Brough Park Couch to 5K (05.01.19)

The first event of 2019 got off to a good start, on a good winter’s day, attended by a good size crowd; many of those making good on their resolutions; with six newbie’s amongst that mass of more regular members, despite there being a cross-country event in the afternoon.

Seven-year-old, Pippa Waddell was again first to the band stand finish line, completing the 800m in 6.27; with Ellie Cope (5) alongside of father, Paul an exact minute behind.

Bleu Bailey (5) was 40 seconds in arrears of the previous pair, although she had covered the next distance of 1400m; followed by the Cook pair of Dan and Dexter (3), along with the Webster trio of, Caitlin (6), Jack (5) and mother, Kathryn, all crashing over the line between 12.16 and 12.25, together with Fran Ward and daughter, Libby (5).

V60, Ann Campbell and Faye Gennard progressed around together in their inaugural event to a joint time of 12.37.

The Grimes trio of mother, Gina and four-year-old twins, Jessica and Oliver should all have recorded around 13.46, however, the latter youngster dropped out along the way.

Keira Carney (11) and father, Jamie returned a time of 14.43; with the youngster vowing to increase her distance by the end of the month, despite a slower event time.

GB, OCR representative, Jason Burgess attended for the second week out of three, on better form and a minute faster than his last, to lead the 5K entrants with a finish of 19.17, and the same time difference from his best.

He was followed around for the most part by Galvin Luznyj in his second, ever event, before returning to his home in Switzerland. The latter crossing the line 3 seconds faster than last week, but he was overhauled by Isaac Elkington who finished 30 seconds ahead.

Martin Pigott was a minute away from his 6-month-old best in 21.55, as he finished half that in front of Steve Massey, who was the same away from his PB.

John Green completed the route a handful quicker than last week and 17 ahead of Carl Young, who reduced his best at the full distance time by a baker’s dozen to breach the tape a further 20 ahead of James Lockett, who was a minute from his best but half that faster than his last event.

Kirstin Bailey continued in this event and was just 4 seconds away from her last week’s PB in 23.51, and 2 minutes ahead of Karl Birch who managed to drop back below that pivotal 26-minute mark, following a post-festivities relapse.

Twelve-year-old Tom Luznyj managed to equal his last week’s first full distance time of 26.03, as he finished half a minute ahead of John Lagan who was 2-dozen ahead of an improved time for Matthew Hales.

Despite Dan Knowles starting much later than everyone else he managed to haul himself ahead of many and pull along Richard Dodd to a 27.15 finish; as the latter strives to get back on form.

The Williamson’s, Claire and Tony upped their distance together, but the former chose to pace Bill Mould along to a 30.13 finish; while the latter crossed the line 80 seconds ahead.

Karen Avery finished the same amount in front of Michelle Redfern to improve by the same margin over last week in 30.52; while Nicola Damjanovic was just 6 seconds away from her 4-month-old best as she crossed the line in 31.36.

A couple of weeks absence hasn’t appeared to knock-back v60, Alison Dodd by much, as she matched her previous event time in 32.47; which is only 30 seconds away from her best time, set six-events ago.

Dawn Brown took time out to usher Suzanne Mellor along and still managed a minute improvement over her previous time in 33.55; with the latter crossing the line 40 seconds in arrears.

Regular entrant Lisa Soutart carried out a similar task as she paced alongside of v65, Michael Fern to an inaugural event time of 35.30.

Josh Luznyj (12) dropped down to the 2.2K event to finish in 11.10, as he schooled along cousin, Emily (9) who crossed the line 40 seconds in arrears and 10 behind Edward Dodd (9).

Eden Pigott (8) covered this event 2 minutes slower than her best as she escorted Izzy Pettitte (9) to an inaugural 12.27, alongside of Martha Williamson (8); with Harry Cope (6) half a dozen in arrears, 30 from his best and a handful ahead of William Dodd (6).

Seven-year-old, Oliver Sigley crossed the line 30 seconds from his best in 12.51, which was 10 ahead of Ian Frewer who eased his way back in this event; Luke McMullen was a further 40 adrift in a much slower event time.

Rian Webster (8) finished alongside of father Nick in 14.57, while brother, Josh trailed by 2-dozen but a score ahead of Tim Bettany-Simmons and daughter, Heidi (6), who secured a PB of half-a-dozen.

The Poulton duo of Toby (10) and father, Lee were a minute from their best in 15.50 and a handful ahead of Sam Sigley (8), with Miley Brown a similar amount behind; while James Burgess (8) dropped back to pace along cousin Joshua Eames (7).

Twelve-year-old Bailey Dunn was much slower than his previous time in 18.32, as he finished a dozen ahead of Ned Cook (5) and mother, Ruth, with Lynne Dempster a stride behind and a minute from her last-event best; while Sydney Moss (7) and Heather Lyons had a joint time of 21.41.

Eleven-year-old Oliver Bailey recorded 16.29 over the 3.6K distance which was a good 40 away from his last week’s PB; with Harry Durber a stride behind and 20 from his best, with Lucas Rowley another stride in arrears and a good minute away from his record.

Harvey Murfin (10) was a good 3 minutes ahead of v50, Sheila Allcock, who was unable to match previous gains; as was Wendy Waddell who recorded 33.12.

Thanks go as usual to Sam and Paul Goldstraw along with Kathryn Smith for recording duties; in addition to Bryan Vigrass for marshalling.