben Latham (4) and a handful after elder brother, Jack (7).

Somehow, Kelly Woolley managed to catch up with son, Archie (4) who was well ahead midway through the 1.5K, however, they finished almost together with PB’s of over a dozen seconds around the 8.58 mark.

Caiden Geens (5) covered the distance a little faster than last week and crossed the line in 13.16, which was 30 seconds ahead of the first pair of the Cook family; Dexter (3) and, father Dan who had upped their distance for the first time; finishing 10 seconds ahead of Ruth and eldest son, Ned (5), who had comparatively slowed down by a couple of minutes to assist the other pair.

Nine-year-old Lucas Rowley is making a habit of leading the 2.2K, on this occasion in a similar time to the previous week of 11.08, but almost a minute from his best. Shane Yates (9) followed almost 40 seconds later, also with a similar time of 11.47, with Newbie, Maddie Stone (10) half a dozen seconds later.

Imogen Phillips (11) was another to cover the route at a similar pace to previous to finish in 12.15, which is 30 seconds from her best; with new entrants, Sam (8) and Oliver Sigley (7), 50 and 100 seconds behind; the former 20 in front of Ben Geens, who is slowly getting back on form.

Yes another new comer, Jack Auger (7) crossed the line in 13.48 alongside of Ruby Lawley who was 30 seconds from her previous pace.

Kyla Tideswell and son, Max (4) had the intentions of pacing around together, however, the youngster tired over the last stretch to finish 20 seconds behind in 14.57; a score ahead of Miley Brown (8) who was a good minute from her previous time.

Belle (8) was escorted by father, Nick Clowes for the first time and finished with a much, slower 16.44; whereas Bailey Dunn (12) returned to the event to lower her three-week-old first attempt by 90 seconds in 15.27.

Nicola Damjanovic was due to enter the pudding run later in the day and eased around 3 minutes slower than her best to finish 8 seconds in arrears of son Mack (6).

Both Lynne Dempster and Claire Yates have both succumb to injury after six events; the former side-lined by a muscle strain around her pelvis and the latter a back strain; despite their pain, it was nice to see them attending and encouraging others.

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