Brough Park Couch to 5K (16.02.19)

Jason Burgess toed the line in the latest Brough Park Couch to 5K event as part of his preparation for OCR events in Germany and Denmark in early March.

As expected the GB representative led shortly after the start and drew Isaac Elkington along; this, combined with more regular training sessions for the latter, resulted in a return of 19.57 - a first sub-20 time after 8-months in higher zones.

The OCR World and European champion clocked a much slower than usual 19.25, prior to rushing off to attend an upper body workout at Cheadle leisure centre.

2.2K - The event of the day.

A third of the remainder in the 2.2K gained PB’s, following a record equalling best time of 10.31 for Dave Hinton; Ewan Corden (10) chipped a second from his recent best; Izzy Pettitt (8) doubled that feat as she crossed the line in 11.45 - chopping 40 off over 5 events; Oliver Sigley (7) reduced his by a handful to 12.18, whereas brother, Sam (8) was 40 away from a better time in 13 minutes; Ben Geens (8) recorder an even 12 minutes, which smashed his 2-week-old best by 45 seconds; Ava Campbell (8) and sister, Esmae (6) almost doubled that to chop their inaugural times down to 12.23 and 15.36; while birthday celebrating brother, Arthur (10) recorded 13.05 and older sister, Lilia (12) 17.29 in their first events.

Mother and son, Ruth and Ned Cook (5) reduced their best by 100 and 10 seconds, respectively in a joint 16.06; while Toby Poulton (10) alongside of father, Lee missed out by a second on an improved time in 14.50. Unfortunately, eight-year-old twins, Rian and Josh Webster dropped back by 3 minutes to 16.24; as did Jessica Grimes (4) and mother, Gina to 19.28.

Four-year-olds, Rosie Carter and Sophie Hinton were 3 seconds behind, alongside of the latter’s mother, Rebecca, in slower than usual times; while Suzanne Corden and son, Flynn (4) also had set-backs to 20.40.

Roberta De-Steunder (13) improved by 30 seconds but is a similar amount away from her record; while Julie Pettitte and eldest daughter, Emily (10) were unable to forge new times with 12.48 and 13.45 finishes.

Elenor Butler-Malone recorded 13.29 in her inaugural event, while seven-year-olds, Laurie Hinton and Connie Statham paced around together to finish a score behind and a dozen ahead of Heather Lyons, who improved her last event time but remains a good margin from her best

800m

Pippa Waddell returned to amble over part of the 800m distance before her trademark 120m sprint to the finish line, where she clocked 7.21; followed by Heidi Carney who escorted daughter, Izabella (4) to a 10.32 finish; half a minute quicker than their previous and just over a dozen seconds from their best

1.5K

Joshua Eames (8) dropped down a distance to take part in the 1.5K, which he completed in 12.16, before taking up the mantle of finish-token-distributor, in the absence of the more regular official.

Caiden Geens (5) alongside of father, Adam headed this group in 10.48, which was a score faster than last week but double that away from their best; while Faye Gennard’s 12.50 was a minute away from her last event record; followed by Keira Carney (11) who was double that away from her best in 14.17.

3.6K

Nine-year-old Lucas Rowley managed to overtake a vast majority of those who started a minute earlier in the main event, by the time he reached the cut-off-point. Inevitably he slowed and was overhauled by Harry Durber; both going on to record times a minute slower than their best of 17.50 and 18.44.

The youngster was followed a handful of seconds later by Nick Webster who was two-score from his best that was set over eight-months ago.

Alex Poulton’s 22.15 finish was 40 seconds quicker than the previous week and a similar amount away from his record; with Harvey Murfin (11) slowing to 24.54 and 3 minutes ahead of Sheila Alcock.

Wendy Waddell has elected to drop-down to this distance every other week and returned 30.31, which was just short of half a minute from her PB.

5K

Adam Carter reduced his 3-month-old record by a couple of seconds to 22.29; followed a dozen later by Simon Jackson who took on this distance for the first time; with Jack Hancock returning after many months absence crossing the line a further 20 seconds in arrears - he is currently using the event as part of a fitness build up towards a company boxing tournament.

Rob Cimino returned after 4-months to clock 24.09, which was 40 ahead of Jamie Carney who improved his previous event time by double that amount.

Matthew Hales finished 40 in arrears of Karl Birch’s 25.44, to improve on his previous event time by more than double that; whereas the latter once again managed to stay under the 26 minute mile-stone.

V60, Dave Edge’s full distance warm up prior to the event resulted in an improvement of over 80 seconds to 26.46; which was a good dozen ahead of John Lagan who returned after a holiday binge; as was Paul Goldstraw who was a further 40 in arrears.

Michael Fern was another to return after a few weeks absence but managed to reduce his best by a score to 28.29; which was double that ahead of v70, Bill Mould; with Nicola Damjanovic equalling her best of 30.22, and a dozen in front of Karen Avery who was a brace away from her record.

Sarah Garde crossed the line a minute in arrears of Dave Whelton and just a second away from her best in 31.52.

V60, Alison Dodd reduced her record by a dozen to 32.09 which was the same ahead of Dannielle Birch who chopped 90 seconds off her previous event PB; while v60, Stephen Billing recorded an inaugural 33.07.

Suzanne and Matt Mellor recorded 34.59; an improvement of 90 seconds for the former and just 20 from a PB; while Dawn Brown crossed the line in 34.22, which was two minutes ahead of a much slower than usual time for Lisa Soutart.

Thanks to Sam Goldstraw, Steve Massey, Joshua Eames, Dan Knowles and Louise Hackett for recording the results along with the marshal duties of Bryan Vigrass.