Brough Park Couch to 5K (22.12.18)

A damp morning and somewhat tacky underfoot conditions greeted the mass; not sufficient to quell the enthusiasm of some of the big guns among the large, festive-garbed troupe.

Prior to the off there was a surprise visit by Father Christmas who greeted entrants and later gave a present to every youngster whom completed their chosen event.

That arrival was preceded by Bryan Vigrass presenting Harry Bond and Harry Durber with trophies for attending their 50th and 25th event.

GB, OCR representative, Jason Burgess invited his younger, Buxton AC colleague and entrant in those world-wide events, Jason Brummock along to test him out over the 5K; both toeing the line along with the Christmas Cracker 4th placed finisher and winning, SMAC team-leader, Matthew Statham.

However, besides the numerous families dressed in their best outfits, congratulations must go to Wendy Waddell; not necessarily for her 3.6K finish of 30.32, which was almost 30 seconds from her best but, for surpassing her goal for the year of reaching 100K.

The full distance field was led from start to finish by the aforementioned Jason Brummock, who caught his mentor, Jason Burgess under-the-weather and outpaced him for the first time to cross the line 4-dozen seconds ahead; with the latter out-sprinting Matthew Statham by a stride in 19.23. Gareth Briggs acted as pacemaker for a couple of teenagers and followed 30 seconds in arrears with Harry Bond (14) crossing the line a further 10 seconds adrift and almost 3 dozen from his record.

There was a slower event time for Isaac Elkington who completed the distance in a full Santa suit to finish in 21.47, which was almost 50 seconds ahead of Martin Pigott with Daniel Frewer a further score in arrears; almost matching his previous time at this distance.

Rob Bond was 90 seconds away from his four-month-old best and a minute in adrift of the latter and pulled Paul Lockett along, enabling him to gain a PB by 2-dozen in 24.11; with Carl Young and Lee Murfin a good dozen behind the latter reducing his 6-week-old record by 30 seconds.

Charlotte Statham and John Logan once again paced round together to cross the line in a faster time of 26.18; Steve Massey followed a good minute behind at a much slower event pace, while Carl Birch dropped back by a dozen to 25.46, but remains well below that pivotal 26 minute milestone.

Once again Paul Goldstraw returned to the full distance as he tries to get back on form following a niggling injury; finishing 30 seconds ahead of Suzie Noble who was slowed by the encumbrance of her garb to 27.40.

Matthew Hales also made a return to match his previous 27.59, with Ian Frewer a good dozen behind and a similar amount ahead of Helen Finney, who returned following a break from hockey.

V70, Bill Mould had a slower solo-run of 30.16, while Karen Avery was a minute adrift of her last week’s best time in 31.44; which was a dozen ahead of a joint effort from Claire and Tony Williamson.

There was a slight drop back to 33.50 for Dawn Brown while Lisa Soutart was ushered to the finish some two minutes later by Dan Knowles.

Louise Hackett (14) chose the 3.6K and pushed throughout the two laps along with her pace-setter to gain a PB of 4 seconds in 14.32; while Harry Durber eased his way round to a 17.18 finish, with Lucas Rowley (9) following 90 seconds later following a sprint finish, but was still in score in arrears of his best.

Ten-year-old, Harvey Murfin crossed the line a dozen ahead of v60, Alison Dodd’s 23.03, which chopped three times that amount off her 2-month-old record.

Seven-year-old Pippa Waddell finished the 800m in 6.34 to almost match her previous event time; while Reuben Latham (4) and mother, Danielle along with Jack Grimes (7) followed some 10 to 20 seconds later.

Sienna Phillips (12) completed the 2.2K in 9.58, which was 30 seconds ahead of Kirstin Bailey. The latter was 10 seconds from her best and the youngster four times that from the record she set over six-months ago.

Oliver Bailey (11) was a minute behind his mother and double that from his best, while sister, Blue (5) chipped 2 seconds off the PB she set over two-months-ago in 8.18 over the 1.5K distance.

Congratulations must also go to Keira Carney (12), who along with father, Jamie have chopped their 1.5K time down by over 3 minutes over 6-weeks, as they reduced their last week best by 44 seconds to 12.22.

Special Olympic athlete, Joey Courchene popped in for a pre-Christmas outing to finish the 2.2K in an even 12 minutes, which was almost 40 in arrears of Eden Pigott (8) who was the same from her best time; with Noah Phillips(7) a score behind the former, a minute from his best and double that ahead of his mother, Jo; whereas, Sam Sigley (8) upped his game to finish almost a minute ahead of brother Oliver (7) in 12.21, thereby lowering his PB by 40 and the youngest the same away from his; which leaves their times neck-and-neck for future events.

The Poulton trio of Alex and brother, Toby (10) alongside father, Lee were all around 50 seconds below their best in 12.33 and 15.37, respectively; with Harry Cope (6) crossing the line 70 seconds ahead of James Burgess (8) who eased to the line with a leg injury; cousin, Joshua Eames (7) finishing a further two minutes behind.

Tim Bettany-Simmons and daughter, Heidi (6) made a return after 5-weeks absence to cross the line 30 seconds from their previous best in 16.17; followed 20 seconds later by Miley Brown (8) with Bailey Dunn (12) a further 30 adrift; while Isabel Stoddart (6) finished in 18.29.

The four-year-old Grimes twins, Oliver and Jessica were schooled to a well below par finish of 19.15 by mother, Gina; while the combination of Laurie Hinton (7), Martha Williamson (8) and Connie Statham (7) were the Reindeers tethered to a slay driven by Santa - AKA, Dave Hinton - to a joint 19.30 finish, with Rebecca Hinton and daughter, Sophie (4) alongside; followed eagerly by Ellie Cope (4).

A merry Christmas to all our members, followers and staff old and new; with on-the-day thanks to Sam Goldstraw, Richard Dodd, Bryan Vigrass, Kathryn Smith along with Louise Hackett and mother, Jo.

Not forgetting Santa and his Elf.

P.s., The photos tell a more festive story.