Brough Park Couch to 5K (15.12.18)

A very cool morning greeted the entrants for the latest Brough Park Couch to 5K, with the majority keen to get underway, however, there was a slight delay as club member, Bryan Vigrass presented Ben Geens with a trophy for attending 25 events.

The number on the start line wasn’t depleted by many, despite the frosty conditions in addition to the allure of the next day’s Christmas Cracker Run; as there were some returning after one, or a few weeks absence and others following club events.

Fortunately the route wasn’t adversely, affected by the frost; in fact the grassed section was drier and firmer than it had been for many weeks.

The youngsters, in their own delayed start, seemed keener than ever to get underway, as many edged over the line well before the whistle; no matter none were penalised.

Lynne Dempster returned after a four-week injury-lay-off and was ushered round by the Damjanovic trio of Mack (6), Alisha (9) and mother, Nicola, to gain a PB of a score in 17.45 over the 2.2k route.

Eight-year-old James Burgess headed this group to finish a dozen from his best in 10.55, followed a minute later by Maddie Stone (10), who was the same from her last event PB; with Edward Dodd (9) a further 30 seconds behind in a much slower time than usual.

The Sigley brothers, Sam (8) and Oliver (7) paced around together with the youngest dropping back from his usual pace; in doing so aided the elder to gain a PB of 4 seconds in 13.01.

Megan Lawley (12) was 10 seconds ahead of the former and, along with her siblings Olivia (10) and Ruby (8), were unable to match their month-old best times; on this occasion the youngest pair finished half a dozen apart from 13.45, which was a dozen behind Harry Cope (6) who was 70 seconds away from his best.

Twelve-year-old Bailey Dunn reduced his last event time by over a minute and his record by 10 seconds to 14.10; finishing well ahead of two eight-year-olds, Ben Geens and Miley Brown who crossed the line alongside of each other in 15.54.

John Green returned to lead the main-bunch unchallenged throughout the full distance with the finish of 22.12, which was 50 seconds from his best and a minute ahead of Carl Young who reduced his PB by a second to cross the line a further two-dozen ahead of James Lockett.

Karl Birch’s regular training and attendance seems to have paid off, as once again he dropped well below that 26-minute mile-stone to record 25.35 and just over a minute from his best; while Lee Murfin finished in 25.02 which was slightly more than a handful from his five-week-old record.

The event partnership between Suzie Noble and Richard Dodd ended with a joint finish of 26.43, which was almost 50 seconds ahead of the latter’s previous training partner, Paul Cope.

Erica Eassom popped up from London to visit her mother, Denise and braved the northern climate after being cajoled into entering the 5K; despite finding the course challenging, she finished well over four minutes ahead of mother in 26.40. Afterwards, there were signs of a grimace on her face followed by a wry smile, knowing she was jetting off to South Africa in the following days.

Clare Lawley ploughed onwards to a full distance after her youngsters had finished their event, to record 29.40, which was 32 behind v40, Alex Spragg and 10 more ahead of v50, Jan Percival. The latter had been trailed throughout the 5K distance by v70, Bill Mould, who crossed the line a handful behind.

V40, Karen Avery is another who seems to have benefited from regular training and was a handful behind the previous vet’ to lower her six-month-old record by 70 seconds.

V50, Dawn Brown improved over last week’s time by 3-dozen and was the same amount away from her best, with Lisa Soutart following a minute later after having a stop-start run due to problems with her dog, Smudge.

The youngest of the Bailey trio, Bleu (5) covered the 1.5K distance 30 seconds faster than the previous week and was the same from her best in 8.51; while brother, Oliver (11) eased round the 3.6K over a minute from his best in 18.05; meanwhile mother, Kirstin took on the full distance for the first time and clocked 24.27.

Seven-year-old Joshua Eames crossed the line of the 1.5K a minute faster than his previous time but the same slower than his best; followed over 20 seconds later by Caiden Geens (5) in 11.01, whom along with father Adam, gained a PB of a dozen.

Wendy Waddell dropped back down to this distance and forged out a PB of almost 3-dozen seconds in 12.57, and was followed by Keira Carney (12) and father, Jamie, with PB’s of their own by 10 seconds in 13.05.

Libby Soutart (9) pulled away from run-partner Izabella Love (9) during the 800m to finish over a minute ahead in 4.39; with Pippa Waddell (7) two minutes in arrears following a slightly slower event.

Nine-year-old Lucas Rowley covered the 3.6K a minute from his best in 19.17; with v50, Ian Frewer over two minutes adrift as he eased himself back into the event, while Harvey Murfin (10) created a PB of almost half a minute in 21.44.

Thanks once again for assistance from Bryan Vigrass, Kathryn Smith, Steve Massey, with addition much appreciated help from Louise Hackett and Gareth Briggs.

Note: Santa Dash next week with prizes.