Brough Park Couch to 5K (09.02.19)

Teenager, Harry Bond pulled away from the 5K pack and crossed the line in 20.26; which was just a dozen seconds in arrears of his previous time but a minute from his best.

Martin Pigott was in pursuit but failed to make any headway; finishing almost 100 seconds adrift in a time that matched his last but 70 from his record.

Neil Flavell reduced his previous, first event time by a baker’s dozen to 24.03; pulling along Paul Lockett, who chipped his best by a second to 24.10; despite a slip on one of the muddy corners.

A solo run for Dave Hinton ended with a 25.02 finish, reducing his previous by a good dozen but failing to make in-roads on his record time of 23.35; with Karl Birch only 44 seconds adrift to once-again remain under that 26 minute mile-stone mark - a point that should urge him on; followed half a minute later by Jamie Carney’s slower event time.

V60, Dave Edge returned after an eight event absence to a much slower 28.13 finish; as Michael Fern kept him in sight to reduce his PB by almost a minute to 28.58 - a reduction of well over 6 minutes over 4 events.

Michelle Redfern’s aforementioned run-partner pulled a good minute ahead, which may have contributed to a slower time of 30.02, as she crossed the line alongside of Jan Percival.

Jo Phillips was over 30 seconds ahead of the previous pair but two minutes away from her record; while Karen Avery recorded a much slower 33.03 event time; due to a pit stop for her dog; while Dawn Brown clocked a regular time of 34.16.

***800m & 1.5K***

V70, and seasoned runner, Bill Mould not only took on the 800m but his granddaughter, Sophie Hinton (4) - herself a veteran of 30 events - and came second best as she sprinted for the finish to record 8.39; while the Carney duo of Isabella (4) and mother, Heidi slowed by almost 2 minutes to 12.01.

The Kirkpatrick duo of Joni (3) and mother, Jocelyn dropped down to this distance and recorded 7.14; while the other half of the family, John and son, Angus (4), kept to the 1.5K which they completed a minute slower in 14.12.

The Geens duo of Caiden (4) and father, Adam were 3 minutes ahead but also a minute from their six-event best.

***3.6K***

Adam Carter has worked his way back up to the 3.6K distance, where he chipped 10 seconds off his 7-month- old previous time in 16.02; while Lucas Rowley (9) was 15 seconds ahead of newbie, Sam Bourne (9) to reduce his 7-event best by almost a minute with a recorded time of 17.30.

Joey Courchene returned to this event to finish just 4 seconds from his PB in 19.44; which was 3 minutes ahead of Harvey Murfin (11) who was an exact minute from his record and 10 seconds ahead of Alex Poulton’s slower return.

V60, Suzanne Mellor also returned to this distance and was 80 seconds from her best but half that faster than her last in 26.21.

***2.2K***

Seven-year-old Noah Phillips fronted the 2.2K contingent to reduce his 7-month-old PB by 17 seconds in 11.07; which was half a minute ahead of Roberta De-Steunder’s slightly faster finish with Eden Pigott a couple of seconds behind and a minute from her best.

Izzy Pettitt (8) was a handful behind the latter as she outpaced mother, Julie by almost 3-dozen seconds in 11.47; both improving their times by 17 and 51 seconds, respectively; with mother overcoming the incline for the first time and finding enough energy for a 100 meter sprint to the finish.

Two 11-year-olds, Grace Bond and Imogen Phillips crossed the line alongside of each other in 13.01; a good deal slower than their best but almost 10 seconds ahead of Sam Sigley (8) who was 40 ahead of brother, Oliver (7) with Emily Pettitte sandwiched in between, and just over a handful from her best in 13.27.

Sisters, Ava (8) and Esmae Campbell (6) crossed the line 3 minutes apart from a 13.51 in their first event; with seasoned entrant Laurie Hinton (7) alongside of mother, Rebecca finishing a good dozen in arrears of the former in a much slower event time; while Heather Lyons was a further 2-dozen adrift and a score ahead of Joshua Eames (7).

Lee Poulton crossed the line alongside of son, Toby (10) in 15.12; which was 2-dozen faster than their last event and the same amount away from their best; with Miley Brown (8) a pace ahead of Bailey Dunn (12) in 16.46; both clocking slower than usual times with Keira Carney dropping back to 21.20.🥽

Thanks to Louise Hackett, Gareth Briggs, Bryan Vigrass, Kathryn Smith and Steve Massey for their much appreciated assistance.

***Foot note:***   
It was nice to see Lyn Dempster return to the park, albeit to walk around and get the feel of the route once again; in addition to meeting up with old and new colleagues.