Brough Park Couch to 5K

The latest event saw a return after many months absence for Rees (12) and Libby Soutart (9), who completed the 800m in 3.29 and 4.37; the elder gaining a PB by 14 seconds and the youngest missing out by the same margin.

They were followed by Pippa Waddell (7) who was led to the cut-off point by mother, Wendy before she went on to finish the 2.2K in an obvious slower 19.16, seeing as her daughter was a minute from her best in 7.12.

Keira (11) and father, Jamie Carney guided sibling, Izabella (4) throughout this distance to a PB by a dozen seconds to 9.54.

1.5K

Five-year-old Bleu Bailey headed this distance in 8.50; three-dozen quicker than her last and a similar amount from her best; with another trio consisting of Hugh (6), Morgan (4) were accompanied by mother, Kate Davies; the latter pair crossed the line over two minutes in arrears of the elder’s 9.45, with the youngster’s gaining PB’s of 2 and 6 minutes; as Becky Goldstraw escorted son, Freddie Mellor (3) to an inaugural 19.07 finish.

2.2K

There were over 3-dozen entrants in the 2.2K where Ewan Corden (10) led that mass to the tape couple of seconds from his last week’s best in 10.45; followed by James Burgess (8) who has previously matched that record but was 30 in arrears on this occasion.

Roberta De-Steunder (12) was almost a score from her best as she crossed the line a stride from her last event time in 11.40; with birthday-boy, Joey Courchene almost a score in arrears and two strides ahead of his best in 11.58.

Oliver Sigley (7) reduced his record by over a handful to 12.10 as Ava Campbell (8) doubled that reduction to 12.14 and 90 seconds over 4 events; whereas William Dodd (7) was a minute from his best in 12.20 and 10 ahead of Lewis Corden (7), who was the same amount away from his month-old best as mother, Suzanne followed by the same margin to reduce her’s by 30.

Seven-year-old Laurie Hinton crossed the line a stride ahead of Joshua Eames’ 13.20 time which was half a dozen ahead of Max Tideswell (5) who was double that away from his 3-month-old best.

Alex Poulton recorded a much slower time than his record in 13.45 and 10 ahead of Ben Geens (8); with Kyla Tideswell half a dozen behind but chipping her PB by 10 seconds.

Seven-year-old Cameron Butler-Malone upped his distance and was bunched alongside mother, Elenor, Howard Render and Luke McMullen (7) in 14.07; with Arthur Campbell (10) a dozen in arrears and a minute from his best.

Heather Lyons covered the distance unfettered by family members to a 14.33 finish; which was 40 seconds ahead of Toby Poulton (10) and father, Lee; while Miley Brown (8) was 30 behind in an improved time and 6 ahead of Adam Geens and son, Caiden (5) who upped his distance for the first time; with Bailey Dunn (12) trailing by a stride but also in an improved pace.

Rebecca Hinton escorted a somewhat, uninterested daughter, Sophie (4) to the tape and a surprising PB by 2 minutes in 16.29; with Esmae Campbell (6) and elder sister, Lilia (12) a good dozen in arrears with the latter reducing her previous, first attempt by more than 2-score.

Lynn Dempster introduced friend, Sarah Bailey to the event and the v45’s finished together in an easy 18.40.

Three regular 5K entrants, Jan Percival, Sarah Garde and Dawn Brown dropped down to this distance as a warm-up to the Cheadle 5 and all gained PB’s; Jan by 50 to 12.37, Sarah by double that to 13.22 and Dawn by 30 to 14.47.

However, later in this post you will find that Suzie Noble and John Lagan we’re in different warm-up modes for the same event.

3.6K

Eleven-year-old Oliver Bailey eased around the distance in 17.30, which was a baker’s dozen ahead of Lucas Rowley (9) who was a similar amount away from his best; with Sam Bourne 3-dozen adrift in an improved time, as Karl Birch dropped down to this distance and a finish of 18.34.

Edward Dodd (9) once again tried out this longer distance in similar time to previous and half a dozen ahead of Ian Frewer’s 21.49, which was a good 2 minutes away from his best.

Mike Turner returned after a long absence to finish alongside of Harvey Murfin (12); the youngster was a minute away from his 10-week-old record in 22.33.

The Webster trio finished 3 minutes apart from the 24.50 time of father, Nick and son Rian (9), with Josh (8) trailing the slightly slower time of 25.47 for v50, Sheila Allcock.

5K

Isaac Elkington led the 5K entrants throughout the distance and improved his last event best-time by 17 seconds to 19.28 - half-minute reduction over three events; with Marcus Hulme crossing the line a minute in arrears in his first event, followed by cousin, Nick, who returned after a six-month absence to record a time only 50 from his best in 20.39.

Martin Pigott dropped back by half-a-minute to 22.37 and double that ahead of Jack Hancock’s slower time; while Paul Lockett was unable to match his previous best in 24.45.

There was a joint, inaugural finish of 25.09 for Krista McCartney and Toby Gayes, with v60, Dave Edge half a dozen behind in an improved time of 80 seconds; whereas Matthew Hales reduced his last event time by half-a-dozen to 26.07 and two-dozen in front of Suzie Noble; the latter chopped her last event time by a similar amount and the same margin from her best.

Harry Durber and John Lagan both improved significantly over there last event times in 26.37 and 26.41, with Michael Fern reducing his time for the sixth event in a row to 27.18; while Richard Dodd and Paul Goldstraw haven’t got back into their stride, following holidays, to record 27.31 and 28.37.

Dave Whelton dropped back by 2 score to 30.34, while Diane Carter improved by half that to 30.57 and a stride ahead of newbie, Luke Hodgkins; with Dannielle Birch reducing her last event best by half-a-dozen to 31.17, which was a stride behind v70, Bill Mould and 40 ahead of Karen Avery, who dropped back by a good minute from her last event best; as did Stephen Billing’s in 34.05; while Lisa Soutart was a couple of minutes in arrears and double that from her best.

Unfortunately, Kirsten Bailey dropped out due to suffering a calf injury mid-way through her event.

Much appreciated thanks go to Sam and Becky Goldstraw, Jan Percival, Libby Soutart for result records and Bryan Vigrass for marshal duties.

We couldn’t do it without them.