Brough Park Couch to 5K (05.01.19)

The second event of 2019 was boosted by a score of Newbie’s to add to the half dozen that joined the New Year’s, resolution trend last weekend.

GB representative, Jason Burgess commented, “what a fantastic event this has become to attract all these youngsters’; that was before he had to weave his way through, in addition to leaping around a youngster and his wayward dog, as he lapped many on the way to the 5K finish; which he completed after overtaking a couple of early pacesetters’.

His finish time of 19.56 was slower than previous but matched his immediate follower, Isaac Ellington’s best; however, the latter was 40 seconds in his wake on this occasion.

Martin Pigott finished with a half-dozen seconds deficit from last week and 70 from his best, with John Green following on a minute later in 23.03; while new entrant v50, Neil Flavell finished in 24.14 and 16 ahead of Paul Lockett who was a score away from his four-week-old best.

Karl Birch reduced his previous time by the same margin to remain well below his 26 minute nemesis-mark; finishing 50 ahead of Richard Dodd, who was paced over the run-in by Dan Knowles; improving his previous return by 4-dozen to 26.28.

Suzie Noble completed the full distance a handful quicker than her previous event and just short of 30 from her best; whereas Steve Massey limped to the finish some distance behind, as Paul Goldstraw’s return to a stop start season resulted in a time of 27.17, a score ahead of Paul Cope who matched his previous time but remains almost 50 from his best.

There was a return after 15 weeks for Tom Warrilow (14) who crossed the line 3-dozen from that previous time and a handful in front of Joe Phillips’ 29.35; the latter managing to drop below the 30 minute mark for the first time in a good while; with Ian Frewer hovering around that point as he makes a fitness come-back.

Jan Percival is another whose stop-start attendance culminated in a 30.11 finish, with Michelle Redfern following 16 seconds later to reduce her last week’s time by 4-dozen and her PB by a few seconds less than that.

V65, Michael Fern got to grips with the route and reduced his last week’s inaugural time by over four and a half minutes to 31.54, which was 30 ahead of a slower event time for Karen Avery; while Richard Dodd (2) outpaced his mother, Alison by over two score in 32.30, as they both fell just short of their best times; with Sarah Garde’s 33.39 almost matching her previous event time, after deciding to continue on despite still suffering from the after effects of a recent illness; finishing 3-dozen ahead of Dawn Brown’s set-back by a score.

The Grimes trio of, Oliver (4), twin sister Jessica and mother, Gina all managed to finish their events - for a change. The former being dropped off to complete the 800m in 6.34, which was 44 ahead of Pippa Waddell (7), as their mother finished a handful behind daughter’s 12.29 in the 1.5K; while cousin Jack (7) also managed to complete the 800m distance a handful behind the 7.51 time of a reluctant-entrant, Sophie Hinton (4) and father, David; sibling, Laurie (7) completed a solo-run in the 2.2K of 12.43, which was a stride behind Harry Cope (6) and the same ahead of Izzy Pettitt (9), who finished almost a score behind her last week’s, inaugural time; with twin sister, Emily crossing the line less than a minute in arrears in her first event.

The Lloyd quartet paced around together in their first event; Ian with son, Eugene (4) crossed the line in 8.24, a handful of seconds ahead of Alexa and daughter-in-arms, Ellie; with Annie Woolley (3) schooled along in her first outing by mother, Kelly to finish in between the previous pairs.

The aforementioned mother returned to escort son Archie (4) over the latter stages of the 2.2K, in which he finished a dozen from his best but, over a minute faster than his previous in 14.27.

The 2.2K was headed by Lucas Rowley (9) who was 30 seconds from his best in 10.46 and a similar amount ahead of Eden Pigott (8), who was that measure away from her best.

The Dodd brothers, Edward (9)and William (6) finished almost 80 seconds apart from 11.24, and way off their best form; while Luke McMullan (7) covered the distance well over a minute faster than his previous and a little less away from his best in 12.10.

The Phillips’ siblings, Imogen (12) and Noah (7) were over 30 seconds away from their best times as they finished alongside each other and a stride behind the inaugural time of 12.13 for Roberta De-Steunder (12).

The Sigley brothers, Oliver (7) and Sam (8) ebb and flow, with the youngest finishing in 13.02 and 40 from his best; the elder and 16.15 and almost 4 minutes from his record.

While Richard Corden assisted at the finish line the remainder of his family took part for the first time in the 2.2K; son, Ewan (10) covered the distance 80 seconds ahead of brother, Lewis (7) in 12.48; which was 5 minutes ahead of mother, Suzanne and Flynn (4).

Lee Poulton and son, Toby (10) were 40 seconds away from the 8-week-old record as they crossed the line in 15.33; while Ned Cook (5) gained a PB of 30 seconds with a 17.43 time, a handful ahead of mother, Ruth who reduced her best by a similar amount; with Rosie Carter (4) and father, Adam placed in between and just nine away from their 9-week-old best.

Sarah Ashe dropped back by over 3 minutes from her 7-week-old previous return, as she crossed the line 40 seconds ahead of Lynne Dempster’s 19.01, the latter dropping back by a good dozen.

Louise Hackett (14) peeled off from the leading pack to complete the 3.6K in 15.47; which was 75 away from her 3-week-old best which she matched in the following event. However, she has just recovered from a week out due to ‘man-flu’?

Harry Durber followed almost 50 seconds in arrears and almost 40 ahead of Oliver Bailey (11), who slowed after mother, Kirstin dropped out of the event.

Newbie, Dan Gillian finished 30 seconds ahead of Alex Poulton’s 22.18, which was 50 away from his best, but 10 ahead of Harvey Murfin (10), who reduced his previous event time by more than half a minute, but is still 40 away from his best.

V50, Audrey Warrilow upped her distance to record 24.39 and 40 ahead of Lisa Soutart who was a minute adrift of her 14-week-old best; while Wendy Waddell improved over last week by almost 2 minutes to 31.19.

There was a slower event time of 9.08 for Bleu Bailey (5) who finished half a dozen ahead of an inaugural event for Cameron Butler-Malone (7), whose sister, Naomi (4) finished 4 minutes behind.

Faye Gennard reduced her best by a score to 12.16, with Caitlin Webster (6) equalling her previous time and just a pace in arrears; with mother Kathryn 10 seconds adrift along with brother, Jack (5) alongside.

The Kirkpatrick family attended their first event, John and Angus (4) finishing 15 ahead of Joni (3) and mother, Jocelyn; Keira Carney and father, Jamie were just a handful behind as they improved by a minute.

Here’s wishing Sam and Paul Goldstraw a happy time down-under, and thanks for your help along with Richard Corden and Kathryn Smith.