Brough Park Couch to 5K (16.03.19)

A duplication of last week’s event, opening comment, follows.

Well! The persistent rain abated before the event and it remained mild throughout and for the remainder of the morning. Which was a thankful surprise?

This spell of fine weather followed an overwhelming amount of precipitation over many days; a result of which left the grassed area very muddy and obviously slowed many, as there were only two improved times for entrants whom traversed this section; both of which were in the one-lap event.

**5K**

Despite Isaac Elkington quoting he wasn’t on form he managed to lead throughout the full distance and was only a handful of seconds down from his previous week’s time in 20.18 - in total, less than a minute away from his 3-week-old best.

Initially he was followed by Sienna Phillips (12), with Dan Frewer hot on her heels; however, the latter peeled off to complete the 3.6K over 90 seconds from his best in 15.56; while the Buxton AC athlete went on to finish a handful from her 8-month-old record in 23.23. Steve Massey was pulled along in the latter stages and managed to overtake the youngster to cross the line a good dozen ahead.

Jamie Carney upped his game to reduce his last event effort by 80 seconds with a 24.14 time, which is the same amount away from his record.

There was a consistent time for Karl Birch of 25.40; while Dave Edge reduced the gap over the last lap before easing back to finish a stride behind and an improvement of over 6-minutes from last week.

Paul Goldstraw returned a regular time of 27.27; while Michael Fern was unable to match his last-event record in 28.46, which was two score ahead of Jan Percival with Krista McCartney a further, similar amount in arrears, after diverting off course by following a wind-affected directional arrow.

Ian Frewer eased his way through the full distance in a much slower 30.49; which was four score ahead of Harriet O’Rourke’s first attempt.

Diane Carter crossed the line a score from her record in 32.21; with Luke Hodgkins a ton from his first-time in 32.38, while Clare Ratnavira was a score behind in her first-event.

Unfortunately, Matthew Hales pulled out due to a leg injury following an early good pace.

**3.6K**

Harry Durber crossed the line 30 seconds ahead of Oliver Bailey’s 17.56 finish; the latter 2-minutes from his best and the former half of that from his 5-month-old record.

Nine-year-olds, Lucas Rowley and Sam Bourne were both a good minute from their best in 18.46 and 18.57; while Poppy Lawlor (12) and mother, Helen Chadwick finished their first event around a dozen in arrears.

Harvey Murfin (11) and Edward Dodd (9) crossed the line a couple of strides apart from 24.57; with the elder 3-minutes from his best and the latter double that amount from his.

**800m**

Zoe Fisher and daughter, Alana (4) completed their inaugural event in 7.24; while Freddie Mellor (3) and mother, Becky Goldstraw returned to cross the line 90 seconds in arrears with an almost 2-minute improvement.

The Lloyd family quartet continued their attendance, with Eugene (4) being led to the line by father, Ian and Ellie (20 months), on this occasion being carried most of the way, to finish with another 100m dash, alongside of mother, Alexa - all a minute slower than their last in 9.47 - with Izabella Carney (4) and mother, Heidi completing the distance almost half a minute quicker in 11.03.

**1.5K**

This distance was once again headed by Bleu Bailey (6) who matched her last event time of 8.44, and just 3-dozen from her best; while Kierra Carney (11) dropped back by a minute to 15.18.

**2.2K**

Ten-year-old Ewan Corden returned to lead this group with a finish of 11.15; which is 30 seconds below his best and the same amount ahead of Roberta De-Steunder (13), who almost matched her last event time.

The Pettitt family of four were separated by almost 2 minutes from eleven-year-old Izzy’s slightly slower finish of 11.56; through father, Wayne’s 20 second deficit, with mother, Julie double that in arrears, to Emily (12), who matched her last event time of 13.51.

The Sigley brothers, Oliver (7) and Sam (9) were 3 minutes apart from the younger’s 12.35; with the elder followed 2-dozen later by v40, Fran Ward, who gained a PB of almost 2-minutes as she escorted daughter, Libby (5) through her first event.

Rosie Carter (4) and father, Adam crossed the line together a minute behind, which reduced their 2-month-old joint best by 3-dozen; divided exactly from the previous pair by Miley Brown (8).

Lewis Corden (7) and Ben Geens (8) both slowed to record 13.15 and 13.45; with Lucas Wolliscroft 10 seconds in arrears of the latter in his inaugural event.

Five-year-old Max Tideswell covered this distance at his own pace despite being beckoned along by mother, Kyla to finish over 2-score behind in 15.06; while Arthur Campbell (10) was unable to match his first-event best another 30 seconds adrift.

Flynn Corden (4) along with mother, Suzanne breeched the tape in a joint 18.08; which is just more than a handful away from the youngster’s best, and 2-dozen adrift of Ned Cook (5), who was dropped off at the cut-off point before his mother, Ruth went on to do another lap.

Father, Adam Geens kept a close eye on his youngest son, Caiden (5), who progressed around the route unfettered to cross the line in an even 19.00; which was 50 adrift of Joshua Eames (8) who was followed a stride later by Bailey Dunn (12).

Dan Cook and son, Dexter (4) trod warily across the boggy section after being guided the wrong way by an unversed marshal, to an inevitably slower 19.30; which was 30 seconds behind the continuing partnership of Sarah Bailey and Lynne Dempster, who wanted to finish rather than fall-foul of the underfoot conditions.

Our grateful thanks to Sam Goldstraw, assisted by Richard Dodd, with the new results system; along with Bryan Vigrass and John Broadbent for marshalling duties.

**Note:**

Wednesday night training from 6 o’clock now takes place within the park.